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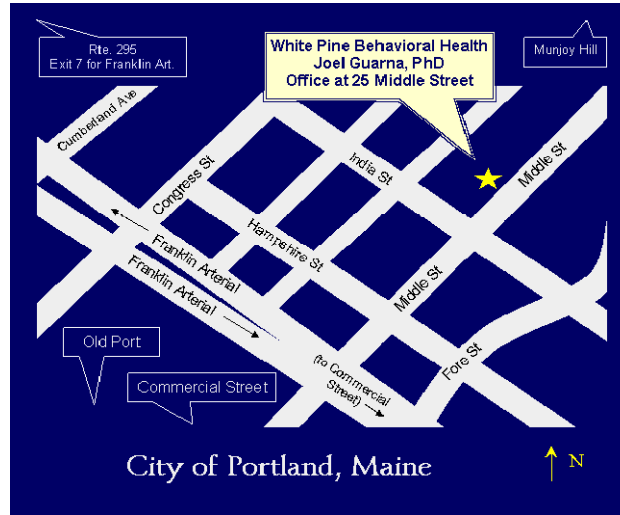
Joel Guarna, PhD is a licensed psychologist in the state of Maine. He earned his PhD from Bowling Green State University in 2000 and completed pre- and postdoctoral training at the Boston Consortium in Clinical Psychology.



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 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.

Some insurance and managed care plans accepted

WHITE PINE BEHAVIORAL HEALTH LLC

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Much additional info available at
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White Pine Behavioral Health LLC

www.whitepinepsych.com

Joel Guarna, PhD
Licensed Psychologist



Effective and Compassionate Psychological Care

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 therapies, CBT is less focused on your remote past; however, 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 unhelpful patterns in your current thinking and behavior.

We may also use an innovative form of CBT, called Acceptance & Commitment Therapy (ACT), and other mindfulness-based therapies.



ACT is a scientifically-based therapy that uses mind/body techniques 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, 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.



Beyond Problems

Many of us know our struggle by name: we may call it Anxiety, Depression, Addiction, or some other from an ever-growing list of diagnoses and disorders. Just as important, however, is what we are seeking: greater closeness and intimacy, connection with others, a richer and more fulfilling life, a path that may begin with a nagging sense of emptiness but leads to a clearer sense of who we are and who we would like to be. These ends justify the hard work of therapy and personal growth and lie at the heart of most people's desire to change.

Specialized Help for Substance Abuse and Addictions

Breaking free from addictive patterns can be particularly difficult and requires specialized

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.

approaches. We will use therapies designed to get you unstuck, guide you through the process of change, and help you develop the skills you need to prevent relapse and maintain long-term recovery.

I will gladly support your use of AA/NA and 12 step programs and use 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 individuals struggling with addictive behaviors 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. In some cases, the approaches described above may be helpful.