

## Background

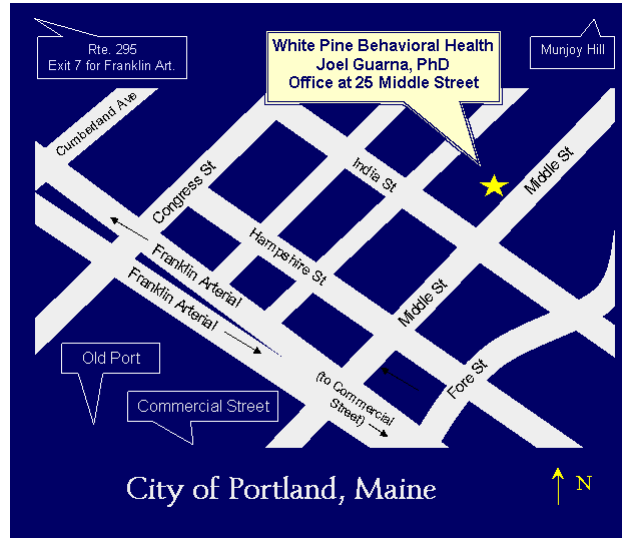
Joel Guarna, PhD is a licensed psychologist in the state of Maine. He earned his PhD from Bowling Green State University in 2000 and trained at the Boston Consortium in Clinical Psychology as a predoctoral intern and as a postdoctoral fellow in psychology.



Dr. Guarna later served as a staff psychologist in the Department of Veterans Affairs Healthcare System in Boston. During this time, he provided individual, couples, and group treatment to veterans with mood and anxiety disorders, trauma and PTSD, and co-occurring substance abuse and dependence. He ran an intensive outpatient program for veterans with addictions. He provided training and supervision to psychologists-in-training and psychiatry residents as a Clinical Instructor of Psychology in the Department of Psychiatry at Harvard Medical School.

Dr. Guarna began work in private practice in 2005, first with a group practice in Dover, NH, later starting his own practice, White Pine Behavioral Health LLC, in Portland, ME.

Dr. Guarna's areas of specialization include Cognitive-Behavioral Therapies (CBT), Acceptance & Commitment Therapy (ACT), anxiety and stress disorders, depression and mood disorders, trauma and PTSD, and addiction treatment.



**Directions.** From North or South, take 295 into Portland. Take Exit 7 for Franklin Arterial. Franklin Arterial will pass through several traffic lights and cross Cumberland Avenue and Congress Street. Continue on Franklin Arterial down the hill toward the Old Port. Turn left onto Middle Street. At the intersection with India Street, find on-street parking on either Middle or India Street.

**Offices at 25 Middle Street.** The building houses several therapists and other professionals. My office is on the third floor. Clients are reminded to remain in the waiting area on the third floor.

### WHITE PINE BEHAVIORAL HEALTH LLC

25 Middle Street  
Portland, ME 04101

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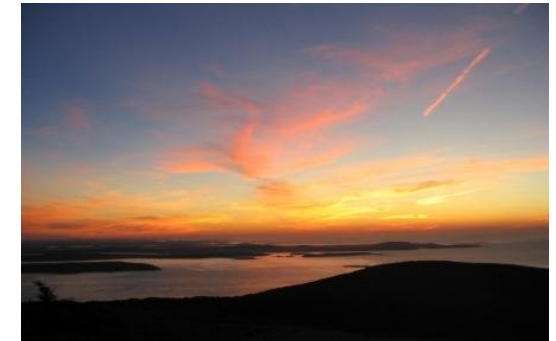
Much additional info available at  
<http://www.whitepinepsych.com>

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## White Pine Behavioral Health LLC

[www.whitepinepsych.com](http://www.whitepinepsych.com)

Joel Guarna, PhD  
Licensed Psychologist



### Effective and Compassionate Psychological Treatment

Anxiety & Stress  
Depression & Mood Disorders  
Trauma & PTSD  
Substance Abuse & Addictions

Information for Clients  
and Their Families

Office at 25 Middle Street  
Portland, ME 04101  
207-272-8500

# Effective & Compassionate Care

## Therapy for Individuals

My therapy style is rooted in Cognitive-Behavior Therapy (CBT) methods that have research support for their effectiveness. Compared to traditional psychotherapies, when using CBT we will spend less time reviewing your remote past (childhood development), though we may address aspects of your history that continue to “show up” as you try to move forward with your life. CBT is an interactive form of therapy that focuses on changing patterns in your current thinking and behavior.

We may use innovative forms of CBT, including Acceptance & Commitment Therapy (ACT), and mindfulness-based therapies. ACT is a scientifically-based therapy that uses mind/body techniques, metaphors and creative exercises to promote a fundamental shift in how you experience troublesome thoughts, feelings, and memories. Using ACT, we can empower you to change by ending your struggle with uncontrollable private reactions and helping you take action in valued areas of life.



metaphors and creative exercises to promote a fundamental shift in how you experience troublesome thoughts, feelings, and memories. Using ACT, we can empower you to change by ending your struggle with uncontrollable private reactions and helping you take action in valued areas of life.

I work with people who want to free themselves from anxiety and stress, depression, past trauma, and addictions.

## Couples and Families

If appropriate and if you agree, we may include other family members in your care. I am experienced using a form of therapy effective in helping couples change difficult patterns (including addictions), improve communication and family functioning, and reduce risk for violence in relationships. I also incorporate mindfulness and acceptance-oriented approaches in my work with couples.



## Specialized Help for Substance Abuse and Addictions

Breaking free from addictive patterns can be particularly difficult and requires specialized approaches. We will use therapies designed to get you unstuck, guide you through the process of change, and help you develop the skills you

### Services Provided

- Psychological Evaluations
- Individual & Couples Therapy
- Group Therapy
- Education about Behavioral Health Issues
- Consultation and Training

I do not treat disorders, I treat whole individuals. My primary role is to help clients identify and remove themselves from patterns that keep them stuck and that keep them from living as fully as they would wish.

need to prevent relapse and maintain long-term recovery.

I will gladly support your use of AA/NA and 12 step programs and have found my therapies readily adaptable to 12 step recovery concepts. I have also worked effectively with many clients who are not open to 12 step philosophies.



A central value of mine is to treat alcoholic and addicted individuals with respect and without the moral judgment that frequently, though unnecessarily, accompanies addictions treatment.

Lastly, some individuals struggle with other repetitive behaviors (e.g., gambling, eating, pornography use) that have become compulsive for them. These behaviors may assume the rigid and harmful patterns common in chemical addictions. In some cases, the approaches described above may be helpful. Please call for more information.