

Curriculum Vitae

Matthew D. Skinta, PhD, ABPP

Clinical Health Psychologist (CA Lic. #22822, IL Lic. # 071.010077)

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EDUCATION

| | | |
|-----|---|------|
| PhD | Clinical Health Psychology Kent State University Kent, Ohio | 2007 |
| MA | Clinical Psychology Kent State University Kent, Ohio | 2005 |
| BA | Psychology, Crime & Delinquency Studies University of Kansas Lawrence, Kansas | 2001 |

CERTIFICATIONS

- 2016 Certified Trainer in Functional Analytic Psychotherapy
FAP Specialty Clinic, Psychological Services and Training Center
University of Washington
- 2013 Board-Certification, Clinical Health Psychology
American Board of Clinical Health Psychology
American Board of Professional Psychology
- 2014 Certified Teacher, Compassion Cultivation Training
Center for Compassion and Altruism Research and Education
Stanford University
- 2011 Trainer of Trainers Certification, Personalized Cognitive Counseling

PRINCIPAL POSITIONS HELD

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|----------------|----------------------|--------------------------|--------------------|
| 2019 – Present | Roosevelt University | Assistant Professor | Psychology Dept. |
| 2015 – 2018 | Palo Alto University | Core Clinical Faculty | Director, Sexual & |

KEYWORDS/AREAS OF INTEREST

Health psychology; behavioral medicine, HIV, stigma, shame, compassion, acceptance, chronic illness; chronic pain

PROFESSIONAL ACTIVITIES

SERVICE TO PROFESSIONAL ORGANIZATIONS

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| 2019 – Present | Psy.D. PEG, Department of Psychology Roosevelt University |
| 2019 – Present | Curriculum Committee Roosevelt University |
| 2019 | Convention Chair, 2 nd International <i>Evidence-Based Advances for Work with Sexual Orientation and Gender Minorities</i> , Budapest, Hungary |
| 2018 – 2020 | Committee on Sexual Orientation and Gender Diversity (CSOGD) American Psychological Association |
| 2018 – Present | Co- |

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

2012 – present

2019

1-day Clinical Workshop, Yale University

Family Medicine Residency, Harbor-UCLA Medical Center
Torrance, CA

2007 Behavioral Medicine Rounds
Albuquerque VA Health Care System
Albuquerque, NM

PUBLIC SERVICE

2014 Congressional Lobbying Day
Public Interest Directorate
American Psychological Association

2006 Teacher Anti-Bullying Workshop
Kent Roosevelt High School
Kent, OH

TEACHING AND MENTORING

UNDERGRADUATE COURSES

Human Sexuality 2006
Kent State University

General Psychology 2006
Kent State University

Multicultural Psychology 2005
Kent State University

Social Psychology 2005
Kent State University

Psychological Interventions 2005
Kent State University

Gender Roles & Identity 2004
Kent State University

GRADUATE COURSES

Psychotherapy and Personality 2019
Roosevelt University

Practicum Seminar 2019
Roosevelt University

SAMSHA 1H79TI018771
Substance Abuse and Mental Health
Services Administration
Project Manager

Acceptance & Commitment
Therapy for the Reduction of HIV- Stigma

2007 – 2012
AIDS and Substance Abuse Program
(ASAP) for African Americans and

Williams, M. T., **Skinta, M. D.**, & Martin-Willett, R. (n.d.). After Pierce and Sue: Evidence for a revised racial microaggressions taxonomy. Manuscript in preparation.

Sander, A., **Skinta, M. D.**, & Fekete, E. M. (n.d.). Body image flexibility mediates the links between BMI and Stigma, Well-Being, and Eating Behaviors. Manuscript in preparation.

Skinta, M.D., Rydberg, F., & Rovner, G. (n.d.). The impact of HIV-related stigma on medication adherence and viral load among people living with HIV in Buenos Aires. Manuscript in preparation.

Beutler, A.J. Consoli, and B. Brongar (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice, 2nd Ed.* Oxford: Oxford University Press.

Skinta, M.D. & Curtin, A. (Eds). (2016). *Mindfulness and Acceptance for Gender and Sexual Minorities: Contextual Strategies to Foster Self-Compassion, Connection, and Equality.* Oakland, CA: New Harbinger Publications.

Skinta, M.D. & D'Alton, P. (2016). Leaving shame behind: Mindfulness and acceptance for malignant shame. In M.D. Skinta & A. Curtin (Eds.), *Mindfulness and Acceptance for Gender and Sexual Minorities: A Clinician's Guide to Fostering Compassion, Connection, and Equality Using Contextual Strategies.* Oakland, CA: New Harbinger Publications.

Skinta, M.D., Balsam, K., & Singh, R.S. (2016). Healing the wounds of rejection: Deepening vulnerability and intimacy with Functional Analytic Psychotherapy. In M.D. Skinta & A.-195 T4 0 0 0.50 1

Skinta, M. D. (2020, March).

Skinta, M.D. (2018, June). Participant. In G. Diamond's "Promoting healthy sexual behavior, depression and co-occurring alcohol dependence, and psychoanalytic treatment among LGBT individuals" a Symposium presented at the annual convention of the Society for Psychotherapy Research, Amsterdam, Netherlands.

Skinta, M.D., with Ryu, D. (2017, November). *Contextual Behavioral Therapies for Gender and Sexual Minorities*, a Workshop presented at the annual meeting of the Association for Behavior and Cognitive Therapy, San Diego, CA.

Skinta, M.D. (2017, August). Discussant. In

Skinta, M.D., & Curtin, A. (2016, June). *An Introduction to ACT and FAP for Gender and Sexual Minorities*, a Workshop presented at the annual world conference of the Association for Contextual Behavioral Science, Seattle, WA.

Skinta, M.D., with Curtin, A., & Diamond, L. (2016, June). *Mindfulness and Acceptance for Gender and Sexual Minorities: Contextual Strategies to Foster Self-Compassion, Connection, and Equality*, a 2-day pre-conference Workshop presented at the annual world conference of the

White, M., Rasdale, A., Fekete, E. M., Williams, S. L., **Skinta, M. D.**, Taylor, N. M., Chatterton, M., & Woods, B. (August, 2014). *Stigma, medication concerns, and medication adherence in people living with HIV*. Poster session at the Annual Meeting of the American Psychological Association, Washington, DC

Woods, B., Fekete, E. M., Williams, S. L., **Skinta, M. D.**, Taylor, N., Chatterton, M., White, M. (August, 2014). *HIV-related stigma, gender, and quality of life in men and women living with HIV*. Poster session at the Annual Meeting of the American Psychological Association, Washington, DC

Williams, S. L., Fekete, E. M., **Skinta, M. D.** (June, 2014). *Self-compassion as a resource for those facing HIV stigma*. In S. Chaudoir (Symposium Chair), "Concealable and constrained?: The pitfalls and promises of stigma management for well-being and social change." Paper presentation at the Biennial Meeting of The Society for the Psychological Study of Social Issues, Portland, OR.

Skinta, M.D., with Schoendorff, B., Tsai, M., Gregg, J., & Rovner, G. (2013). *A match made in*

Banou, E., **Skinta, M.**, & Hobfoll, S. (2004). *Resource loss, self-esteem, substance abuse and interpersonal trauma: A mediational model*. A poster presented at annual meeting of the International Society for Traumatic Stress Studies (ISTSS), New Orleans, LA

Briggs-Phillips, M.L., Jackson, A., Schumm, J., **Skinta, M.**, & Smith, L. (2004). *Community-based HIV prevention research: Culturally sensitive empiricism*. Presentation to the Institute for the Study and Promotion of Race and Culture (ISPRC), Boston, MA

MEDIA

September 15, 2019, Queerlife.co, Konferencia és workshop, ahol a chemsex is el kerül? [A conference with workshops describing chemsex?]
<https://queerlife.co/konferencia-es-workshop-ahol-a-chemsex-is-elokerul>

February 4, 2019, Psychologists off the Clock with Dr. Debbie Sorensen. *Guests: Matthew Skinta, PhD, ABPP, & Aisling Curtin, M.Sc., co-editors of Mindfulness & Acceptance for Gender & Sexual Minorities: A Clinician's Guide to Fostering Compassion, Connection & Equality Using Contextual Strategies*
<https://www.offtheclockpsych.com/podcast/>

November 24, 2016, Relationships 2.0 with Dr. Michelle Skeen. *Guest: Matthew Skinta, PhD, ABPP, co-editor of Mindfulness & Acceptance for Gender & Sexual Minorities: A Clinician's Guide to Fostering Compassion, Connection & Equality Using Contextual Strategies*
<https://www.podomatic.com/podcasts/relatio>

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Psychology Trainee, Child and Family Specialty Practicum, Psychological
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