

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
Diffusion of Effective Behavioral Interventions (DEBI) Program
California STD/HIV Prevention Training Center (CDC-Sponsored)
- 2010 Trainer, HIV Office for Psychology Education (HOPE) Project
Office of AIDS
American Psychological Association

PRINCIPAL POSITIONS HELD

2019 – Present	Roosevelt University	Assistant Professor	Psychology Dept.
2015 – 2018	Palo Alto University	Core Clinical Faculty	Director, Sexual & Gender Identities Clinic
2008 – 2013	University of California, San Francisco	Specialist Step III to IV	Department of Psychiatry, Alliance Health Project
2007 – 2008	University of California, Los Angeles	Postdoctoral Fellow, HIV Beh. Medicine	Harbor-UCLA Medical Center

OTHER POSITIONS HELD CONCURRENTLY

2011 – 2019	Clinical Health Psychologist	Private Practice	San Francisco
2008 – 2018	Affiliate Researcher	Center for LGBTQ Evidence-Based	Palo Alto University
2011 – 2013	Medical Associate	Pelvic Pain & Rehab Center	San Francisco
2010	Adjunct Professor Research Methods	Sexuality Studies	San Francisco State University
2008	Research Clinician	HIV Mental Health PI: Glenn Wagner, PhD	Rand Institute

HONORS AND AWARDS

2015	Peer-Reviewed ACT Trainer Association for Contextual Behavioral Sciences
2011	New Investigator Award, Innovative Grants Program Center for AIDS Prevention Studies University of California, San Francisco
2006	Under-researched Population Award Applied Psychology Center Kent State University

KEYWORDS/AREAS OF INTEREST

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

PROFESSIONAL ACTIVITIES

SERVICE TO PROFESSIONAL ORGANIZATIONS

- | | |
|----------------|---|
| 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-Chair, International Committee
APA Division 44 |
| 2018 | Chair, Diversity Committee
San Francisco Psychological Association |
| 2018 | Conference Co-Chair, Gender and Sexual Minorities Conference - NOLA
A Two-Day Experiential Conference for Clinicians |
| 2017 | Division 44 Program Chair, APA Convention |
| 2017 | Convention Chair, <i>Evidence-Based Advances for Work with Sexual Orientation and Gender Diversity: Bridging Theory and Practice</i> , San Jose, CA |
| 2016 – 2017 | Membership Committee, Association for Contextual Behavioral Science |
| 2016 | Division 44 Suite Manager, APA Convention |
| 2014 – 2016 | Ad-Hoc Committee on Psychology and AIDS (COPA)
American Psychological Association
Committee Chair, 2015 & 2016 |
| 2006 | Association for Behavioral and Cognitive Therapies (ABCT)
Fact Sheet Task Force
Reviewer/Contributor: Adolescent Suicide Fact Sheet |

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- 2012 – present Northern Association of Pain Psychologists (*formerly California Association)
Founding member
- 2012 – present Society for Behavioral Medicine
- 2009 – present Society for the Scientific Study of Sexuality (SSSS)
- 2009 – present Association for Contextual Behavioral Science (ACBS)
Special Interest Groups:
Member, Stigma & Shame
Officer, Functional Analytic Psychotherapy
Co-Chair (2014-2016), LGBTQA
- 2003 – present Association for Behavioral and Cognitive Therapies (ABCT)
Special Interest Groups:
Member, LGBT Issues
Member, Behavior Medicine
- 2001 – present American Psychological Association
Division 38: Health Psychology
Division 44: Psychological Study of Gays, Lesbians and Bisexuals
Division 52: International Psychology

SERVICE TO PROFESSIONAL PUBLICATIONS

Ad Hoc Reviewer:

Journal of Clinical & Consulting Psychology; Journal of Contextual Behavioral Science; Health Education Journal; Journal of Health Psychology; Cognitive & Behavioral Practice; Journal of Homosexuality; Sexuality Research & Social Policy; Journal of Gay & Lesbian Mental Health; JAIDS; AIDS & Behavior; Psychology & Sexuality; Psychology & Sexuality; PLOS ONE

NATIONAL AND INSTITUTIONAL INVITED PRESENTATIONS

- 2020 Keynote, Bay Area Association for Contextual Behavioral Science Conference
San Francisco, CA
- 2020 Clinical symposium, Anxiety and Depression Association of America Conference
San Antonio, TX
- 2019 2-day Clinical Workshop, sponsored by Tulane University
Puerto Plata and Santo Domingo, Dominican Republic
- 2019 1-day Clinical Workshop, Association of Psychologists of Nova Scotia (APNS)
Halifax, NS

- 2019 1-day Clinical Workshop, Yale University
New Haven, CT
- 2019 Department of Psychology, University of Connecticut
Storrs, CT
- 2018 2-day Clinical Workshop, Fundación Foro
Buenos Aires, Argentina
- 2018 Keynote, LMBTQ+ Pszichológiai Konferencia (1st Hungarian LGBT Psychology
Conference)
Budapest, Hungary
- 2018 Portland Psychotherapy Clinic
Portland, OR
- 2017 University of Washington and Bastyr University
Seattle, WA
- 2017 Southeast Association for Contextual Behavioral Science Regional Conference
Saint Petersburg, FL
- 2016 San Francisco Psychological Association and University of San Francisco
San Francisco, CA
- 2013 Argosy University
Oakland, CA
- 2013 Palo Alto University
Palo Alto, CA
- 2013 Alliance Health Project, Department of Psychiatry
University of California, San Francisco
San Francisco, CA
- 2011 Grand Rounds, Department of Psychiatry
San Francisco General Hospital, UCSF San Francisco, CA
- 2008 Alliance Health Project, Department of Psychiatry
University of California, San Francisco
San Francisco, CA
- 2008 Behavioral Medicine Rounds, HIV Mental Health
Department of Psychology, Harbor-UCLA Medical Center
Torrance, CA
- 2007 Psychosocial Rounds

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

Contextual Behavioral LGBTQ Didactics 2014-2017
Palo Alto University

Research Methods, Sexuality Studies 2010
San Francisco State University

CLINICAL SUPERVISION & MENTORSHIP

Director, Sexual & Gender Identities Clinic 2013 – 2018
Palo Alto University

Case Consultant, ACT and FAP 2013 – present
Private Practice

Mentor, Committee on LGBT Concerns 2013 – 2014
American Psychological Association
of Graduate Students

Supervisor, Alliance Health Project 2009 – 2011
University of California, San Francisco

Supervisor, HIV Mental Health 2008
Department of Psychiatry
Harbor-UCLA Medical Center

POSTGRADUATE AND NON-DEGREE TRAININGS

Functional Analytic Psychotherapy, Level I 2014
Web-based, CEs provided by the
Evidence-Based Practice Institute

Compassion Cultivation Training 2013
Private Practice

Advanced Cognitive-Behavioral Therapy 2008
Edelman Mental Health Center
Los Angeles County Department of
Mental Health

RESEARCH AND CREATIVE ACTIVITIES

GRANT SUPPORTED WORK

CAPS Innovative Grant 2010 – 2011
Principal Investigator A Pilot Group Intervention of

Acceptance & Commitment
Therapy for the Reduction of HIV- Stigma

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

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

R01 MH073425
NIH/ National Institute of Mental Health
Project Manager

2005 – 2010
Changing HIV Transmission Behavior
in HIV-Positive Men

PEER REVIEWED PUBLICATIONS

Sloshower, J., Reed, S., Krause, R., **Skinta, M. D.**, Guss, J., Williams, M., & Wallace, R. (In press). Psilocybin-assisted therapy of major depressive disorder using Acceptance and Commitment Therapy as a therapeutic frame. *Journal of Contextual Behavioral Science*.

Williams, S.L., Fekete, E.M., & **Skinta, M.D.** (2019). Self-Compassion among Persons Living with HIV: Reducing Internalized Shame and Negative Psychosocial Outcomes. *Behavioral Medicine*, online first: <https://doi.org/10.1080/08964289.2019.1659749>

Farhadi-Langroudi, K., & **Skinta, M.D.** (2019). Working with Gender and Sexual Minorities in the Context of Islamic Culture: A Queer Muslim Behavioral Approach. *The Cognitive Behaviour Therapist*, online first: [doi:10.1017/S1754470X19000096](https://doi.org/10.1017/S1754470X19000096)

Skinta, M.D., Hoeflein, B.T.R., Muñoz-Martínez, A.M., & Rincón, C.L. (2018). Responding to Gender and Sexual Minority Stress with Functional Analytic Psychotherapy. *Psychotherapy*, 55(1), 63-72.

Skinta, M.D., Fekete, E.M., & Williams, S.L. (2018). HIV-Stigma, Self-Compassion, and Psychological Well-Being Among Gay Men Living with HIV. *Stigma & Health*, 4(2), 179-187.

Fekete, E. M., Williams, S. L., & **Skinta, M. D.** (2018). Internalised HIV-stigma, loneliness, depressive symptoms and sleep quality in people living with HIV. *Psychology & Health*, 33(3), 398-415.

Chu, J., Hoeflein, B.T.R., Goldblum, P., Bongar, B., Heyne, G.M., Gadinsky, N., & **Skinta, M.D.** (2017). Innovations in the Practice of Culturally Competent Suicide Risk Management. *Practice Innovations*, 2(2), 66-79.

Bogusch, L. M., Fekete, E. M., & **Skinta, M. D.** (2016). Anxiety and Depressive Symptoms as Mediators of Trait Mindfulness and Sleep Quality in Emerging Adults. *Mindfulness*, 7(4), 962-970.

- Fekete, E.M., Chatterton, M., **Skinta, M.D.**, & Williams, S.L. (2016). Ethnic differences in the links between benefit finding and psychological adjustment in people living with HIV. *Journal of Behavioral Medicine*, 39(3), 493-501.
- Skinta, M.** & Brandrett, B. (2016). Interpretative phenomenological analysis: Stigma and HIV among gay men. *SAGE Research Methods Cases*. 10.4135/978144627305015597692
- Fekete, E.M., Williams, S.L., **Skinta, M.D.**, & Bogusch, L.M. (2016). Gender Differences in Disclosure Concerns and HIV-Related Quality of Life. *AIDS Care*, 28(4), 450-454.
- Skinta, M.D.**, Lezama, M., Wells, G., & Dilley, J.W. (2015). Acceptance and compassion-based therapy to reduce HIV-stigma. *Cognitive and Behavioral Practice*, 22(4), 481-490.
- Skinta, M. D.**, Brandrett, B. D., Schenk, W. C., Wells, G., & Dilley, J. W. (2014). Shame, self-acceptance and disclosure in the lives of gay men living with HIV: An interpretative phenomenological analysis approach. *Psychology & health*, 29(5), 583-597.
- Skinta, M.D.**, & Feldman, M. (2012). The Stonewall generation: Gay men aging with HIV. *Aging & Society: An Interdisciplinary Journal* 1(1), 109-120.
- Skinta, M.D.**, Murphy, J.L., Paul, J.P., Schwarcz, S.K., & Dilley, J.W. (2012). Thoughts, attitudes and feelings of HIV-positive MSM associated with high transmission-risk sex. *Health Education and Behavior*, 39(3), 315-323.
- Schwarcz, S.K., Chen, Y., Murphy, J.L., Paul, J.P., **Skinta, M.D.**, Scheer, S., Vittinghoff, E., & Dilley, J.W. (2012). A randomized control trial of personalized cognitive counseling to reduce sexual risk among HIV-infected men who have sex with men. *AIDS Care (iFirst)*, 1-10.
- McPhee, B., **Skinta, M.D.**, Paul, J., & Dilley, J.W. (2012) Personalized cognitive counseling to reduce unprotected sexual intercourse with HIV-positive men: A case study. *Cognitive and Behavioral Practice*, 19(2), 328-337.

PUBLICATIONS UNDER REVIEW OR IN PREPARATION

- Skinta, M.D.**, Brandrett, B.D., & Margolis, E. (n.d.). ‘They Should Put it in the Water’: Young, Gay, and Living with HIV in the time of PrEP. Manuscript under review.
- Muñoz-Martínez, A.M., Rincón, C.L., Hoeflein, B.T.R., & **Skinta, M.D.** (n.d.). Enhancing Interpersonal Intimacy for Gay Men with Functional Analytic Psychotherapy: An Experimental Non-Concurrent Multiple Baseline Design. Manuscript under review.
- Luxon, A. M., Chasson, G. S., Williams, M. T., **Skinta, M. D.**, & Galupo, M. P. (n.d.). Brooding over the closet: differentiating sexual orientation rumination and sexual orientation obsessions. Manuscript under review.
- Williams, M. T., Kanter, J. K., **Skinta, M. D.**, Martin-Willett, R., Mier-Chairez, J., Debreux, M., & Rosen, D. C. (n.d.). Microaggressions Against African Americans on predominantly White campuses: Results from a focus group study. Manuscript in preparation.

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.

Skinta, M.D., Jones, K.T., & Cook, H. (n.d.). Ethical considerations for sexual minority therapists using mobile dating apps. Manuscript in preparation.

BOOKS & CHAPTERS

Skinta, M.D. & Nakamura, N. (*expected 2020*). Resilience and Identity: Intersectionality. In U. Tummala-Narra (Ed.), *Racial Minority Immigrants and Trauma in the U.S.* APA Publications.

Skinta, M.D. (*expected 2020*). *Using Contextual Behavior Therapy with Gender and Sexual Minority Clients: A Practical Guide to Treatment.* Routledge. Contracted and in preparation.

Skinta, M.D. & van der Linde, J. (n.d.). Creating compassionate contexts for LGBT students. In T. Black, D. Tirsch, and L. Coyne (Eds.), *Compassion-Focused ACT in Schools.* Under review.

Rosen, D. C., Kanter, J. W., Villatte, M., **Skinta, M. D.**, & Plummer Loudon, M. (2019). Becoming an Antiracist White Clinician. In Williams, M. T., Rosen, D. C., & Kanter, J. W. (Eds.), *Eliminating Race-Based Mental Health Disparities: Promoting Equity and Culturally Responsive Care across Settings.* New Harbinger: Oakland.

Skinta, M.D., Hoeflein, B.T.R., & Ryu, D. (2018). Acceptance, Vulnerability, and Compassion: Contextual-Behavioral Approaches for Sexual and Gender Minority Clients. In S. Safren and J. Pachankis (Eds.), *Handbook of Evidence-based Mental Health Practice with Gender and Sexual Minority Clients.* Oxford: Oxford University Press.

Rovner, G., & **Skinta, M.D.** (2017). Acceptance and Commitment Therapy (ACT) for the mindful physiotherapist. In *Physiotherapy in Mental Health and Psychiatry: A Scientific and Clinical Based Approach.* Probst: Skjærven.

Skinta, M.D. (2017). Gay Men. In Nadal, K.L. (Ed.), *The SAGE Encyclopedia of Psychology and Gender.* Thousand Oaks, CA: SAGE Publication Inc.

Bliss, W., Goldblum, P., & **Skinta, M.D.** (2016). Integrative Clinical Assessment of Sexual and Gender Minority Clients. In U. Kumar (Ed.), *Personality Assessment: The Way Forward.* New York, NY: Wiley.

Goldblum, P, Balsam, K., **Skinta, M.D.**, Pflum, S., & Evans, R.W. (2016). Psychotherapy with lesbian, gay, bisexual, transgender, queer, and questioning: Theory and Practice. In L.E.

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. 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. & Williams, K. (2016). Queering the globe: Promoting equality, connection, and community. 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. (2014). Acceptance and compassion-based approaches for invisible shame: Working with sexual minorities and chronic illness. In A. Masuda (Ed.), *Cultural issues in acceptance and mindfulness-based approaches.* Oakland, CA: New Harbinger Publications.

BOOK REVIEWS

Skinta, M.D. (2013). [Review of the book *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*]. *Compassion, 1*

Skinta, M.D. (2013). [Review of the book *When Gay People Get Married: What Happens when Societies Legalize Same-Sex Marriage*]. *Journal of Gay & Lesbian Mental Health, 17.*

Skinta, M.D. (2012). [Review of the book *Functional Analytic Psychotherapy: Awareness, Courage, Love, & Behaviorism*]. *Cognitive Behavioral Therapy Book Reviews, 8(3).* Retrieved August 1, 2012, from <http://www.the-iacp.com/book-reviews>.

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

POSTERS AND PRESENTATIONS

Skinta, M. D. (2020, March). Invited Expert Clinician, in P. Zurita Ona's *Trauma/PTSD with Sexual and Gender Minorities*, a Clinical Symposium to be presented at the annual meeting of the Anxiety & Depression Association of America, San Antonio, TX.

- Skinta, M. D.** (2020, March). *Contextual Behavioral Approaches to Reducing Minority Stress among Sexual and Gender Minority Clients*, a Master Clinician Workshop to be presented at the annual meeting of the Anxiety & Depression Association of America, San Antonio, TX.
- Cohen, J., **Skinta, M. D.**, & Hope, D. (2019, November). *Cognitive and Behavioral Practice with Sexual and Gender Minorities*, a Mini-Workshop to be presented at the annual meeting of the Association for Behavior and Cognitive Therapy, Atlanta, GA.
- Skinta, M.D.** (2019, November). Participant. In Z. Huit's "Parenting Gender Diverse Youth: Setting a Research and Clinical Agenda" a Panel to be presented at the annual meeting of the Association for Behavior and Cognitive Therapy, Atlanta, GA.
- Skinta, M.D.** (2019, November). Presenter. In J. H. Martinez's "Mindfulness- and Acceptance-Based Approaches with Marginalized Communities", a Symposium to be presented at the annual meeting of the Association for Behavior and Cognitive Therapy, Atlanta, GA.
- Skinta, M.D.** (2019, November). Discussant. In B. Catlin's "What Protects or Harms the Mental Health of Sexual and Gender Minorities?: Examinations of Psychological Inflexibility, Experiencing Sexual Racism, and Religiosity", a Symposium to be presented at the annual meeting of the Association for Behavior and Cognitive Therapy, Atlanta, GA.
- Skinta, M. D.** (2019, September). Discussant. In R. S. Singh's "Examining Factors Influencing Well-Being Across Gender and Sexual Minority Subgroups" a Symposium presented at the 2nd international Evidence-Based Advances in Psychotherapy with Gender and Sexual Minorities, Budapest, Hungary.
- Skinta, M. D.** & Leonard-Curtin, A. (2019, September). *Process-based Contextual Behavioral Therapy for Minority Stress among Gender and Sexual Minority Clients*, a Workshop presented at the 2nd international Evidence-Based Advances in Psychotherapy with Gender and Sexual Minorities, Budapest, Hungary.
- Siegel, A., Guendert, A., Williams, S. L., **Skinta, M. D.** & Fekete, E. M. (2019, August). Weight based microaggressions: A nuanced view of weight stigma. Poster presented at the Annual Meeting of the American Psychological Association, Chicago, IL.
- Sander, A., **Skinta, M. D.**, & Fekete, E. M. (2019, August). Body image flexibility mediates the links between BMI and Stigma, Well-Being, and Eating Behaviors. Poster presented at the Annual Meeting of the American Psychological Association, Chicago, IL.
- Skinta, M. D.**, & Petrocchi, N. (2019, July). *Compassion-focused and vulnerability training for gender and sexual minority clients*, a Workshop presented at the World Congress for Behavioral and Cognitive Therapies, Berlin, Germany.
- Skinta, M.D.** (2019, July). Participant. In M. Williams "Racial issues in the assessment of mental health and delivery of cognitive behavioral therapies" a Symposium presented at the World Congress for Behavioral and Cognitive Therapies, Berlin, Germany.

Skinta, M. D., & dickey, l. m. (2019, July). *Process-based CBT, Sexual Orientation, and Gender Diversity: Enhancing Clinical Skills*, a Workshop presented at the annual conference of the British Psychological Society Sexualities Section, London, UK.

Allegri, R., Kuei, T., & **Skinta, M. D.** (2019, June). *When I get that feeling, I want Sexual Healing: what therapists should know about dealing with sex in therapy - and some key skills*, a Workshop presented at annual conference of the Association for Contextual Behavioral Science, Dublin, Ireland.

Skinta, M. D., Leonard-Curtin, A., & dickey, l. m. (2019, June). *Process-based CBT, sexual orientation, and gender diversity: Enhancing clinical skills*, a Workshop presented at annual conference of the Association for Contextual Behavioral Science, Dublin, Ireland.

Skinta, M.D. (2019, June). Participant. In J. McManus "A CBS Approach to Intersectionality in LGBTQ+ - Affirming Interventions" a Panel presented at annual conference of the Association for Contextual Behavioral Science, Dublin, Ireland.

Simonetti, J. & Balsam, K. F., & **Skinta, M. D.** (2019, January). *Adapting a compassion-based intervention for LGBTQ populations: Opportunities and Challenges*. In T. O'Shaughnessy (Chair), "Advances in Clinical Approaches with the LGBTQ Community" presented at the National Multicultural Conference and Summit, Denver, CO.

Skinta, M.D., & Curtin-Leonard, A. (2018, September). *Contextual Behavioral Strategies for Work with Gender and Sexual Minority Clients*, a Workshop presented at the annual conference of the European Association for Behavioural and Cognitive Therapies, Sofia, Romania.

Skinta, M.D. (2018, August). Participant. In K. Farhadi-Langroudi's "Queering Ethics – The Intersectionality of Ethics, Laws, and Queer Identity" a Symposium presented at the annual convention of the American Psychological Association, Washington, DC.

Brill, C. D., **Skinta, M.D.,** & Silberstein-Tirch, L. (2018, July). *Your privilege is not your fault, though it is still your responsibility: Working with compassion and connection from a place of privilege*, a Workshop presented at the annual world conference of the Association for Contextual Behavioral Science, Montréal, Canada.

Curtin, A., & **Skinta, M.D.** (2018, July). *Contextual Behavioral Strategies for helping Gender and Sexual Minority Clients Thrive*, a Workshop presented at the annual world conference of the Association for Contextual Behavioral Science, Montréal, Canada.

Skinta, M.D. (2018, July). Discussant. In R. S. Singh's "Shame, stigma, and stress: Barriers to thriving for gender and sexual minorities" a Symposium presented at the annual world conference of the Association for Contextual Behavioral Science, Montréal, Canada.

Skinta, M.D., with Ramos, B., Biglan, A., Masuda, A., Silberstein-Tirch, L. R., Villatte, M., & dickey, l. (2018, July). *Developing a Nurturing Society: Directions for CBS to Understand and Reduce Prejudice, Dehumanization, and Objectification*, a Panel accepted for presentation at the annual world conference of the Association for Contextual Behavioral Science, Montréal, Canada.

- 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 K. Farhadi-Langroudi's "Understanding the Struggles of Immigrants Seeking Asylum – How Psychologists Can Help" a Symposium presented at the annual convention of the American Psychological Association, Washington, DC.
- Skinta, M.D.** (2017, August). Co-Chair. In M. Brennen-Ing and M.D. Skinta's "Health Concerns for Transgender and Gender Nonconforming People" a Symposium presented at the annual convention of the American Psychological Association, Washington, DC.
- Skinta, M.D.** & Bhambhani, Y. (2017, June). *Using Contextual Behavioral Science to address unique difficulties faced by Gender and Sexual Minorities (GSM)*, a Workshop presented at the annual world conference of the Association for Contextual Behavioral Science, Seville, Spain.
- Skinta, M.D.**, with Brill, C., Sandoz, E., Fung, K., & Silberstein, L. (2017, June). *Intersectionality in CBS: Application to Research and Clinical Practice*, a Panel accepted for presentation at the annual world conference of the Association for Contextual Behavioral Science, Seville, Spain.
- Farhadi-Langroudi, K., & **Skinta, M.D.** (2017, April). *Responding to Shame among Gender and Sexual Minority Clients within the Context of Islamic Culture*, a Workshop presented at the annual convention of the California Psychological Association, Burlingame, CA.
- Skinta, M.D.** (2016, August). Participant. In K. Farhadi-Langroudi's "Connecting with our queerness: Four contemporary takes on being an LGBTQ(A) psychologist" a Symposium presented at the annual convention of the American Psychological Association, Denver, CO.
- Skinta, M.D.**, Brandrett, B., & Margolis, E. (2016, June). *PrEP for Positives*. In **D.S. Steinberg's** "Beyond the couch: Functional contextual applications for community mental health and behavior change," a Symposium presented at the annual world conference of the Association for Contextual Behavioral Science, Seattle, WA
- Skinta, M.D.** (2016, June). Discussant. In R.M. Slater's "Using Psychological Flexibility to Reach Across the Barriers of Prejudice: Examinations of Obesity, Race, and Sexual Orientation Stigma," a Symposium presented at the annual world conference of the Association for Contextual Behavioral Science, Seattle, WA
- Skinta, M.D.** (2016, June). Discussant. In D. Maitland's "Functional Analytic Psychotherapy interventions across populations," a Symposium presented at the annual world conference of the Association for Contextual Behavioral Science, Seattle, WA

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 Association for Contextual Behavioral Science, Seattle, WA.

Hoeflein, B., Chu, J., Bongar, B., Goldblum, P., **Skinta, M.**, Gadinsky, N., & Heyne, G. (2016, March). A translational research effort demonstrating the impact of a cultural competency approach on suicide risk management practice: A case study. Poster presented at the 49th Annual Conference of the American Association of Suicidology, Chicago, IL.

Debreaux, M., Mier-Chairez, J., Sawyer, B. **Skinta, M.**, Kuczynski, A., Kanter, J., & Williams, M.T. (2015, Nov). Reducing Racial Microaggressions: Focus Group Background and Conceptualizations. A poster presented at the annual meeting of the Association for Behavior and Cognitive Therapy, Chicago, IL.

Skinta, M.D. (2015, August). Co-Chair. In C. Meade and M.D. Skinta's "Intimate Partner Violence and HIV – Intersectionality and the Accumulation of Risk" a Symposium presented at the annual convention of the American Psychological Association, Toronto, Canada.

Skinta, M.D. & Curtin, A. (2015, July). *Mindfulness and Acceptance for Gender and Sexual Minorities: Contextual Strategies to Foster Self-Compassion, Connection, and Equality*, a Workshop presented at the annual world conference of the Association for Contextual Behavioral Science, Berlin, Germany.

Bogusch, L. M., Fekete, E. M., **Skinta, M. D.**, Williams, S. L., Taylor, N. M., & McErlean, A. (August, 2014). *Self-compassion, loneliness, and psychological well-being in people living with HIV*. Poster session at the Annual Meeting of the American Psychological Association, Washington, DC

Chatterton, M., Fekete, E. M., **Skinta, M. D.**, Williams, S. L., Taylor, N. M., White, M., Woods, B. (August, 2014). *Benefit finding moderates the relationship between HIV-related stigma and psychological well-being*. Poster session at the Annual Meeting of the American Psychological Association, Washington, DC

McErlean, A., Fekete, E. M., Williams, S. L., **Skinta, M. D.**, Taylor, N. M., Bogusch, L. M. (August, 2014). *Unsupportive social interactions, shame, and psychological well-being in people with HIV*. Poster session at the Annual Meeting of the American Psychological Association, Washington, DC

Taylor, N. M., Fekete, E. M., **Skinta, M. D.**, Williams, S. L. (August, 2014). *Ethnic differences in spirituality, shame, and stigma in people living with HIV*. Poster session at the Annual Meeting of the American Psychological Association, Washington, DC

- 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 functional contextual heaven: What FAP can bring to ACT and what ACT can bring to FAP*, a Panel presented at the annual world conference of the Association for Contextual Behavioral Science, Sydney, Australia.
- Skinta, M.D.** & Wells, G. (2012). *ACT on HIV-Stigma*. In **M.D. Skinta's** "Stigma, self-stigma, and Psychological Flexibility," a Symposium presented at the annual world conference of the Association for Contextual Behavioral Science, Washington, DC
- Skinta, M.D.** & Feldman, M. (2011). *Aging & the Stonewall Generation*. A paper presented at the annual meeting of Aging & Society: An interdisciplinary conference, Berkeley, CA
- 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 Behavior and Cognitive Therapy, 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 Behavior and Cognitive Therapy, 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

MEDIA

September 15, 2019, Queerlife.co, Konferencia és workshop, ahol a chemsex is előkerül? [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/relationships2/episodes/2016-11-24T09_00_00-08_00

November 18, 2013, ACT: Taking Hurt to Hope. *Struggling with HIV/AIDS Stigma*
<http://webtalkradio.net/internet-talk-radio/act-taking-hurt-to-hope/>

CLINICAL EXPERIENCE

2011 – 2019	Private Practice, Clinical Health Psychology San Francisco, CA
2014 – 2018	Supervisor, Clinic Director, Sexual & Gender Identities Clinic Palo Alto University
2007 – 2008	Postdoctoral Fellow, HIV Behavioral Medicine Harbor-UCLA Medical Center
2006 – 2007	Clinical Psychology Intern Southwest Consortium Clinical Psychology Internships, Albuquerque, NM Rotations: Substance Use Disorders, Spinal Cord Injury, Behavioral Medicine, Corrections/Forensic Psychology
2002 – 2006	Psychology Trainee, Children's Advantage, Ravenna, OH Psychology Trainee, The Twelve, Inc., Massillon, OH Psychology Trainee, Neuropsychology Specialty Practicum, Psychological

Clinic, Kent State University, Kent, OH
Psychology Trainee, Child and Family Specialty Practicum, Psychological
Clinic, Kent State University, Kent, OH