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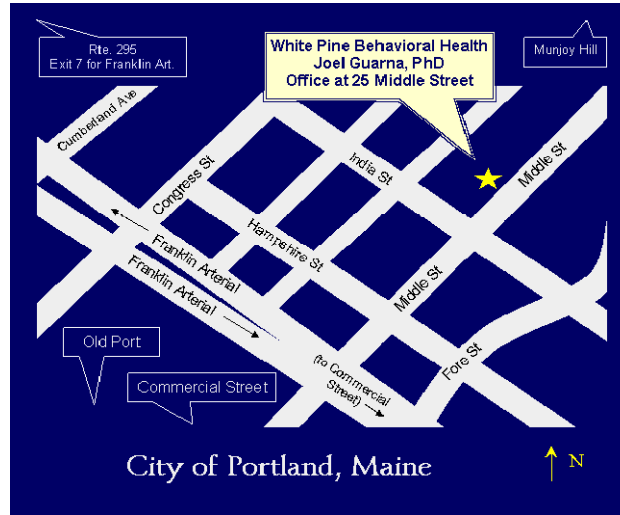
Joel Guarna, PhD is a licensed psychologist in the state of Maine. He earned his PhD from Bowling Green State University in 2000 and trained at the Boston Consortium in Clinical Psychology as a predoctoral intern and as a postdoctoral fellow in psychology.



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.

Some insurance and managed care plans accepted

WHITE PINE BEHAVIORAL HEALTH LLC

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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

Joel Guarna, PhD
Licensed Psychologist



Effective and Compassionate Psychological Treatment

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

Information for
Healthcare Professionals

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

Effective & Compassionate Care

Treatment for Individuals

Whenever possible, I use Cognitive-Behavior Therapy (CBT) methods that have scientific support for their effectiveness. Compared to some traditional psychotherapies, when following a CBT approach I focus less on childhood experiences and unconscious memories and more on patterns in present thinking and behavior. I also address aspects of clients' histories that continue to "show up" as they try to move forward with their lives.

My approach includes newer developments in CBT treatments, such as Acceptance & Commitment Therapy (ACT) and mindfulness-based therapies. ACT uses mind/body and experiential strategies to increase mindful awareness of thoughts and feelings, encourage acceptance of uncontrollable private reactions, and promote action in valued areas of life. ACT holds close to its basic science and behavioral sensibilities while providing an array of innovative techniques that empower clients to change.



ACT uses mind/body and experiential strategies to increase mindful awareness of thoughts and feelings, encourage acceptance of uncontrollable private reactions, and promote action in valued areas of life. ACT holds close to its basic science and behavioral sensibilities while providing an array of innovative techniques that empower clients to change.

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

Couples and Families

When possible and appropriate, I involve family members in care. I am experienced using Behavioral Couples Therapy (BCT), a form of therapy effective in helping couples change difficult patterns, improve communication and family functioning, and reduce violence in relationships. I also incorporate acceptance-oriented approaches into my couples work.



Specialized Help for Substance Abuse and Addiction

Breaking free from addictive patterns can be particularly difficult and requires specialized approaches. I use motivational enhancement and relapse prevention therapies in my work with addicted individuals and BCT with couples struggling with addiction.

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.

I support individuals' use of AA/NA and 12 step programs and have found ACT and motivational strategies readily adaptable to 12 step concepts. However, I have worked effectively with many clients who are not open to 12 step philosophies.

A central value of mine is treating alcoholic and addicted individuals with respect and without the moral judgment that often 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.

If you have any questions, please contact me. Additional information available online at www.whitepinepsych.com