

# Curriculum Vitae

**Matthew D. Skinta, Ph.D.**

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## Education

- 2007           **Ph.D. in Clinical Psychology,**  
*Kent State University, Kent, OH*  
APA-accredited program  
Doctoral Dissertation title: *The effects of bullying and internalized homophobia on psychopathological symptom severity in a community sample of gay men.*  
Advisor: Stevan E. Hobfoll, Ph.D.
- 2004           **M.A. in Clinical Psychology,**  
*Kent State University, Kent, OH*  
APA-accredited program  
Thesis title: *The role of internalized homophobia as a moderator of the relationship between social support and psychological distress.*  
Advisor: Stevan E. Hobfoll, Ph.D.
- 2001           **B.A. in Psychology and Crime & Delinquency Studies,**  
University of Kansas, Lawrence, KS  
Graduate with University Honors

## Honors and Awards

- 2010           **Trainer,** HIV Office for Psychology Education (HOPE) project,  
Office of AIDS, American Psychological Association
- 2006           **Under-researched Population Award,** Applied Psychology Center,  
Kent State University
- 2004           **Graduate Student Senate presentation travel award,** Kent State  
University
- 2000           **Undergraduate Research Award,** Honors Program, Nunemaker  
Center, University of Kansas
- 1999           **Gill Foundation Outgiving Grant,** Funded attendance of NGLTF  
Creating Change Conference. Nominated by the Douglas County  
AIDS Project

### Publications

**Skinta, M.D.**, Murphy, J.L., Paul, J.P., Schwarcz, S.K., & Dilley, J.W. (2011; in press) Thoughts, attitudes and feelings of HIV-positive MSM associated with high transmission-risk sex. *Health Education and Behavior*.

McPhee, B., **Skinta, M.D.**, Paul, J., & Dilley, J.W. (2011; in press) Personalized Cognitive Counseling to Reduce Unprotected Sexual Intercourse with HIV-Positive Men: A Case Study. *Behavior and Cognitive Practice*.

**Skinta, M.D.** (2011). [Review of the book *Handbook of Counseling and Psychotherapy with Lesbian, Gay, Bisexual, and Transgender Clients*, 2<sup>nd</sup> Ed.]. *Journal of Gay & Lesbian Mental Health*, 15, 124-126.

### Posters & Presentations

**Skinta, M.D.** & Dilley, J.W. (2011). *The effect of internalized homophobia and positive affect on disease progression among HIV-positive gay men of color*. A poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

**Skinta, M.D.**, Paul, J., Murphy, J. & Dilley, J.W. (2009). *Differences in thoughts associated with unprotected anal intercourse between HIV+ and HIV- MSM*. A poster presented at annual HIV National Prevention Conference, Atlanta, GA.

**Skinta, M.D.** (2008). *The role of religion in the lives of LGBT clients*. Member of "Spirituality and Religion: Are they really relevant to mental health and treatment?," a Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

**Skinta, M.D.**, & Hobfoll, S.E. (2004). *The impact of internalized homophobia in gay men on the relationship between social supports and psychological distress*. Member of "Issues in Lesbian, Gay, Bisexual, and Transgender Mental Health: Diverse Strategies for Assessing Client Outcomes," a Symposium presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

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.

### Professional Service

- 2010      **Peer-reviewer:** *Journal of Homosexuality* (1 article); *Sexuality Research & Social Policy* (1 article); *Journal of Gay & Lesbian Mental Health* (1 article)
- 2008      **Presenter**, "HIV Denialism: Historical and Psychological Factors" Behavioral Medicine Rounds, HIV Mental Health, Department of Psychology, Harbor-UCLA Medical Center, Torrance, CA
- 2007      **Presenter**, "Fibromyalgia and Chronic Fatigue Syndrome: Empirically-based integrative models of care" Psychosocial Rounds, Family Medicine Residency, Harbor-UCLA Medical Center, Torrance, CA
- 2007      **Presenter**, "Phase-specific models for working with lesbian, bisexual, and gay patients: Improving standards of care" Behavioral Medicine Rounds, Albuquerque VA Health Care System, Albuquerque, NM
- 2006      **Presenter**, "Reducing anti-gay bullying in the public schools" Kent Roosevelt High School, Kent, Ohio.
- 2005      **Presenter**, "The impact of anti-gay policy and stigma on the LGBT community" Pride!Kent: the lesbian, gay, bisexual, and transgender union.
- 2006      **Reviewer/Author**, "Adolescent Suicide" Review and revision of adolescent suicide fact sheet in participation with the Association of Behavior & Cognitive Therapist Fact Sheet Task Force.

## Clinical Experience

- 2007 – 2008      **Postdoctoral Fellow, HIV Behavioral Medicine**  
Harbor-UCLA Medical Center  
*Duties:* Provide outpatient and inpatient psychological consultation for medical providers, as well as functional analysis and treatment of health behaviors interfering with medical treatment. Patients referred through HIV/Immunology Clinic, Family Medicine, Chronic Pelvic Pain Clinic, and Gardena High School Clinic. Also provide cognitive-behavioral and behavioral medicine interventions for both individuals and groups. Responsible for the clinical supervision of one graduate student extern. Supervisors: Astrid Reina-Patton, Ph.D., Darlene Skorcka, Ph.D., and Warren Procci, M.D.
- 2006 – 2007      **Clinical Psychology Intern**  
Southwest Consortium Clinical Psychology Internships, Albuquerque, NM
- Substance Use Disorders** – Provided individual and group psychotherapy for veterans with substance use disorders or dual diagnoses. Treatment modalities include Motivational Interviewing, Cognitive-Behavior Therapy, and Dialectic Behavior Therapy. Supervisor: Lisa Arciniega, Ph.D.
- Spinal Cord Injury** – Provided assessment and rehabilitative psychotherapy from a behavioral perspective for individuals adjusting to or living with SCI, primarily geriatric population. Supervisor: Kathleen Padilla, Ph.D.
- Behavioral Medicine** – Provided pre-surgical evaluations, as well as functional analysis and treatment of health behaviors interfering with medical treatment. Also provided individual and group therapy for smoking cessation, chronic pain, and weight reduction from a CBT perspective. Supervisors: Annette Brooks, Ph.D., and Brian Kersh, Ph.D.
- Corrections/Forensic Psychology** – Provided forensic assessment, as well as individual and group psychotherapy, to female inmates at a New Mexico correctional facility. Groups include substance use, DBT, trauma, and recidivism. Supervisor: Yvonne Lutter, Psy.D.
- 2005 – 2006      **Psychology Trainee, Children’s Advantage, Ravenna, OH**  
Provided individual and group psychotherapy for children and families in a community-based mental health center and at an alternative high school. Duties included neuropsychological, intelligence, and projective and objective personality assessment; as well as structured, court-ordered anger management groups for both children and older adolescents. Supervisor: Joel Mowrey, Ph.D.

- 2004 – 2005      **Psychology Trainee**, The Twelve, Inc., Massillon, OH  
Provided individual and group psychotherapy with children and adolescents (ages 2 – 18) that were living in either residential facilities or foster care in the custody of the State of Ohio. Also provided intelligence and aptitude testing and assessment. Supervisor: Hal Wildman, Ph.D.
- 2003 – 2004      **Psychology Trainee, Neuropsychology Specialty Practicum**, Psychological Clinic, Kent State University, Kent, OH  
Comprehensive neuropsychological assessments for children and adults in a university-based behavioral health clinic. Supervisor: Lawrence E. Melamed, Ph.D.
- 2003 – 2004      **Psychology Trainee, Child and Family Specialty Practicum**, Psychological Clinic, Kent State University, Kent, OH  
Psychotherapy and assessment services provided for children, families, and adults in a university-based behavioral health clinic. Supervised modalities included behavioral therapy, cognitive-behavior therapy, and functional analytic psychotherapy. Supervisors: Beth Wildman, Ph.D., and Josefina Contreras-Grau, Ph.D.
- 2002 – 2003      **Psychology Trainee**, Psychological Clinic, Kent State University  
Psychotherapy and assessment services provided for college students and adult community members in a university-based behavioral health clinic. Supervisors: Richard Hirschman, Ph.D., and Pamela Fahrer-Singleton, Ph.D.

### Research Experience

- 2008 – present      **Manager, Research Program**, UCSF AIDS Health Project. Current duties include writing NIH/NIMH grant proposals, data management and analysis, supervision of staff, and membership on the managerial board of the AIDS Health Project. Additional duties include clinical supervision of a doctoral student in psychology at the AIDS Health Project Service Center.
- 2008 – present      **Affiliated Researcher**, Center for LGBTQ Evidence-based Applied Research (CLEAR). Affiliation involves providing mentorship, guidance, and research consultation to doctoral students participating in research at CLEAR through the Pacific Graduate School of Psychology.
- 2007 – 2008      **Postdoctoral Fellow**, Program Evaluation, HIV Behavioral Medicine – work on a pre-existing database examining the roles of distress intolerance and affect regulation in high-risk sexual behaviors.

- 2007 – 2008      **Research Clinician**, NIMH Grant, HIV Medication Adherence & Depression Study – Glenn Wagner, Ph.D., principal investigator, Rand Institute, Santa Monica, CA. Provide manualized CBT intervention for the treatment of conjoint depression and ART adherence difficulties among HIV+ individuals; intervention uses electronic monitoring of ART bottle caps as an added behavioral measure of adherence and to monitor improvement. Duties also include the supervision of clinical psychology graduate externs in the application of the intervention in Spanish and English.
- 2006 – 2007      **Principle Investigator**, Doctoral Dissertation – *The effects of bullying and internalized homophobia on psychopathological symptom severity in a community sample of gay men*. Data was collected through a combination of snowball sampling and recruitment in community settings for a structured interview focusing on adolescent bullying experiences and current psychopathology. Research funded in part by an Under-Researched Population Award from the Applied Psychology Center, Kent State University, and at this time one manuscript is under review from this data set.
- 2003 – 2004      **Principle Investigator**, Master's Thesis – *The role of internalized homophobia as a moderator of the relationship between social support and psychological distress*. Data was collected in a variety of community settings, testing the hypothesis that high internalized homophobia might impact gay men's ability to draw effectively on social supports. Findings were presented at the 2004 annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.
- 2002 – 2004      **Data Base Manager**, NIMH Grant "AIDS Prevention Among Inner-City Women" – Stevan Hobfoll, Ph.D. & Anita P. Jackson, Ph.D., principle investigators, Applied Psychology Center, Kent State University, Kent, OH. Manage collection, database structure, & analyses of questionnaire data, condom purchase data, & STD urine screen data for approximately 1,000 participants involved in a 15-month, longitudinal, randomized clinical trial; train & supervise 1 graduate student in data base management strategies, assist graduate & undergraduate students in design & data analyses of term papers, theses, and other research projects.
- 1998 – 2000      **Research Assistant**, Psychology Department, University of Kansas – Allen Omoto, Ph.D. Manage collection, organization, and data entry of questionnaire data in a longitudinal study of the impact of interpersonal relationships on the well-being of persons living with AIDS. Train additional undergraduate research assistants and volunteers.

**Teaching Experience**

- 2010                    **Adjunct Instructor**, Department of Sexuality Studies, San Francisco State University  
Instructor of Research Methods in Sexuality Studies for Masters' level students.
- 2007 – 2008           **Instructor**, Los Angeles County Department of Mental Health (LA-DMH), Edelman Mental Health Center  
Didactic instruction and interactive training of licensed mental health professionals, including social workers and psychiatric nurses, in the theoretical basis, structure, and techniques of cognitive-behavioral therapy.
- 2004 – 2006           **Adjunct Instructor**, Department of Psychology, Kent State University  
Sole instructor of a variety of courses. Duties included textbook selection, development of syllabus, lectures, writing and administering exams, assigning and grading research reports, and determining grades for exams, reports, and overall course. Courses taught: General Psychology, Gender Roles & Identity, Psychological Interventions, Social Psychology, Multicultural Psychology, and Human Sexuality.

**Professional Affiliations**

- 2009 – present       Society for the Scientific Study of Sexuality (SSSS)
- 2009 – present       Association for Contextual Behavioral Science (ACBS)
- 2001 – present       American Psychological Association (APA)
- 2001 – present       APA Division 44: Psychological Study of Gays, Lesbians and Bisexuals
- 2003 – present       Association for Behavioral and Cognitive Therapies (ABCT)
- 2003 – present       ABCT Special Interest Group – Lesbian, Gay, Bisexual and Transgender Issues
- 2003 – present       ABCT Special Interest Group – Behavior Medicine
- 2001 – 2004           American Association for the Advancement of Sciences (AAAS)