

# The ACT Matrix

## *From Therapeutic Tool to Map for Recovery*

Friday, June 8, 2018  
Woodfords Club  
Portland, Maine  
[www.ACTinMaine.com](http://www.ACTinMaine.com)

### **This Workshop**

This workshop will cover a variety of ways to use the ACT Matrix. We will start with the traditional use of the Matrix as a therapeutic tool for engaging clients to quickly and effectively move the six ACT core processes. We will practice use of this tool with your own struggles, your clients' experiences, role-plays with other participants, and group interaction. Over the past 3-4 years, we have developed a highly effective (and fun) method for teaching and practicing the Matrix: the Matrix Card Sort exercise. This has been used with over a hundred therapist participants and even more patients in clinical settings. It has received excellent reviews. This hands-on, interactive group exercise will jump-start your proficiency with the Matrix. We will also explore alternative ("off label") uses of the Matrix. New and intermediate ACT therapists often say, "I like the ACT model, but which ACT process do I target? How do I start?" We will use the Matrix as a method to formulate client problems and respond quickly to clinical challenges. Last, but not least, we will consider this fundamental question: *How do we help patients whose chronic and complex conditions have eroded their resilience, sense of agency, and hope for better lives?* Noting commonalities in how we suffer, how we thrive, and how we can bridge from one to the other in pursuit of recovery, we will use the Matrix as a "map for recovery."

### **Format**

This workshop will be highly experiential. We will use a variety of exercises to give you a true taste of using ACT for yourself and with others. You will encounter the six ACT core processes directly with challenges you experience as a person and a helper (therapist, healthcare worker, etc.). You will also role-play the types of challenges your clients or patients bring to you for help. You will experience ACT "from the inside" and get your hands dirty using ACT.

### **About ACT**

Acceptance & Commitment Therapy (ACT) has shown much promise in helping clients with a wide range of difficulties. ACT helps clients (a) move away from unworkable change strategies, (b) make healthy contact with thoughts, feelings, and other private reactions they have feared and avoided, (c) re-connect with their deepest values to set a direction for change and to motivate change, and (d) experience their struggles differently and in a manner that permits them to move forward with their lives now.



Dr. Joel Guarna is a psychologist licensed to practice in the state of Maine. His areas of specialization include specific treatment modalities: cognitive-behavioral therapies (CBT) including acceptance and commitment therapy (ACT),

mindfulness-based therapies, and addictions treatment. His current practice focuses on health psychology, including treatment of pain and other chronic health conditions. For the past five years, Dr. Guarna has worked at the Mercy Pain Center in Portland where he helps to develop and run the Living Life Well Pain Rehabilitation Program. Dr. Guarna has presented at regional and international conferences on the use of ACT for treatment of chronic pain. He also works as an integrated Behavioral Health Clinician at Maine Medical Partners Endocrinology and Diabetes Center in Scarborough and manages a small private practice and training/consulting business in Portland. He was introduced to ACT in 1999, has attended numerous ACT workshops and conferences, and has given many talks and trainings on ACT in recent years. Lastly, he coordinates activities for the Southern Maine ACT community ([www.SMACT.com](http://www.SMACT.com)) in the Portland area.

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