

Dr. GRACIELA PIIPPO ROVNER, PhD in Rehabilitation Medicine, Senior Pain Spec. Physical Therapist, Master in Science in Medical Clinical Sciences, in Psychology and in Physical Therapy. ACBS Fellow and peer reviewed ACT/RFT trainer.

Born in 1959, Buenos Aires, Argentina. Swedish citizen since 1989. Married, two 'children' 28 and 36, one grandchild 1,5 year-old.

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Web-pages: [ACT Institutet Sweden](#), [ACTiveRehab- courses](#), and a personal one [Graciela 60+](#)

EDUCATION

Post-Doc Fellow: Karolinska Institutet Department of Clinical Science, Danderyd Hospital (KI DS) 2015-2016

PhD in Medical Science (Doctor in Rehabilitation Medicine): Inst. Neurosciences and Physiology, Dept. Rehabilitation Medicine at Sahlgrenska Academy, University of Gothenburg: *"Indicators for Behavioral Pain Rehabilitation: impact and predictive value on assessment, patient selection, treatment and outcome."*

Master of Clinical Medical Sciences: Karolinska Institutet, Sweden. Major: Psychosomatics & Behavioral Medicine. *Thesis: Clustering patients according to pain acceptance, diagnosis or patient perception differentially predicts response to rehabilitation treatment.*

Pain specialist physiotherapist certified by the Spec. Board the Swedish Association of Physiotherapy

Master of Social Sciences in Psychology Linköping University, Sweden. Master Thesis: *"Patients characteristics and their differences after allocated into the rehabilitation programs"* June 2011

Algology Specialization (Pain treatment Sciences) 15 credits at the Medical School at the University of Gothenburg, fall 2006.

Master of Medical Sciences in Physical Therapy Sahlgrenska Academy at the University of Gothenburg, Institute of Physiotherapy Gothenburg, Sweden. Thesis: *Evidence for the accuracy and effectiveness of routine pain screening as a preventive measure in the primary care setting.* Spring 2006.

B.S., Physical Therapy RPT Sahlgrenska Academy at University of Gothenburg, Institute of Occupational Therapy and Physiotherapy. Thesis: *Tai Chi & Qigong -How are these methods conceptualized in relation to chronic pain in terms of holistic and integrative therapies to enhance quality of life.*

B.Sc., Health Pedagogics, Sahlgrenska Academy at University of Gothenburg, Institute of Health Care Pedagogics Gothenburg, Sweden. Thesis: *Health Education for chronic musculoskeletal pain. Concepts, theories and themes.*

B.Sc., Psychology University of Gothenburg, Department of Psychology. Thesis: *Pain and Stress Management. Can a short course improve the pain prognosis for patients at the Primary Care? Emphasis: Group-treatment at the Primary Care setting.*

CLINICAL CERTIFICATIONS & AWARDS:

Registered Physiotherapist in Sweden and EU

Pain Specialist accredited by the Swedish Association of Physiotherapists

Peer reviewed trainer in Acceptance & Commitment Therapy by ACBS (as such, the only physiotherapist in the world approved as ACT trainer).

Nominated for the Award: *"The Physiotherapist of the year 2014"* by the Swedish Association of Physiotherapists

AWARD Best platform presentation [The International Conference of Physical therapy in Psychiatry and Mental Health](#), 6th ICPPMH, Madrid 9-11 March 2016

AWARD Best platform presentation [The International Conference of Physical therapy in Psychiatry and Mental Health](#), 7th ICPPMH, Reykjavik, Island 11-14 April 2017

Awarded Fellowship at the ACBS, Montreal, 26 July 2018

AREAS OF INTEREST AS CLINICIAN, LECTURER AND CLINICAL RESEARCHER

- Adaptation of the principles of Acceptance and Commitment Therapy to tailor group-based rehabilitation programs for patients with chronic pain and trauma or other co-existing mental/health conditions.
- Assess and predict needs and responsiveness of rehabilitation based on understanding the mechanisms of action underlying sustainable behavioral changes.
- Implementation of evidence-based ACT programs for chronic conditions with focus on anti-inflammatory processes and life-style changes
- Implementation of Acceptance and Commitment Therapy for the - interprofessional team and adaptation for each of the professionals
- Strategic Development of clinical settings and rehabilitation programs from end-to-end creating the organizational infrastructure for and effective and evidence-based process. Implementation research.
- Continuing education and clinical supervision

WORK EXPERIENCE

Year of start-end	Workplace	Responsibilities and tasks
2019-present	Karolinska Institutet, Dept of Neurobiology, Care Sciences and Society, Div. of Physiotherapy	Course leader and lecturer: ACT applied to physiotherapy and occupational therapy, 7.5 credits. Graduate level Supervisor Autonomic and Emotional regulation, 7.5 credits. Graduate level
2019-present	Karolinska Institutet, Dept of Clinical Sciences, Danderyd Hospital, Rehabilitation Medicine	Ass. Researcher
2018-present	Karolinska Institutet, Dept of Neurobiology, Care Sciences and Society, Div. of Physiotherapy	Lecturer: Applied behavioral medicine for primary care, graduate level- inter-professional course. Supervisor for graduate physiotherapy master theses Researcher and member of the research group: <i>Musculoskeletal disorders from a biopsychosocial perspective</i>
2016-2018 Dec	EU project ERASMUS+ "Be Mindful and ACT"	Expert partner in the project coordinated by Spain and together with Slovenia. Internet-based program for 1) stress reduction and self-care among counselors and 2) how to implement ACT principles with their clients
2017-2018	Angered Hospital, Interprofessional Specialty Pain Clinic, Gothenburg	Project, Process manager and clinical developer: implementation of ACTiveRehab and as a model to implement ACT for Pain Services in a local and regional level (VGR).
2013-2019	KAROLINSKA INSTITUTET; Center of Psychiatry Research	Lecturer at the post-graduate course "Tillämpad Beteende Medicin" [Applied Behavioral Medicine]
2017-2018	Madrid Institute of Contextual Psychology (Directed by Prof. Carmen Luciano)	Trainer of the pain module in the Masters in Contextual Psychology & ACT (In Spanish)
2016--present	ACT Institutet Sweden AB	Founder and CEO. Head of Research Dept and Trainer
2015-2016	Highly Specialized Pain Rehabilitation Clinic, Danderyd University Hospital KAROLINSKA INSTITUTET	Manager: Rehabilitation and Care Developer 30% & Post-doc Fellow 20%.
2014-2015	Consulting ACTive Rehab and ACTive Physio	Clinical development, training and supervision in the Northern Swedish pain clinics (Luleå)
2012-present	University of Gothenburg	Supervisor for the medical students at their final exams (empirical research studies)

2012-2013	Västerleden Clinic Primary Care	Pain Spec. Physical Therapist and research leader. Consultant
2012-2013	Bräcke Diakoni, Gothenburg. SWEDEN	Researcher
2012-2013	Universidad Austral, School of Biomedical Sciences. ARGENTINA	Visiting Professor and pair education program co-director
2012-present	Sahlgrenska Academy, Gothenburg University. Medical School. SWEDEN	Supervisor for medical students for their Final Exams (Masters)
2005-2017	Gothenburg University. Dept. of Rehabilitation Medicine. SWEDEN	Ass Researcher at the Rehabilitation Medicine Research Group, Sahlgrenska Academy, Gothenburg
2010-2012	Frölunda Specialist Hospital. Pain Center. SWEDEN	Clinical supervisor (psychology/ACT and the implementation of the Quality Registry of Pain Rehabilitation)
2010-2011	Linköping Pain Unit at the University Hospital. SWEDEN	Spec. Physical Therapist & primary investigator. Wrote SKL rapport (see under publications)
2010-2010	Angereds Pain Center. SWEDEN	Consultant for implementation of the Quality Registry of Pain Rehabilitation
2008-2008	Kungälv's Sjukhus, Integrated Pain Rehabilitation Clinic. SWEDEN	Leader and manager for the EU project <i>SmärtRehab (Pain Rehab) in cooperation with the Swedish Social Security office.</i>
2006-2016-	Founder and CEO Smärtrehab Rehabilitation, education and research	Owner of the company as consulting and offering workshops & lectures nationally and internationally
2007-2010	Kungälv's Hospital Pain Clinic. SWEDEN	Pain-spec. Physical Therapist. & had mindfulness and yoga for the workers at the hospital.
2007-2008	Biskopsgården Primary Care setting. An European project for immigrant women.	Work capacity assessment for women with chronic pain.
2005-2005	High Point Regional. Multidisciplinary Pain management, North Carolina, USA	Clinical rotation, pain and neurological rehabilitation.
2005-2006	North Carolina University Hospital, Headache clinic.	Research assistant.
1990-2004	Tai Chi & Qigong Center in Gothenburg Courses for 450 students per semester.	Company's owner. Therapist and lecturer in health prevention & Mindfulness at work.
1988	Moved to Sweden (from Argentina)	While learning Swedish, I worked at Volvo.

AFFILIATIONS & RESPONSABILITIES

- 2019-2020** Expert consultant in Mental Health and Physical Activity for the Swedish Behavioral Therapists Association ([BTF](#))
- 2018-**President and Chair of the Organization Committee for the Nordic ACBS conference 2021
- 2018-2020** Associated Editor for the Journal of Contextual Behavioral Sciences- Elsevier
- 2017-May 2018** Chair of the program of Program Committee for the Polish ACBS Conference 28-30 May 2018 Poznan.
- 2017-Nov 2018** Chair of the program of Scientific Committee for the Nordic ACBS¹ 2018 (Nov in Copenhagen)
- 2017-present** President at the **Swedish ACBS Chapter's Directory Board**
- 2015-2018** Chair of the International ACBS Membership Committee (8000 members)
- 2015-2020** Officer at the Chapter and SIG Committee at ACBS, Europe and Latin Countries liaison
- 2014** President of the Swedish Congress for Behavioral Therapists Gothenburg, 20-22 March 2014
- 2013-2014** Acting Director at the Swedish Association of Registered Physiotherapists (LSR) at the Section of Mental Health
- 2011-2013.** Member at large at the Directory Board at the same section.
- 2013-2014** Behavioral Therapy Association (BTF) in Sweden, Board Member
- 2011- 2016** IASP International Association of Study of Pain. Member at the Advisory Board for the new IASP publication.
- 2011-present** Member at the Scientific Committee at the Argentinian Embassy in Sweden.

¹ ACBS: Association for Contextual Behavioral Sciences (home Association for ACT)

2012-2017 Association for Contextual Behavioral Science. Chair at the Evolution Sciences SIG.

2007-present Member at the Association for Contextual and Behavioral Sciences (ACBS). Member at the scientific committee at the ACBS World Conference June 2014, Minneapolis, US; Sevilla 2017, Montreal 2018 and at the ACBS UK conference Dec 2014 in Dublin, 2016 Edinburgh. Member in the organization committee for the World Conference for 2015 in Berlin, 2016 in Seattle.

2003-present Member at the World Confederation of Physical Therapists, Mental Health group.

STAFF EXCHANGE: ERASMUS AND OYHER INTERATIONAL EXCHANGES

2011 Argentina: Guest Professor at the Austral university in Buenos Aires,

2013 Argentina: Research exchange

2013 Scotland, University of Edinburgh, doctoral program in Psychology. Erasmus Exchange

2015 Spain, University Rey Juan Carlos, ERAMUS exchange teaching to grad physiotherapists and psychologists

2015 UK, King College, ERAMUS exchange, teaching and training the pain clinic at St Thomas hospital, 10 days

FOREIGN LANGUAGES

Mother language:	Spanish (high proficiency)	
Second language:	Swedish (high proficiency)	Since 1988
Fluent languages:	French and English	Since 1970
Talking/understanding languages	Italian and Portuguese	Since 1964/1982

CLINICAL CONTINUING EDUCATION BEHAVIORAL THERAPIES

2011- Masters in Sciences in Organization and Vocational psychology, Linköping University, SWEDEN

2004- present Acceptance & Commitment Therapy training. Trained by:

ACT: Kelly Wilson (2009, 2010, 2011, 2013, 2014, 2015, 2017), Lance McCracken (2008, 2009, 2010, 2011, 2012), Russ Harris, JoAnne Dahl, Tobias Lundgren (2007, 2008, 2009), Robyn Walser (2011; 2012), F. Bond (2013), Intermediate ACT II Intensive with Steven Hayes (Intermediate 2014 and 2016). From solation to Belonging, Using ACT and Affective Science to deepen your work with Clients Stuck in Self-Criticism and Shame with Jason Luoma, Jenna LeJeuna and Melissa Platt (2016)

FACT (ACT- briefs interventions) Kirk Strosahl (KS), Patricia Robinson (PR) (2009, 2010, 2013), KS, PR & Thomas Gustavsson (TG) (2013), FACT summer camp 6 days with KS, PR & TG (2018)

RFT: Niklas Törneke, SWE (2011), Yvonne Barnes-Holmes, UK, Matt Villate, US (2012 & 2013), Louise McHugh, UK (2018)

FAP: Benjamin Schoendorff (2010 and 2012), Mavis and Rob Kohlenberg (2012, 2013, 2014, 2016)

CPB Compassion based Psychotherapy, Dennis Tirsh and Paul Gilbert (2012, 2013); Russell Kolts (2013)

Process-based CBT: 2 days workshop with Steven Hayes and Stefan Hoffman, 24-25 July 2019, Dublin

Mindfulness: Lived in a Buddhist monastery one year during 1982 (a practice that now is called mindfulness) and insight Dialogue with Gregory Cramer 2014

OTHER: Participated in all the ACBS annual World Conferences since 2009, all the ACBS-UK & Ireland Conferences, all the ACBS Nordic conferences.

MY CONTRIBUTIONS:

SCIENTIFIC PRESENTATIONS

Presentations at Conferences or Congresses	Study	Kind of presentation
Sjukgymnastdagarna 2003, Stockholm. (Swedish Physiotherapy congress)	Pain and Stress Management. Can a short course with ACT improve the pain prognosis for patients at a primary care setting?	Oral presentation
5th World Congress - International Society of Physical and Rehabilitation Medicine June 13-17, 2009, Istanbul	Multi-professional rehabilitation program based on Acceptance & Commitment Therapy for patients with chronic pain: preliminary results	Oral presentation
XIX Argentinian Congress of Pain organized by the International Association of Study of Pain. Oct 2009	Acceptance & Commitment Therapy in Physiotherapy treatment for clients with long-lasting pain.	Shared first prize as best poster
XIX Argentine Congress of Pain organized by the International Association of Study of Pain. Oct 2009 Argentina. Physiotherapy Satelite.	<i>Kinesiología comportamental en grupo multiprofesional para la rehabilitación del dolor prolongado. Modelo de práctica clínica en Suecia y evidencia científica</i>	Oral presentation, 30 min
1st Baltic & North Sea Conference on PRM, Stockholm, April 14-16, 2010	Mindfulness and Acceptance-based rehabilitation program for patients with long-lasting and widespread pain: a pilot study	Oral presentation, 11 min
Swedish Medical Congress, Gothenburg Sweden 2010	Psychosocial characteristics of patients with chronic pain.	Oral presentation 15 min
Sjukgymnastdagarna 2011, Stockholm. (Swedish Physiotherapy congress)	Multimodal pain rehabilitation with Acceptance & Commitment Therapy (ACT)	Oral presentation 20 min
4th International Conference Physiotherapy in Psychiatry and Mental Health IC-PPMH. Edinburgh, UK. 8-10 February 2012	<u>Chair of 2 Round table discussions:</u> Mindfulness and how we can apply it in our encounter with the patient. <u>Two Workshops:</u> Mindfulness and Acceptance-based physiotherapy: a behavioral approach to chronic pain. <u>Oral presentation:</u> Mindfulness and Acceptance-based rehabilitation for patients with widespread pain.	Discussions: 1 hr each Workshops: 1 hr each Presentation 15 min
Association for Contextual and Behavioral Sciences, World Congress X, Washington DC, July 22-25, 2012.	Embodying ACT, Embracing RFT: How to apply body-based mindfulness interventions in clinical practice- With Manuela O'Connell	Workshop, 50 min
Inter-disciplinary Health Symposium, International Physiotherapy congress, Córdoba Argentina 2012	<i>Analgesia Vs. Movimiento. Dolor desde un enfoque Biopsicosocial basado en la medicina/kinesiología conductual para pacientes de dolor crónico.</i>	Invited lecture 1 hour
Inter-disciplinary Health Symposium, International Physiotherapy congress, Córdoba Argentina 2012	<i>Cómo ayudarlos a cambiar el estilo de vida y el nivel de actividad física con beneficios a corto y largo plazo.</i>	Invited lecture 1 hour
Swedish Medical Congress, Stockholm Sweden 2012	<i>Att förstå smärtpatientens kliniska behov utifrån en epidemiologisk studie: En första studie med smärtpatienter i Argentina ur ett biopsykosocialt och beteendemedicinskt perspektiv. Maria Jivegård, Graciela Rovner.</i>	Oral presentation 20 min
Inter-disciplinary Health Symposium, International Physiotherapy congress, Córdoba, Argentina 2012	<i>Analgesia Vs. Movimiento. Dolor desde un enfoque Biopsicosocial basado en la medicina/kinesiología conductual para pacientes de dolor crónico.</i>	Invited lecture 1 hour

Physiotherapy congress, Córdoba, Argentina 2012	<i>Cómo ayudarlos a cambiar el estilo de vida y el nivel de actividad física con beneficios a corto y largo plazo.</i>	Invited lecture : hours
Swedish Medical Congress, Stockholm Sweden 2012	<i>Att förstå smärtpatientens kliniska behov utifrån en epidemiologisk studie: En första studie med smärtpatienter i Argentina ur ett biopsykosocialt och beteendemedicinskt perspektiv.</i> Maria Jivegård, Graciela Rovner.	Oral presentation 20 min
Association for Contextual and Behavioral Sciences, World Congress XI, Sydney, July 8-12, 2013.	<ol style="list-style-type: none"> <i>1. Body in ACTION: Why and how to apply body-based ACT interventions</i> <i>2. Contextual medicine: Cutting edge data, current directions toward coherent clinical care: Chronic pain: From diagnosis to function, from management to multi-professional rehabilitation, a functional contextual medicine approach (doctoral dissertation study)</i> <i>3. POSTER: Psychosocial Characteristics and gender differences among patients with chronic pain: Any difference in functional aspects, as acceptance and fear of movement? (doctoral dissertation study)</i> <i>4. POSTER: Chronic pain: A cohort study in Buenos Aires, Argentina: Psychosocial aspects and gender differences</i> Maria Jivegård, Medical student, Sahlgrenska Academy at Gothenburg University & Graciela Rovner 	<p>Workshop: 1,5 hs</p> <p>20 mins oral Poster</p> <p>Poster</p>
Association for Contextual and Behavioral Sciences UK and Ireland Chapter, ACT Conference, London 11-14 November, 2013.	<i>One workshop: Chronic Pain: ACT on Body: why and how to apply Body-based mindfulness interventions</i>	Workshop: 1 hs 15 min
Association for Contextual and Behavioral Sciences, World Congress XII, Minneapolis, MN, USA June 17-22, 2014.	<ol style="list-style-type: none"> <i>1. Compassionate Guided Yoga to Increase Discrimination Skills and Flexibility: Learn While Practicing</i> <i>2. Appreciating Your 'Stuckness' and 'Helplessness' in the Face of Physical and Psychological Pain</i> 	<p>Workshops: 3x 50 min</p> <p>Presentation 90 min</p>
International Association for the Study of Pain, World Congress on Pain, Buenos Aires, Argentina 6-11 October 2014	<p><u>Mindful and Sustainable Competencies in Lifestyle Behavior Change</u> with Prof Elizabeth Dean (Canada) and Mari Lundberg (Sweden) 4th October 2014 Buenos Aires</p> <p>Physical activity and chronic pain: From cells to systems and beyond with Prof Kathleen Sluka (USA) and Marie Hoeger Bement (USA)</p> <p>Organizer, chair and speaker at the Topical Workshop</p>	Organizer and speaker at the Pre-congress Satellite symposium
2nd UK & Ireland ACT CBS Conference, Dublin 4-5 December 2014	<p>ACT for Chronic Pain, with Prof Lance McCracken and David Gillanders</p> <p><i>ACT-Consistent Mindfulness Practice for Chronic Pain In Practice</i></p>	<p>Invited Workshop</p> <p>Skills Class</p>
Polish XI Symposium of Behavioral therapies. 20-22 March 2015, Warsaw Poland	<p>One day workshop: Chronic Pain and Lifestyles Changes Mindfulness and Acceptance with & Commitment Therapy (ACT) as a First Line Intervention and Prevention.</p> <p>Invited scientific presentation: Acceptance and commitment therapy and mindfulness practice in the case of chronic pain</p>	<p>Invited workshop</p> <p>Invited presentation</p>
International Congress of Physical Therapy, Singapore 3rd May 2015	<u>Focused symposium: Meeting the global challenge of pain education for physical therapists</u> Hush J. ¹ , Sluka K. ² , Rovner G. ³ . See <u>recorded presentation</u> , starting at 1.06	90 minutes symposia
The Baltic and North Sea Conference on Physical & Rehabilitation Medicine 17 Sept 2015 Riga, Latvia.	WORKSHOP: Acceptance & Commitment Therapy (ACT) as a first line intervention for lifestyle changes to treat and prevent chronic diseases.	Invited

<p>Fysioterapidagarna 2015, 21-23 Oktober, Stockholm. (Physical Therapy congress)</p>	<p><i>Clustering patients according to pain acceptance, diagnosis or symptoms differentially predicts response to rehabilitation</i></p>	<p>Invited oral presentation</p>
<p>The International Conference of Physical therapy in Psychiatry and Mental Health, 6th ICPPMH, Madrid 9-11 March 2016</p>	<p>Patient subgroup according to the Pain Acceptance and a clinical algorithm to predict differential response to interprofessional rehabilitation</p>	<p>Award for best congress presentation</p>
	<p>Chair of Round table: Advances in Chronic pain</p>	<p>90 mins</p>
	<p>ACTivePhysio™: Acceptance and commitment Therapy for the physiotherapist working with patients with chronic pain</p>	<p>ORAL presentation- 60 mins PRIZE for BEST PLATFORM PRESENTATION</p>
	<p><i>Is pain acceptance a good indicator for differential response to ACT and CBT rehabilitation packages? Linn Wifstrand, David Gillanders, Graciela Rovner</i></p>	<p>Poster</p>
	<p><i>Sex-differences among patients entering inter-professional and behavioral based rehabilitation: pain acceptance levels and functional measures Jonas Hasselroth, Fredrik Johansson, Graciela Rovner</i></p>	<p>Poster</p>
<p>Association for Contextual and Behavioral Sciences, World Congress XIV, Seattle, WA, USA June 14-19, 2016. Program Committee</p>	<p>Is pain acceptance a good indicator for differential response to various rehabilitation packages? <i>Graciela Rovner, Linn Wifstrand, Louise Pettersson, David Gillanders</i></p>	<p>Poster</p>
<p>Nordic ACBS conf, Copenhagen, 15-17 november 2016</p>	<p>ACTiveRehab and Chronic Pain, Part I and II</p>	<p>Invited Workshop,</p>
<p>3rd UK & Ireland ACT CBS Conference, Edinburgh, 22-25 November 2016 Program Committee</p>	<p>ACTiveRehab and Chronic Pain, Part I and II Is pain acceptance a good indicator for differential response to various rehabilitation packages? <i>Graciela Rovner, Linn Wifstrand, Louise Pettersson, David Gillanders</i></p>	<p>2 Workshop, Skills Class Poster</p>
<p>Association for Contextual and Behavioral Sciences, World Conference XV, Seville, Spain, June 20-25, 2017. Program Committee</p>	<p>Group interventions for chronic pain SKILL CLASS- ACTiveRehab: assessment taxonomy for selection and allocation of patients to groups that allow the delivery of modularized and ACT-embodied interventions that meet each group's differential needs: Pain SIG Sponsored</p>	<p>Sponsored Workshop by the Pain SIG</p>
<p>EHPS 2017, 31st Conference of the European Health Psychology Society: "Innovative Ideas in Health Psychology" August 29- September 2. Padova Italy</p>	<p>Event sponsored by the Division of Health Psychology of the British Psychological Society Training healthcare professionals in novel health psychology strategies and tools Chair: Wendy Lawrence, Kate Hamilton-West. Graciela Rovner: "ACTiveRehab: Development of a taxonomy of patients' pain acceptance to inform triage, pre-assessment & tailoring of ACT-based rehabilitation</p>	<p>Roundtable (invited)</p>
<p>Fysioterapidagarna (Swedish Physical Therapy National Congress). Stockholm 25-27 October, 2017</p>	<p>Workshop: ACTivePhysio: ACT for the physiotherapist in primary care and specialty rehabilitation center.</p>	<p>Workshop</p>
<p>International Conference of Physiotherapy in Psychiatry and Mental Health Reykjavik, Iceland, April 10-12, 2018</p>	<p>ACTive Assessment: A clinically useful method of pain acceptance clustering. AWARDED as best Platform presentation</p>	<p>Oral Presentation PRIZE for BEST PLATFORM</p>

	<p>Pain acceptance as indicator of mental, physical and social function. The experience of the body in pain and the sense of self. With Gabriele Biguet</p> <p>ACTiveRehab: Acceptance and Commitment Therapy for the physiotherapist in chronic pain. Sills training.</p> <p>Pain acceptance-based groups and their differences in anxiety, depression and avoidance levels.</p>	<p>PRESENTATION</p> <p>Workshop 90 mins</p> <p>Workshop 90 mins</p> <p>Poster</p>
<p>Association for Contextual and Behavioral Sciences, World Conference XVI, Montreal, Canada, July 24-29, 2018</p> <p>Member of the Program Committee</p>	<p>Member of the Program Committee</p> <p>Conceptual, empirical and pragmatic innovations in the contextual behavioral science of thriving with a long-term health condition</p> <p>ACT for People with Pain: What We Still Have to Learn: Pain SIG Sponsored: ACTiveAssessment: Profiling patients' way to manage their pain and their responsiveness using CPAQ-8 (Chronic Pain Acceptance Questionnaire-8items)</p> <p>Innovation and evaluation in ACT training: Steps towards a science of dissemination: ACT Training Lab - a blueprint for bespoke CPD events for ACT trainers and advanced practitioners Graciela Rovner, Joseph Oliver, Jacqueline A-Tjak, Louise McHugh, David Gillanders</p> <p>ACTive Rehab: Group interventions for chronic pain- how to assess, select and allocate clients in groups and modularize and tailor interventions for the differential needs and responsiveness of each group: Pain SIG and Sweden Chapter Sponsored, Graciela Rovner and David Gillanders</p>	<p>Symposium Discussant</p> <p>Symposia presentation</p> <p>Symposia presentation</p> <p>Workshop, 3 hours</p>
<p>ACBS Nordic Conference, Copenhagen, November 15-17, 2018.</p> <p>Program Committee chair</p>	<p>Pre-conference workshop (invited): ACTiveRehab- ACT for the Pain Rehab Team</p>	<p>1-day workshop</p>
	<p>FAP- Listening Deeply to Self and Others, with Thor Bengtsson, Marie Blom</p>	<p>3 hours workshop</p>
	<p>Workshop: Pain and PTSD with Robyn Walser</p>	<p>3 hours</p>
	<p>Panel: The second coming of the Viking warrior: How Nordic can help ACBS move towards gender equality with Dr. Robyn Walser, and Dr. Lene Forrester</p>	<p>40 min</p>
<p>Plenary speaker at the Day of Physiotherapy 2019, Reykjavik, Island. March 15, 2019</p>	<p>From the program: "The main speaker of the day will be Graciela Rovner, who was one of the prized speakers at the ICPPMH2018 (International Conference for Physiotherapists in Mental Health) held in Reykjavik in April 2018. Her pain management approach attracted attention and is the reason for inviting her and give everyone the opportunity to learn more."</p>	<p>Key speaker, 1, 5 hour</p>
<p>Nederland's Annual Congress of Neuropsychology and Rehabilitation, Groningen 21 July 2019</p>	<p>PLENARY: THE THERAPEUTIC PROCESSES OF ACCEPTANCE AND COMMITMENT THERAPEUTIC AS LIFESTYLE MODULATORS OR NEUROPLASTICITY AND BEHAVIORAL FLEXIBILITY</p> <p>WORKSHOP: ACTiveRehab's assessment model: the ACTiveAssessment - How to apply the therapeutic processes of Acceptance and Commitment Therapy (ACT) to understand our patients' differential responsiveness and</p>	<p>Key speaker 60 min</p> <p>Workshop leader, 60 min</p>

	<p>needs to rehab (independently of the diagnosis))</p>	
<p>Association for Contextual and Behavioral Sciences, World Conference XVII, 24-31 July 2019, Dublin, Ireland Program link Member at the Program Committee</p>	<p>Workshop: Embodied ACT processes for pain and trauma: Pain SIG Sponsored</p>	<p>Workshop leader 1,5h</p>
	<p>Symposium: Addressing common difficulties in ACT based group treatment: Research and clinical innovations. Presentation: Process-based tailored group interventions: how to create groups with shared behavioral flexibility patterns and shared therapeutic needs.</p>	<p>20 mins</p>
<p>Fysioterapidagarna (Swedish Physical Therapy National Congress). Stockholm 23-25 October, 2019</p>	<p>The patients' path to acceptance and the role of the physiotherapy (Patientens väg till acceptans och fysioterapeutens roll i processen) Rovner, G. & Biguet, G.</p>	<p>Workshop 1,5 hour</p>
<p>XVI Congresos AEF, Santiago de Composela 8-9 Nov 2019 (The Spanish Physiotherapy Congress)</p>	<p>Invited presentation: Theme: Mental health and chronic pain. Workshop: ACTiveRehab: ACT applied to rehabilitation [ACTiveRehab: Terapia de Aceptación y Compromiso (TAC) adaptada para la rehabilitación del dolor crónico]. Workshop and discussion panel: Organized by the Spanish Association of Physiotherapists in Mental Health [Asociación Española de Fisioterapeutas en Salud Mental (AEF-SM)] The physiotherapists essential competencies in Mental Health [Abordaje de la salud mental del paciente – una competencia de todos los fisioterapeutas].</p>	<p>40 minutes' presentation 90 min</p>
<p>Most all the talks during the first half of 2020 are canceled:</p>	<ul style="list-style-type: none"> Invited talk at the Swedish Behavioral Analysis annual conference Invited talk & workshop at the Israeli Physiotherapy congress Scientific presentations and workshop at the international conf. for Physiotherapy in Mental Health, Helsinki, Finland Teaching and research seminaries at the Dublin University Colleague 	
<p>Annual Meeting for Danish Association for Physiotherapists in Mental Health, 28 May and 12 June 2020</p>	<p>Invited talk and workshop: ACTiveRehab: ACT adaptation for physiotherapy in mental health and chronic conditions. Participants: 40 physiotherapists in Mental Health and rehabilitation</p>	<p>Introduction talk and one day workshop</p>
<p>TO COME: Association for Contextual and Behavioral Sciences, World Conference XVIII, 16-19 July, New Orleans. Now ONLINE Member at the Program Committee</p>	<p>Invited talk: <i>Evolving health services towards clinical process-based models to manage chronic diseases (mental and/or physical).</i> Moderator Ray Owen Workshop: <i>Embody your ACT processes supported by neurosciences: And explore your own movement practice to boost both you and your client's psychological flex and health</i></p>	<p>Invited talk: 1.5h Workshop 1.5 Panel 1.5</p>

	<p>Panel: <i>CBS for Physical Health: What - if anything - is different?</i> Owen, Rovner, Robinson, Osorio, Karekla, Howells</p> <p>Symposium <i>Using brief and low-intensity ACT interventions to intervene in chronic health conditions-</i> Lavelle, Gillanders, Dionne, Rovner</p> <p>Posters: 1) <i>Acceptance and Commitment Therapy and Physical Activity: A Systematic Review.</i> Nurmi, Bright & Rovner. 2) <i>Pain acceptance patterns identify reticulated Behavioral Flexibility profiles that predict needs and responsiveness to pain rehabilitation.</i> Nilsby & Rovner</p>	<p>Sumposium 1.5</p> <p>Posters</p>
Israel ACBS Chapter event, 26 th July 2020	ACTiveRehab: לנאב+וטראומה ACT [ACTiveRehab: Act for Pain and trauma].	Mini-workshop 2.5
First ACBS conference in Brazil, 22 nd august 2020.	Invited workshop: Perfis de flexibilidade psicológica e modularização de intervenções	Workshop 3hs
SWABA--Swedish Behavioral Analysis annual conference	Invited talk: "Rehabiliteringsmedicin och ACT – vad är beteendepasticitet?"	60 mins

COLEGIAL TEACHING/SUPERVISION & IN-HOUSE WORKSHOPS AND CONSULTATION

Too many to list. Started 1978 to teach body awareness techniques and Tai Chi/Qigong in Argentina and later on in Sweden (1989-2003).

From 2003 to the present the ACT workshops have been offered in Argentina, Peru, USA, Canada, Spain, UK, Ireland, Scotland, the Netherlands, Iceland, Australia, Denmark, Israel, Denmark, Norway and more than hundred in Sweden. The workshops are from 2 days to 6 days (if they are open for general registration). On site workshops in clinics are much longer in order to implement the ACTiveRehab as a logistic and organizational method.

ACADEMIC TEACHING

- 2020-** Assistant professor at Karolinska Institutet and leader of the grad course: ACTiveRehab: Act applied in physiotherapy and occupational therapy 7.5 credits
- 2011-present** Lecture at Karolinska Institutet, Center for Psychiatric Research and Physiotherapy Section: ACTiveRehab: ACT in Chronic Pain Rehabilitation. In the physiotherapy section: Autonomic regulation and ACTiveRehab
- 2015** lecture and workshop at the Psychology Dept and Physiotherapy Dept at the University Rey Juan Carlos, Madrid, Spain: *ACT in the integrative and interprofessional pain rehabilitation*
- 2013-2014** Lectures and Workshops at the Doctoral Program in Clinical Psychology, university of Edinburgh, Scotland
- 1993** Lecture at the Physiotherapy Dept, University of Gothenburg: *Body awareness, Tai-Chi and Qigong*
- 1978-1980** Ass lecturer at the Architecture Dept, University of Buenos Aires: *How space and colors influence our health.*

SCIENTIFIC PUBLICATIONS AT INTERNATIONAL PEER REVIEWED JOURNALS

Rovner, G.; Årestedt, K.; Gerdle, B.; Börsbo, B. & McCracken, L., (2014) [Psychometric properties of the 8-item Chronic Pain Acceptance Questionnaire \(CPAQ - 8\) in a Swedish Chronic Pain Cohort](#). Journal of Rehabilitation Medicine. J Rehabil Med 46: 73–80

Bromley Milton, M.; Börsbo, B; **Rovner, G.**; Lundgren-Nilsson, Å.; Stibrant-Sunnerhagen, K.; Gerdle, B. (2013) [Is pain intensity really that important to assess in chronic pain patients? A study based on the Swedish Quality Registry for Pain Rehabilitation \(SQRP\)](#). PlosOne. Jun 21;8(6):e65483.

Rovner, G.; Vowles, K.; Gerdle, B. & Gillanders, D. (2015) [Latent Class Analysis of the Short and Long-Form of the Chronic Pain Acceptance Questionnaire- Further Examination of Patient Subgroups](#). J Pain. 2015 Aug 19. pii: S1526-5900(15)00810-X. doi: 10.1016/j.jpain.2015.07.007. PMID:26297968

Rovner G., Sunnerhagen KS, Björkdahl A, Gerdle B, Börsbo B, Johansson F, David Gillanders (2017) [Chronic pain and sex-differences; women accept and move, while men feel blue](#). PLoS ONE 12(4): e0175737. <https://doi.org/10.1371/journal.pone.0175737>

Paul W.B. Atkins, Joseph Ciarrochi, Brandon A. Gaudiano, Jonathan B. Bricker, James Donald, **Graciela Rovner**, Matthew Smout, Fredrik Livheim, Tobias Lundgren, Steven C. Hayes (2017) [Departing from the essential features of a high quality systematic review of psychotherapy: A response to Öst](#) (2014) and recommendations for improvement. *Behaviour Research and Therapy*, 97, 259-272. doi:10.1016/j.brat.2017.05.016

Rovner G., Johansson F.& Gillanders D., (2019) [Cutoff scores for the 8-item version of the Chronic Pain Acceptance Questionnaire \(CPAQ-8\) to identify different profiles of pain acceptance patterns, levels of function and behavioral flexibility](#). *Journal of Contextual Behavioral Science*, 14, 146-156. doi:<https://doi.org/10.1016/j.jcbs.2019.07.006>

Rovner G. & Kurz, S. (manuscript in process) Behavioral Flexibility Profiles among patients with chronic pain, trauma and widespread pain.

Nurmi, K. & **Rovner, G** (manuscript in process) Acceptance and Commitment Therapy to increase physical activity and physical capacity: a Systematic Review.

BOOKS

Rovner, G. (2014). *Indicators for behavioral pain rehabilitation: impact and predictive value on assessment, patient selection, treatment and outcome*. Dissertation University of Gothenburg, Sweden. ISBN 978-91-628-9003-2 (paper edition) ISBN 978-91-628-9012-4 (e-book) <https://gupea.ub.gu.se/handle/2077/35446>

Rovner, G. (in process) Levnadsvanor och effektiv beteendeförändring för fysioterapeuten: där neurovetenskap och beteendevetenskap möts, Studentlitteratur. [Lifestyle behavioral changes for the ACT-interested physiotherapists and the inter-professional team: where neuroscience and behavioral science meet. University Press, Sweden]

BOOK CHAPTERS

Rovner, G., (2012). *Acceptans och mindfulness: ett fysioterapeutiskt förhållningssätt* in Levy Berg et al.(Eds.) Att förstå kroppens budskap- sjukgymnastiska perspektiv (pages . Studentlitteratur.

Rovner, G., (2012). *Hälsofrämjande smärtrehabilitering: Acceptance & Commitment Therapy (ACT)* in Hertting & Kristensson (Eds). Hälsöfrämjande moten i vården. Studentlitteratur.

Rovner, G & Skinta, MD., (2017) [Acceptance and Commitment Therapy \(ACT\) for the mindful physiotherapist](#) in Probst, M. et al (Eds.) *Physiotherapy in Mental Health and Psychiatry*, Elseiver.

Rovner, G., Dean, E. & Lenné, R., (in press) *The Swedish Association of Physiotherapists' Strategic Action Plan to address noncommunicable disease priorities of the World Health Organization with special reference to mental health* in Probst, M. et al (Eds.) *Physiotherapy in Mental Health and Psychiatry*.

Rovner, G. & Biguet, G., (in press) *Physiotherapists for Mental Health in Sweden* in Probst, M. et al (Eds.) *Physiotherapy in Mental Health and Psychiatry*.

Rovner, G. (in press) two chapters: 1. ACTiveRehab: ACT for the inter-professional pain rehabilitation team in group settings. 2. ACTivePhysio: how to apply the ACT principles as physiotherapist in pain rehabilitation. Edited by Ronald Burian, German book (to be published 2019-2020). [Link](#) to the German publisher

REPORTS

Gerdle, B., Rovner, G., & Börsbo, B. (2011). *Identifiering av kliniskt relevanta subgrupper av patienter med långvarig komplicerad smärta (Identification of clinical relevant sub-groups of patients with chronic and complex pain conditions)*. SKL Rapport. Smärt- och rehabiliteringscentrum, Universitetssjukhuset, Linköping.

Rovner, G; Björkdahl, A. (2013). *Långvarig smärtproblematik- från bedömning till rehabilitering (Chronic pain, from assessment to rehabilitation)*. Riskförbund för Polio och trafikskadade RPT. Sahlgrenska Akademin vid Göteborgs Universitet.

GRANTS

2004 Adlerbertska Stipendiestiftelsen- Sahlgrenska Academy at Gothenburg University, SEK 5000 (aprox 800 USD) to write the thesis *Health Education for chronic musculoskeletal pain. Concepts, theories and themes*.

2007 Renée Eanders Hjälpfond at the Swedish Association of Physiotherapy. 20,000:- SEK

2008 European Social Fund, 1,066,308 SEK (aprox 220,000 USD) to build up the first Behavioral-based Pain Rehabilitation clinic in the area of Gothenburg, SWEDEN. Pilot trial: Multi-professional rehabilitation program based on Acceptance & Commitment Therapy for patients with chronic pain: preliminary results.
<https://www.esf.se/Resultat/Projektbanken/Behallare-for-projekt/Vastsverige/Intergrera-SmartRehab-i-Samverkan/>

2008 Renée Eanders Hjälpfond at the Swedish Association of Physiotherapy. 20,000:- SEK

2009 The Swedish Association of Local Authorities and Regions (with co-author B. Gerdle) 500,000 SEK (aprox 80,000 USD). Rapport: *Identification of clinical relevant sub-groups of patients with chronic and complex pain conditions*.

2010 Renée Eanders Hjälpfond at the Swedish Association of Physiotherapy. 20,000:- SEK

2010 The Swedish The Swedish Association for Survivors of Accident and Injury (RTP) 20.000 USD. Rapport: *Acceptance & Commitment Therapy for patient with physical trauma*.

2011 Renée Eanders Hjälpfond at the Swedish Association of Physiotherapy. 20,000:- SEK

2012 The International Association for the Study of Pain, IASP, Collaborative Research Grant. 15.000 USD "AUSTRAL-BOREAL Interdisciplinary pain rehabilitation. First clinical trial in multidisciplinary pain rehabilitation in Argentina. A collaboration between Sahlgrenska Akademin at Gothenburg's University, Sweden and Universidad Austral, Buenos Aires Argentina."

2012 The International Association for the Study of Pain, IASP Developing Countries Project:

Initiative for Improving Pain Education – Grant 10.000 USD "Multi-professional approach and translational research for the treatment of chronic pain"

2013 Renée Eanders Hjälpfond at the Swedish Association of Physiotherapy. 11,000:- SEK.

2014 Renée Eanders Hjälpfond at the Swedish Association of Physiotherapy. 19,000:- SEK.

2015 Sahlgrenska akademins donationsmedel, 9000:- SEK (900€) to PT Congress in Sydney maj 2015

2015 Renée Eanders Hjälpfond at the Swedish Association of Physiotherapy. 37,000:- SEK.

2016 The Swedish The Swedish Association for Survivors of Accident and Injury (RTP) 30.000 USD. Chronic pain and sex differences: Women accept and move, while men feel blue.

2016 ERASMUS + Be mindful project together with Spain and Slovenia assigned to ACT Institutet= 30,000€

2018 Renée Eanders Hjälpfond at the Swedish Association of Physiotherapy. 7,900:- SEK.

2019 Renée Eanders Hjälpfond at the Swedish Association of Physiotherapy. 9,200:- SEK.

2020 Renée Eanders Hjälpfond at the Swedish Association of Physiotherapy. 26,900:- SEK.

MAIN SUPERVISOR OF MASTERS IN PHYSIOTHERAPY AND MEDICAL STUDENTS FINAL EXAMS (MASTER LEVEL IN MEDICINE)

2012 1. **Maria Jivegård**, MD (ACT and Pain in Argentina).

2014 2. **Frida Rydberg**, MD (HIV & Stigma in Argentina)

- 2015** 3. **Linn Wifstrand**, MD “Is pain acceptance a good indicator for differential response to CBT and ACT rehabilitation packages? (is being re-done to be a publishable article)
4. **Jonas Hasselroth** Capturing sex-differences among patients entering a Specialty Pain Rehabilitation Clinic
5. **Nicklas Berggren** Best predictor of Interprofessional pain rehabilitation: Diagnoses, Physical Trauma or Pain Acceptance
6. **Emelie Marklund**, MD (HIV and stigma, San Francisco, USA)
- 2016** 7. **Louise Pettersson**, MD Men and women’s differential response to Acceptance and Commitment Therapy-based inter-professional pain rehabilitation, Sahlgrenska Academy at Gothenburg University.
8. **Jakob Fransson**, MD Pain acceptance as indicator of health and functioning in patients with chronic pain and traumatic experiences”, Sahlgrenska Academy at Gothenburg University.
9. **Daniel Björn**, MD Literature review about HIV and stigma in San Francisco,USA, Sahlgrenska Academy at Gothenburg University.
10. **Anna Sarvimäki**, MD Literature review about HIV and stigma in San Francisco,USA, Sahlgrenska Academy at Gothenburg University.
- 2017** 11. **Henrik Johansson**, MD, Headache and Acceptance and Commitment Therapy: does pain acceptance and mindfulness levels predict treatment responsiveness? Sahlgrenska Academy at Gothenburg University.
12. **Sofia Sergi**, MD “Do patients with headache differ in sociodemographics, pain symptoms, anxiety and depression depending on their pain acceptance? Sahlgrenska Academy at Gothenburg University.
13. **Hwajung Yu**, MD “Pain Acceptance as indicator of Psychological Flexibility and treatment responsiveness: a randomized controlled study, Sahlgrenska Academy at Gothenburg University.
14. **Linn Dahlin**, MD (Pain acceptance and QoL) “Chronic pain and pain acceptance: Does pain acceptance influence the responsiveness of rehabilitation?” Sahlgrenska Academy at Gothenburg University.
15. **Amanda Asknert**, MD “Pain acceptance subgroups as indicators of mental function and avoidance behaviors
16. **Elin Lundin** “Chronic pain and mindfulness: Do patients with different levels of pain acceptance differ in mindfulness skills?
17. **Rebecka Jälfält** MD “Chronic pain and valued living: Difference in assessment of valued living among pain acceptance-based clusters in patients with chronic pain”
- 2018** 18. **Johanna Lampe**, Master in Science in Physiotherapy: “Association between Pain Acceptance Levels, Interoceptive Awareness and Functioning” Linköping University
- 2019** 19. **Jens Nilsby**, MD: “Pain acceptance profiles’ reticulated behavioral flexibility patterns predict needs and responsiveness to pain rehabilitation.” Sahlgrenska Academy at Gothenburg University.
20. **Jessica Fagerkvist**, MD: “Pain acceptance behavioural profiles and interoceptive awareness.” Sahlgrenska Academy at Gothenburg University.
21. **David Hansson**, MD: “Profiling patients according to their pattern of pain acceptance differentiates their level of anxiety, depression and how pain impacts on their everyday activities” .” Sahlgrenska Academy at Gothenburg University
22. **Zeinab Salman**, medical student: “Changes in interoceptive awareness before and after acceptance-based pain rehabilitation.” Sahlgrenska Academy at Gothenburg University.
- 2020** 23. **Gunilla Cöster**, Master in Science in Physiotherapy: “Association between Pain Acceptance Levels, Interoceptive Awareness and Functioning” Karolinska Institutet
24. **Kirsi Nurmi**, MD “Acceptance and Commitment Therapy to increase physical activity and physical capacity: a Systematic review.”
25. **Pernilla Thesslund**, MD “Acceptance and Commitment Therapy for pain and trauma: a Systematic review.
26. **Grace Astner**, Masters in Science in Physiotherapy: Chronic pain and values activities: Do people suffering from chronic pain with different pain acceptance profiles differ in level of valued living?
27. **Sara Goth**, Masters in Science in Physiotherapy:
28. **Eva-Lena Håkansson**, Masters in Science in Physiotherapy:
29. **Estanislao Chapel** Masters in Science in Physiotherapy: Mindfulness och smärtacceptans profiler efter aktivitetsengagemang och villighet att utstå obehag [Mindfulness and pain acceptance profiles and their capacity to engage in activities and resilience to discomfort].

AT A GLANCE THE LAST 5 YEARS

2020 [Podcast](#) Karolinska Institutet, Dept of Physiotherapy

- 2014 Maj: [Tv interview](#) with a patient that underwent a brief group intervention: ACTive Rehab during December 2015 (5 group sessions).
- 2014 Sept [Sokrates](#), the psychology magazine
- 2014 Oct [Swedish Physiotherapy magazine](#)
- 2014 Nov [Interview at the national Radio Channel P1](#) ACT and Pain with Rikard Wiksell
- 2017 **Best Practice Smärta**
- 2018 **Fibromyalgia journal**
- All articles and radio reportages are found in this home page: www.actinstitutet.com

SPARE TIME



Running or biking to the ocean to take a swim or 5 minutes bath during the winter every morning before breakfast.

I practice Yoga since 2003 now a days every day and even short fitness programs every day to cut sedentary time. I also practice several sports (swimming, biking, running and kayak paddling). I performed two "Swedish Classic" 2009 and 2010 (first time skiing in my life 😊). This is a 90 km skiing, 300 hilly biking around a lake, 3/4 marathon (30k) and 3k swimming in a VERY cold river. I have also run several Göteborgs Varvet (Gothenburg Half Marathon). Recently started with a new fun sport: Pickleball, which I play together with my hubby.

All this despite that when I was 15 y/o I was forbidden to run due to my pain (that is still there) and asthma. I restarted to run at my 40's against all the doctor's recommendations and threats.

My ultimate aim is to die fit and functional; and be able to run into my grave. 😊