

Dr. GRACIELA PIIPPO ROVNER, PhD Physical Therapist, Senior Pain Spec., Master in Science in Medical Clinical Sciences, in Psychology and in Physical Therapy.

Born in 1959, Buenos Aires, Argentina. Swedish citizen since 1989. Married, two 'children' 25 and 33.
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EDUCATION

PhD in Medical Science (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 by the Swedish Association of Physiotherapists

Peer reviewed trainer in Acceptance & Commitment Therapy by ACBS (as such, the first physiotherapist and PhD in medicine that is ACT trainer in the world).

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

AREAS OF INTEREST both as clinician, lecturer and researcher

- Acceptance and Commitment Therapy-based chronic pain rehabilitation for interprofessional teams and for a physical therapy approach. Developing its theory and evidence-based practice
- Lifestyle medicine as first line intervention. Research and implementation in the health care system
- Development of Pain rehabilitation programs from end-to-end creating the organizational infrastructure for and effective and evidence based process. Implementation research.

WORK EXPERIENCE

2015-	Highly Specialized Pain Rehabilitation Clinic, Danderyd University Hospital KAROLINSKA INSTITUTET	Rehabilitation and Care Developer 30% & Post-doc Fellow 20%. See here for more information.
2015-	Consulting ACTIVE Rehab and ACTIVE Physio	Clinical development, training and supervision in the Northern Swedish pain clinics.
2014-	ACTIVE Rehab and ACTIVE Physio	Trainer and supervisor of Pain Rehabilitation clinics in Swe
2012-	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-	Sahlgrenska Academy, Gothenburg University. Medical School. SWEDEN	Teacher in Behavioral Medicine and Supervisor for medical students for their Final Exam (Masters)
2005-	Gothenburg University. Dept. of Rehabilitation Medicine. SWEDEN	Member of the research group
2010-2012	Frölunda Specialist Hospital. Pain Center. SWEDEN	Clinical supervisor (psychology/ACT and the implementation of the Swe Qual Registry of Pain Rehab
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 (PainRehab) in cooperation with Social security office.</i>
2006-	Smärtrehab (www.samrtrehab.nu) 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.
2007-2007	Biskopsgården Primary Care setting. An European project for immigrants.	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.

AFFILIATIONS & RESPONSABILITIES

2015-present Chair of the ACBS Membership Committee

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- present 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.

2012-present Association for Contextual Behavioral Science. Chair at the EvolutionSciences 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 and at the ACBS UK conference Dec 2014 in Dublin. Member in the organization committee for the World Conference for 2015 in Berlin and for the 2016 in Seattle.

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

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 EDUCATION BEHAVIORAL THERAPIES

Acceptance & Commitment Therapy training from 2004- to present (first years: self studies). Trained by:

ACT: Kelly Wilson (2009, 2010, 2011, 2013, 2014), Lance McCracken (2008, 2009, 2010, 2011, 2012), Russ Harris, JoAnne Dahl, Tobias Lundgren (2007, 2008, 2009), Robyn Walser (2011; 2012), F. Bond (2013)

FACT (briefs interventions) Kirk Strosahl, Patricia Robinson (2009, 2010, 2013) & Thomas Gustavsson (2013)

RFT: Niklas Törneke (2011), Yvonne Barnes-Holmes, Matt Villate (2012 & 2013)

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

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

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

SCIENTIFIC PRESENTATIONS

Participation at Conferences or Congresses	Study	Kind of presentation
<i>Sjukgymnastdagarna</i> 2003, Stockholm. (Physical Therapy congress)	Pain and Stress Management. Can a short course 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 5 min
XIX Argentine 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 Satellite.	<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
<i>Sjukgymnastdagarna</i> 2011, Stockholm. (Physical Therapy congress)	Multimodal pain rehabilitation with Acceptance & Commitment Therapy (ACT)	Oral presentation 20 min
4 th 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 3 hours
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 3 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
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 3 hours
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 3 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

Participation at Conferences or Congresses	Study	Kind of presentation
Association for Contextual and Behavioral Sciences, World Congress XI, Sydney, July 8-12, 2013.	<ol style="list-style-type: none"> 1. <i>Body in ACTION: Why and how to apply body-based ACT interventions</i> 2. <i>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</i> (doctoral dissertation study) 3. <i>POSTER: Psychosocial Characteristics and gender differences among patients with chronic pain: Any difference in functional aspects, as acceptance and fear of movement?</i> (doctoral dissertation study) 4. <i>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 	Workshop: 1,5 hs 20 mins oral Poster Poster
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"> 1. <i>Compassionate Guided Yoga to Increase Discrimination Skills and Flexibility: Learn While Practicing</i> 2. <i>Appreciating Your 'Stuckness' and 'Helplessness' in the Face of Physical and Psychological Pain</i> 	Workshops: 3x 50 min Presentation 90 min
International Association for the Study of Pain, World Congress on Pain, Buenos Aires, Argentina 6-11 October 2014	<p>Mindful and Sustainable Competencies in Lifestyle Behavior Change with Prof Elizabeth Dean (Canada) and Mari Lundberg (Sweden) 4th October 2014 Buenos Aires</p> <p><i>Physical activity and chronic pain: From cells to systems and beyond</i> with Prof Kathleen Sluka (USA) and Marie Hoeger Bement (USA)</p>	Organizer and speaker at the Pre-congress Satellite symposium Organizer, chair and speaker at the Topical Workshop
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>	Invited Workshop Skills Class
Polish XI Simposium 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 resenatation: Acceptance and commitment therapy and mindfulness practice in the case of chronic pain</p>	Invited workshop Invited presentation
International Congress of Physical Therapy, Singapore 3 rd May 2015	<p>Focused symposium: Meeting the global challenge of pain education for physical therapists Hush J.¹, Sluka K.², Rovner G.³, See recorded presentation, starting at 1.06 here</p>	90 minutes symposia
The Baltic and North Sea Conference on Physical & Rehabilitation Medicine 17 Sept 2015 Riga, Latvia.	<p>WORKSHOP: Acceptance & Commitment Therapy (ACT) as a first line intervention for lifestyle changes to treat and prevent chronic diseases.</p>	Invited

Participation at Conferences or Congresses	Study	Kind of presentation
Fysioterapidagarna 2015, Stockholm. (Physical Therapy congress)	CLUSTERING PATIENTS ACCORDING TO PAIN ACCEPTANCE, DIAGNOSIS OR SYMPTOMS DIFFERENTIALLY PREDICTS RESPONSE TO REHABILITATION	Invited oral presentation

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.; Gerdle, B.; Biguet, G.; Björkdahl, A.; Stibrant-Sunnerhagen, K.; Gillanders, D. (submitted). Clustering patients according to pain acceptance, diagnosis or patient perception differentially predicts response to interprofessional pain rehabilitation.

Rovner, G.; Vowles, K.; Gerdle, B. & Gillanders, D. (submitted) Latent Class Analysis of the Short and Long-Form of the Chronic Pain Acceptance Questionnaire- Further Examination of Patient Subgroups. The Journal of Pain

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. & Ortiz, L., (in press) *Levnadsvanor for fysioterapeuten, att använda MI och ACT för att förändra hälsobeteenden och förebygga ohälsa*, Studentlitteratur.

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). *Hälsofrämjande moten i vården*. Studentlitteratur.

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

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*.

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, Universitetsskukhuset, 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**, 1,500,000 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.
- 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.

In the media (at a glance the last 2 years)

- Maj 2014: [Tv intervju](#) with a patient that underwent a brief group intervention: ACTIVE Rehab during December 2015 (5 group sessions).
- Sept 2014 [Sokrates](#), the psychology magazine
- Oct 2014 [Swedish Physiotherapy magazine](#)
- 11 Nov 2014 [Interview at the national Radio Channel P1](#) ACT and Pain with Rikard Wiksell
- All articles and radio reportages are found in this home page: www.smartrehab.nu

SPARE TIME

Practices Yoga since 2003 regularly and also several sports (swimming, biking, running and fitness). Got two "Swedish Classic" 2009 and 2010 (first time skiing in my life ;-) and run several Göteborgs Varvet (Gothenburg Half Marathon).