

White Pine Behavioral Health LLC  
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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
- 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 and Post Traumatic Stress Disorder; Acceptance and Commitment Therapy (ACT); Treatment of Addictive Behaviors (including Substance Abuse/Dependence, Problem Gambling, Other Compulsive Behaviors); Health Psychology; Mindfulness-Based Psychotherapies

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**CLINICAL EXPERIENCE & EMPLOYMENT**

- 12/08-present      **Director**, White Pine Institute, Portland, ME. Duties: Direct the daily activities of the institute, 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 and problems in living (specializing in addictions); conduct trainings and education on psychological and mind/body health topics.
- 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 abuse/dependence; conducted individual, couples (Project CALM), and group psychotherapy for veterans and presenting with addictive behaviors, including substance abuse/dependence and problem gambling, 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 including a training clinic, university counseling center, and an Advanced Clinical and Research Team on Behavioral Medicine.
- 9/94-8/95            **Substance Abuse Counselor**, Treatment Trends, Inc., Allentown, PA.

**TEACHING EXPERIENCE**

- 6/08-Current        **Trainer/Presenter**
- 5/09-11/09        What is ACT? A Brief Introduction to Acceptance & Commitment Therapy. Half-day workshop for professionals.
- 11/09    (Scheduled.) White Pine Institute/Mercy Recovery Center, Portland, ME.
- 11/09    (Scheduled.) Maine Psychological Association, Fall Conference, University of Maine, Augusta.
- 5/09     White Pine Institute/Bay Associates, Rockland, ME.
- 8/09                The Next ACT: An Intermediate Skill-Building Workshop. Full-day workshop for professionals. White Pine Institute, College of the Atlantic, Bar Harbor, ME
- 6/08-8/09        Introduction to Acceptance & Commitment Therapy. Full-day workshop for professionals.
- 8/09     White Pine Institute, Bar Harbor, ME.
- 6/09     White Pine Institute, Portland, ME (with Elizabeth Kubik, PhD).
- 4/09     White Pine Institute, Worcester, MA.
- 3/09     New Hampshire Psychological Association, Dover, ME. (Titled: *Making Bold Moves: Enhancing Your Practice with Acceptance & Commitment Therapy.*)
- 10/08    Health Education and Training Institute, Portland, ME (with Elizabeth Kubik, PhD).
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- 6/08 Health Education and Training Institute, Portland, ME (with Elizabeth Kubik, PhD).
- 7/06 **Panel Member**, Acceptance & Commitment Therapy in Private Practice, 2<sup>nd</sup> World Conference on ACT, RFT and Contextual Behavioral Science, University of London.
- 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 & Commitment Therapy
- 9/04-7/05 **Coordinator and Primary Instructor**, Cognitive-Behavioral Therapy (CBT) Course, Harvard South Shore Psychiatric Residency Training Program. Duties as Coordinator: Developed year-long educational series for psychiatry residents. Duties as Primary Instructor: Gave presentations on relevant topics:
- 4/05 Radical Behaviorism & 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 & 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.
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**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. Stress Management Meta-Analysis Project (1997-98), Listening to Families Project (1996-97), and Recognition of Intoxication Project (1995-96).

**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.

**Conference Poster Presentations**

- 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 32<sup>nd</sup> 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 103<sup>rd</sup> Annual Conference of the Eastern Psychological Association, Boston, MA.

**MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS**

- American Psychological Association, *Member*; Division 12 (Clinical), Division 42 (Psychologists in Independent Practice), Division 50 (Addiction)
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- Association for Contextual Behavioral Science, *Member*
  - Association for Behavioral and Cognitive Therapies (*formerly the Association for the Advancement of Behavior Therapy*), *Member*; Special Interest Group (SIG) on Substance Abuse
  - Maine Psychological Association, *Member*; Policy Council, *Secretary*; Early Career Psychologists Committee, *Chair*; Future of Psychology Practice Advisory Committee (of APA), *Liaison*.
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