

## ACT in New England List

Mailing #8: April 2009

Contents:

1. Welcome
2. ACT Trainings in New England
3. ACBS Cosponsorship Update
4. New Online Content
5. ACT Interest Groups and Peer Consultation Groups Forming!
6. Attached: Flyer

Addendum: [Subscribe/Unsubscribe](#) Links & Info

\*\*Please forward this email to anyone who may be interested.\*\*

If you received this e-newsletter forwarded to you by a friend or colleague, be sure to [subscribe](#) to receive future issues.

=====

Association for Contextual Behavioral Science (ACBS) website:  
[www.contextualpsychology.org](http://www.contextualpsychology.org)

ACT in New England website: [www.actinnewengland.com](http://www.actinnewengland.com)

=====

**1. Welcome!** This is the eighth posting of the ACT in New England List (if you missed the previous postings, you can read them [here](#)). I usually post this e-newsletter every two months but have been unusually busy recently so have been a bit off my usual pace.

The primary purpose of this list is to inform New Englanders of upcoming ACT training opportunities in the area. A secondary purpose is to support the budding ACT community here. If you hear about any ACT training in New England, please let me know so I can get the info up on the site and out to the list ASAP. And if you are having a training of your own, please let me know and I will help to create a listing for you.

**2. ACT Trainings in New England.** Good news! In contrast to the relentlessly bleak economic climate, this is the year of abundance in terms of ACT trainings in New England. Steven Hayes will be passing our way not once, but twice (Connecticut in June, Cape Cod in August). Joanne Dahl will be in Waterville, ME (details pending) in June and Robyn Walser will have a short presentation at USM in Portland in July. I will be all over New England (at least: Worcester, Portland, Burlington, and Bar Harbor) and Elizabeth Kubik will be joining me to present in Portland. Details below:

- April 24: [Introduction to Acceptance & Commitment Therapy](#). Worcester, MA.  
Presenter: Joel Guarna, PhD. White Pine Institute. Level: Introductory

- June 5: [Mindfulness, Acceptance & Commitment: Helping Clients Get Out of Their Minds and Into Their Lives](#). Greater Hartford, CT. Presenter: Steven Hayes, PhD. University of Connecticut, School of Medicine, Dept of Psychiatry.
- June 5: [Introduction to Acceptance & Commitment Therapy](#). Portland, ME. Presenters: Joel Guarna, PhD & Elizabeth Kubik, PhD. White Pine Institute. Level: Introductory.
- June 10: [Introduction to Acceptance & Commitment Therapy](#). Burlington, VT. Presenter: Joel Guarna, PhD. White Pine Institute. Level: Introductory.
- June 10: The Use of Acceptance and Commitment Therapy when approaching “Dug in” chronic pain: A new direction. Presenter: Joanne Dahl, PhD. Colby College, Waterville, ME. Joanne Dahl, PhD, will be the keynote speaker and a workshop leader at the Nevola Symposium at [Colby College](#). Joanne is an associate professor and senior lecturer in the Department of Psychology, University of Uppsala, Uppsala Sweden. (Sorry, these are all the details I have been able to find about this thus far. Click on the link to [Colby College](#) or the website for the [Maine Dartmouth Family Medicine Residency](#) for updates.)
- July 17: [Acceptance and Commitment: An Experiential Approach to Behavior Change](#). Robyn Walser, PhD will present as part of the 2009 Adult Psychopathology Summer Institute at the University of Southern Maine in Portland. The time of Robyn’s presentation appears to be 1:00-3:30 pm on this date. Check the USM website for more specific info.
- August 10-14. [Using ACT to Help Your Clients Get Out of Their Minds and Into Their Lives](#). Cape Cod, MA. Presenter: Steven Hayes, PhD. Cape Cod Institute.
- August TBD: [Introduction to Acceptance & Commitment Therapy](#). Bar Harbor, ME. Presenter: Joel Guarna, PhD. White Pine Institute. Level: Introductory. \*This workshop will be one of the first three Fridays in August. Please check the website for details as they are settled.
- August TBD: [The Next ACT: An Intermediate Skill-Building Workshop](#). Bar Harbor, ME. Presenter: Joel Guarna, PhD. White Pine Institute. Level: Intermediate \*This workshop will likely be a half-day workshop on a Saturday morning following the Friday Intro workshop listed above. Please check the website for details as they are settled and, since this is still quite tentative, let me know if you are interested.

In addition, I expect to hold a few other *Introduction to ACT* workshops around New England in late summer/fall. If you have a suggestion for a good location, drop me a note. As incentive, through the [White Pine Institute](#), I have developed a new trial policy of offering free admission to the training if you act as liaison to organize an ACT training for your organization or region. Contact me if you have any questions about this.

Lastly, I am developing two new ACT workshops, to be offered in late summer or fall of 2009:

- [The Next ACT: An Intermediate Skill-Building Workshop](#). Presenter: Joel Guarna, PhD. White Pine Institute. Level: Intermediate. Locations to be determined. Let me know where you want them.
- [Caring for Others, Caring for Yourself: How to Prevent Burnout & Remain Effective as a Helper](#). Presenter: Joel Guarna, PhD. White Pine Institute. Level: Introductory/Intermediate.

Remember, if you are developing an ACT training or know someone who is, please contact me to ensure that we announce it to the larger community.

**3. ACBS Cosponsorship Update.** The *Introduction to ACT* workshops offered through my organization, White Pine Institute, have secured cosponsorship with the Association for Contextual Behavioral Science (ACBS), permitting CEs to be offered for psychologists. We also secured approval from the National Association of Social Workers (NASW) and the National Board for Certified Counselors (NBCC).

**4. New Online Content.** There is a ton of new content on the ACBS site. I just can't keep up with it. [Check it out for yourself.](#)

**5. ACT Interest Groups and Peer Consultation Groups.** At my *Intro* workshop for the New Hampshire Psychological Association in Dover on March 21, I offered to help organize ACT Interest Groups and ACT Peer Consultation Groups around New England. I think there is sufficient interest, and much potential benefit, from organizing these groups. My sense is that, with just a bit of a nudge, we could form several of these around New England this spring and summer. I will be repeating this offer as I zip around New England doing workshops over the next several months. I will mention it again here in future e-newsletters.

Please contact me at this email address if you are interested and we will get the ball rolling on this. (Thanks to those of you who have already contacted me...I'm working on it!) I imagine playing only an organizational role for most of these and will back out as soon as they get moving. Perhaps we could start with a teleconference call? Or a pre-planned meetup one month after each Intro workshop at the location of that workshop? Let me know what you think.

In the meantime, I have been soliciting feedback from others who have formed ACT Peer Consultation Groups around the world. I plan to compile their feedback so we can learn from their experience and not "re-invent the wheel" with this.

**6. Attached: Flyer.** I've attached a flyer for the White Pine Institute trainings in New England in case you know someone who may be interested. Feel free to post this in any appropriate setting.

Okay, enough for one month. Gotta leave something to say in June.

I hope you are enjoying the early signs of spring. Up here in Maine, the flower ring in front of my house is \*almost\* free of snow!

Sincerely,

Joel

-----  
Joel Guarna, PhD  
Licensed Psychologist  
25 Middle St, Portland, ME 04101  
(207) 272-8500  
Email: [joel@whitepinepsych.com](mailto:joel@whitepinepsych.com)  
Psychology Practice: [www.whitepinepsych.com](http://www.whitepinepsych.com)  
Professional Trainings: [www.whitepineinstitute.com](http://www.whitepineinstitute.com)

**There are now 140 recipients of this e-newsletter.**

=====

Please forward this email to anyone who may be interested. If you had this email forwarded to you and you would like to subscribe to receive future postings, you can [SUBSCRIBE HERE](#).

If you would prefer not to receive these emails, you can [UNSUBSCRIBE HERE](#).

=====