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**PROFESSIONAL LICENSES & CERTIFICATIONS**

- 8/05-present            **Licensed Psychologist**, Maine (#PS1159)
- 4/05-present            **Certificate of Proficiency in the Treatment of Alcohol and Other Psychoactive Substance Use Disorders**, Certificate# AD003647, College of Professional Psychology, American Psychological Association.
- 6/10                      **Certificate in Primary Care Behavioral Health**, University of Massachusetts Medical School, Worcester, MA.
- 4/05-4/07                **Licensed Psychologist**, New Hampshire (#1073).
- 6/03-6/05                **Licensed Psychologist**, Rhode Island (#PS00808).

**EDUCATION & TRAINING**

- 9/00-8/01                **Postdoctoral Fellow in Psychology/Substance Abuse**, VA Boston Healthcare System, Boston Division.
- 9/99-8/00                **Psychology Predoctoral Intern**, Boston Consortium in Clinical Psychology.
- 1/98-12/00              **PhD**    Clinical Psychology. Bowling Green State University.
- 9/95-12/97              **MA**    Psychology. Bowling Green State University.
- 9/90-5/94                **BA**    Psychology. Bucknell University, Honors Program.

**SPECIAL TRAINING, SKILLS & PROFESSIONAL INTERESTS**

Cognitive Behavior Therapy (CBT) for many issues including mood and anxiety disorders, trauma, health behavior change; Health Psychology and Behavior Medicine; Acceptance and Commitment Therapy (ACT); evidence-based treatments; mindfulness-based therapies; treatment of addictive behaviors; treatment program development, professional training development, and supervision.

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**CLINICAL EXPERIENCE & EMPLOYMENT**

- 9/16-present      **Psychologist**, Maine Behavioral Healthcare, Maine Medical Partners Endocrinology and Diabetes Center, Scarborough, ME. Duties: Promote health behavior change and treat a variety of behavioral health conditions complicating the management of chronic illness as member of multi-disciplinary treatment team.
- 5/13-present      **Psychologist**, Mercy Pain Center, Portland, ME. Duties: Develop and run CBT/ACT-based treatment groups for chronic pain patients within multidisciplinary pain program; provide individual therapy and conduct evaluations in support of this program.
- 12/08-present      **Director**, White Pine Institute, Portland, ME. Duties: Organize professional development and training events for mental health and healthcare workers; provide specific trainings.
- 3/06-present      **Psychologist and Owner**, Private Practice, White Pine Behavioral Health LLC, Portland, ME. Duties: Conduct individual, conjoint/family, and group psychotherapy for clients with wide range of psychological disorders, problems in living, and health concerns.
- 7/05-12/06      **Psychologist**, Private Practice, Chestnut Hill Counseling Associates, Dover, NH.
- 1/02-7/05      **Psychologist**, Alcohol and Drug Treatment Program Outpatient Clinic and Project CALM (Counseling for Alcoholics' Marriages), Department of Veterans Affairs Boston Healthcare System, Brockton Division, Brockton, MA. Duties: Directed intensive outpatient treatment programming (RESIST) for veterans with substance use disorders, typically with comorbid PTSD, mood disorders, anxiety, and medical problems.
- 9/01-12/01      **Research Fellow**, Alcohol Harm Reduction Program, Cancer Prevention Research Center, University of Rhode Island.
- 9/00-8/01      **Postdoctoral Fellow in Psychology/Substance Abuse**, Substance Abuse Residential Rehabilitation Treatment Program and Substance Abuse Outpatient Treatment Program, VA Boston Healthcare System, Boston Division.
- 9/99-8/00      **Psychology Predoctoral Intern**, Boston Consortium in Clinical Psychology (APA accredited). Completed rotations on Substance Abuse Residential Rehabilitation Treatment Program, Acute Inpatient Psychiatry, VA Outpatient Clinic in downtown Boston.
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- 9/98-8/99            **Psychology Trainee**, Sex Offender Treatment Program, Dual Diagnosis Program, and Mental Health Outpatient Clinic, Behavioral Connections of Wood County, Bowling Green, Ohio.
- 9/95-8/99            **Psychology Trainee**, Bowling Green State University. Completed practica in variety of on-campus settings.
- 9/94-8/95            **Substance Abuse Counselor**, Treatment Trends, Inc., Allentown, PA.

### **PRESENTATIONS & WORKSHOPS**

Guarna, J. (6/12-present). Acceptance and Commitment Therapy (ACT) Study Groups. Two monthly workshops for healthcare professionals learning ACT. White Pine Institute, Portland, ME.

Guarna, J. (2017, Mar). Bold Moves: Enhancing Your Practice with ACT. One-day workshops offered through Health Affiliates Maine. Locations: Lewiston, Portland, Bangor, ME.

Guarna, J. and Valliere, T. (2017, Feb). Experiencing ACT: A Two-Day Hands-On Workshop. Two-day workshop offered through the White Pine Institute, Portland, ME.

Guarna, J. (12/15-4/17). Therapy PracticeLab Groups. Monthly workshop for therapists focusing on range of business of practice topics including practice building, development, and management. Bolding Coast Consulting, Portland, ME.

Guarna, J. (2016, December). ACT for Chronic Pain. Webinar presented to AbleTo, Inc., New York City, NY.

Guarna, J. and Hull, S. (2016, November). Treating Chronic Pain: Evolving Models of Care. Workshop offered at the annual conference of the Maine Psychological Association, University of Southern Maine, Portland, ME.

Guarna, J. and Martin, S. (2016, June). Innovations in ACT for Pain. Workshop presented at Association for Contextual Behavioral Science (ACBS) World Conference, Seattle, WA.

Eilers, B. and Guarna, J. (2016, May). Good Night, Insomnia: Proven Strategies to Help Your Clients Get the Sleep They Need. Workshop offered through White Pine Institute, Portland, ME.

Guarna, J. and Valliere, T. (2015, July). Acceptance and Commitment Therapy: Clinical Tools for Focused Treatment in Primary Care Settings. Two-day workshop offered through MaineHealth, Portland, ME.

Guarna, J. (2015, April). Acceptance and Commitment Therapy (ACT) for Chronic Pain and Medical Issues. Workshop offered through the White Pine Institute, Portland, ME.

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Guarna, J., and Valliere, T. (2015, February). Experiencing ACT: A Two-Day Hands-On Workshop. Two-day workshop offered through the White Pine Institute, Portland, ME.

Guarna, J. (2015, January). ACT in Health Care: Focus on Chronic Pain. Presentation at MaineHealth, Portland, ME.

Guarna, J. (2014, Sept). Presented two workshops: (a) Why is Psychological Flexibility the Core of the ACT model? (b) Our Shared Purpose: Setting Personal and Professional Intentions. ACT in Action: Taking the Practice Deeper Weekend Workshop held on Cushing Island, ME.

Hull, S., and Guarna, J. (2014, June). ACT for Chronic Pain: Delivering Effective Multidisciplinary Treatment to Any Community. Workshop presented at Association for Contextual Behavioral Science (ACBS) World Conference, Minneapolis, MN.

Guarna, J., Hull, S., Beachem, A., Stavrinaki, M., and Martin, S. (2014, June). When the Body Hurts: Pain's Many InterACTing Functions: Pain and Contextual Medicine SIG Sponsored Symposium. Association for Contextual Behavioral Science (ACBS) World Conference, Minneapolis, MN.

Guarna, J. (2014, April). Acceptance and Commitment Therapy (ACT) for Chronic Pain and Medical Issues. Workshop offered through the White Pine Institute, Portland, ME.

Guarna, J. (2013, Sept). Motivating Change: Practical Skills for Helping the Stuck Client. Workshop offered through the Bay Associates, Rockland, ME.

Kaplan, J., Brach, T., Forsyth, J., Thompson, B., Guarna, J., Bolles, J. (2012, July). Dharma in ACTion: Why ACT needs Buddhism and Buddhism Needs ACT. Panel presentation at the Association for Contextual Behavioral Science (ACBS) World Conference in Washington, DC.

Guarna, J. (2012, June). Bold Moves: Enhancing Your Practice with Acceptance and Commitment Therapy. Workshop offered through the White Pine Institute, Portland, ME.

Guarna, J. (2012, June). The Storm Before the Calm: Buddhism, Disruption, and Learning to Thrive. Workshop offered at the Thomas Nevola MD Symposium on Spirituality and Health, Maine-Dartmouth Family Medicine Residency, Colby College, Waterville, ME.

Guarna, J. (2012, May). ACT Core Skills 1: Defusion and Acceptance. Workshop offered through the White Pine Institute, Portland, ME.

Guarna, J. (2012, May). ACT Core Skills 2: Values and Committed Action. Workshop offered through the White Pine Institute, Portland, ME.

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Guarna, J., & Valliere, T. (2012, March). Enhancing your Practice with Acceptance and Commitment Therapy. Workshop offered through the Co-Occurring Collaborative Serving Maine (CCSME), Falmouth, ME.

Guarna, J. (2012, February). Making Bold Moves: Enhancing Your Practice with Acceptance and Commitment Therapy. Workshop offered through the Health Education Training Institute, Portland, ME.

Guarna, J. (2011, February). What is ACT? A Brief Introduction to Acceptance and Commitment Therapy. Workshop offered through the Maine Medical Center, Portland, ME.

Guarna, J., Polk, K., Miselli, G., Moneste, J.-L. (2010, June). Evolving as an ACT trainer: What is Working and Where are We Going? Panel presentation at ACBS Annual World Conference, Reno, NV.

Bricker, J., Guarna, J., Jacobsen, T., & Georgescu, S. (2010, June). ACT Peer Consultation Groups. Panel presentation at ACBS Annual World Conference, Reno, NV.

Guarna, J. (2009, November). What is ACT? A Brief Introduction to Acceptance and Commitment Therapy. Workshop offered at the Mercy Recovery Center, Westbrook, ME.

Guarna, J. (2009, November). What is ACT? A Brief Introduction to Acceptance and Commitment Therapy. Workshop offered at the annual conference of the Maine Psychological Association, University of Maine, Augusta, ME.

Guarna, J. (2009, August). The Next ACT: An Intermediate Skill-Building Workshop. White Pine Institute, Bar Harbor, ME.

Guarna, J. (2009, August). Introduction to Acceptance and Commitment Therapy. Workshop offered through the White Pine Institute, Bar Harbor, ME.

Guarna, J., & Kubik, E. (2009, June). Introduction to Acceptance and Commitment Therapy. Workshop offered through the White Pine Institute, Portland, ME.

Guarna, J. (2009, May). What is ACT? A Brief Introduction to Acceptance and Commitment Therapy. Workshop offered through the Bay Associates, Rockland, ME.

Guarna, J. (2009, April). Introduction to Acceptance and Commitment Therapy. Workshop offered through the White Pine Institute, Worcester, MA.

Guarna, J. (2009, March). Making Bold Moves: Enhancing Your Practice with Acceptance and Commitment Therapy. Workshop offered through the New Hampshire Psychological Association.

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Guarna, J., & Kubik, E. (2008, October). Introduction to Acceptance and Commitment Therapy. Workshop offered through the Health Education Training Institute, Portland, ME.

Guarna, J., & Kubik, E. (2008, June). Introduction to Acceptance and Commitment Therapy. Workshop offered through the Health Education Training Institute, Portland, ME.

Guarna, J., Tongas, P.N., Robb, H., Luoma, J. (2006, July). ACT in Private Practice I. Panel at the second world conference of ACT, RFT, and Contextual Behavioral Science, London, UK.

Guarna, J., Laforge, R.G., & Gomes, S.O. (2002, February). Should collateral reports be used to validate self-reported drinking in studies on college students? Paper presented at the Annual Meeting of the Society for Behavior Medicine. Washington, DC.

Guarna, J. & Rosenberg, H. (1998, November). Influence of beverage type and dose instructions on alcohol outcome expectancies held by DUI offenders. Paper presented at the 32nd Annual Conference of the Association for the Advancement of Behavior Therapy. Washington, D.C.

Craft, S. A., Guarna, J., O'Connell, M., & Johnson, E. (1997, May). Listening to families: Personal accounts of parents, well siblings, and adult children coping with schizophrenia. Paper presented at the Sixth Biennial Conference on Community Research and Action. Columbia, SC.

Lehman, T., Daubman, K., Guarna, J., & Cirafesi, C. (1995, March). Gender differences in consequences of receiving help. Paper presented at the 103rd Annual Conference of the Eastern Psychological Association, Boston, MA.

## TEACHING EXPERIENCE

- 5/03-7/05                    **Instructor in Psychology**, Department of Psychiatry, Harvard Medical School.
- 9/04-7/05                    **Section Leader and Presenter**, Adult Psychopathology and Treatment Didactic Series, Boston Consortium in Clinical Psychology. Duties as Section Leader: Developed year-long educational series for psychology interns. Gave presentations on motivational interviewing and ACT.
- 9/04-7/05                    **Coordinator and Primary Instructor**, Cognitive-Behavioral Therapy (CBT) Course, Harvard South Shore Psychiatric Residency Training Program. Duties: Developed year-long educational series for psychiatry residents. Gave presentations on CBT for various disorders.
- 2/02-2/05                    **Guest Presenter**, Psychology Lecture Series, Series on Addiction, VA Boston Healthcare System, Brockton Division. Gave presentations on
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ACT for addictions, group psychotherapy, and motivational enhancement strategies.

1998                    **Co-Instructor/Teaching Assistant**, Psychology of Addiction.  
Department of Psychology, Bowling Green State University.

1995-1997            **Teaching Assistant**, General Psychology and Abnormal Psychology.  
Department of Psychology, Bowling Green State University.

## **RESEARCH EXPERIENCE**

9/01-12/01            **Research Fellow**, Alcohol Harm Reduction Program, Cancer Prevention  
Research Center, University of Rhode Island.

1/98-12/00            **Principal Investigator**, Alternative Intervention Strategies for College  
Binge Drinkers Project (Dissertation), Bowling Green State University.

9/95-8/98             **Research Assistant**, Department of Psychology, Bowling Green State  
University.

9/92-5/94             **Research Assistant**, Department of Psychology, Bucknell University.

## **Publications**

Guarna, J., & Rosenberg, H. (2000). Influence of beverage type and dose instructions on alcohol outcome expectancies held by DUI offenders. Journal of Studies on Alcohol, 61, 341-344.

## **MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS**

- Association for Contextual Behavioral Science, *Member*; Special Interest Groups (SIGs) on Pain, Evolution Science, and Research in Clinical Practice Collaborative
  - Association for Behavioral and Cognitive Therapies, *Member*; Special Interest Group (SIG) on Substance Abuse
  - Maine Psychological Association, *Member*.
  - American Psychological Association, *Member*; Division 12 (Clinical), Division 50 (Addictions), Division 13 (Consulting), Division 38 (Health)
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