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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 psychology (including chronic pain); Acceptance and Commitment Therapy (ACT); evidence-based treatments; mindfulness-based therapies; treatment of addictive behaviors (including substance use disorders, problem gambling, other compulsive behaviors). Treatment program development, professional training development, and supervision.

CLINICAL EXPERIENCE & EMPLOYMENT

- 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 Manager**, 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. Duties: Conducted individual and conjoint/family psychotherapy for clients with wide range of psychological problems.
- 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; conducted individual, couples, and group psychotherapy for veterans with substance use disorders and comorbid psychiatric disorders (PTSD, mood disorders, anxiety disorders); conducted psychological assessments.
- 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.
- 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.
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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. (Present). Acceptance and Commitment Therapy (ACT) Study Group. Monthly workshop for healthcare professionals learning ACT. White Pine Institute, 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. 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. Full-day workshop offered through the White Pine Institute, Portland, ME.

Guarna, J. (2013, Sept). Motivating change: Practical skills for helping the stuck client. Half-day 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. Full-day 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. Half-day workshop offered through the White Pine Institute, Portland, ME.

Guarna, J. (2012, May). ACT Core Skills 2: Values and committed action. Half-day workshop offered through the White Pine Institute, Portland, ME.

Guarna, J., & Valliere, T. (2012, March). Enhancing your practice with Acceptance and Commitment Therapy. Full-day 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. Full-day 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. Half-day 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. Half-day workshop offered at the Mercy Recovery Center, Westbrook, ME.

Guarna, J. (2009, November). What is ACT? A brief introduction to Acceptance and Commitment Therapy. Half-day 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. Full-day workshop offered through the White Pine Institute, Bar Harbor, ME.

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

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

Guarna, J. (2009, May). What is ACT? A brief introduction to Acceptance and Commitment Therapy. Half-day workshop offered through the Bay Associates, Rockland, ME.

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

Guarna, J. (2009, March). Making bold moves: Enhancing your practice with Acceptance and Commitment Therapy. Full-day workshop offered through the New Hampshire Psychological Association.

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

Guarna, J., & Kubik, E. (2008, June). Introduction to Acceptance and Commitment Therapy. Full-day 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, D.C.

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. Duties as Presenter: Gave presentations on relevant topics:

5/05 Motivational Interviewing

3/05 Acceptance and Commitment Therapy

- 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 relevant topics:
- 4/05 Radical Behaviorism and Contextual Therapies: Focus on ACT
 - 12/04 CBT for Post-Traumatic Stress Disorder
 - 11/04 CBT for Panic Disorder
 - 10/04 Assessment/Functional Analysis
 - 9/04 Introduction to CBT: Cognitive Principles
 - 9/04 Introduction to CBT: Behavioral Principles
- 2/02-2/05 **Guest Presenter**, Psychology Lecture Series, Series on Addiction, VA Boston Healthcare System, Brockton Division. Topics presented:
- 2/05 Acceptance and Commitment Therapy for Addictive Behaviors
 - 2/04 Group Psychotherapy for Dually Diagnosed Veterans
 - 2/03 Motivational Enhancement Therapy for Substance Abusers
 - 2/02 Motivational Interviewing
- 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*
 - Association for Behavioral and Cognitive Therapies, *Member*; Special Interest Group (SIG) on Substance Abuse
 - Maine Psychological Association, *Member*; Policy Council, *Secretary*
 - American Psychological Association, *Member*; Division 12 (Clinical), Division 50 (Addictions)
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