

## BIOGRAPHICAL SKETCH

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.  
Follow this format for each person. **DO NOT EXCEED FOUR PAGES.**

NAME Anne Helene Skinstad	POSITION TITLE Clinical Associate Professor and Prairielands Addiction Technology Transfer Center Director
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eRA COMMONS USER NAME

EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
University of Bergen, Norway	BS	1972	Undergraduate Studies
University of Bergen, Norway	PsyD	1977	Clinical Psychology
Norwegian Psychological Association		1984	Licensed Psychologist
Rutgers University	Post Doc	1986	Post-doc research Fellow
University of Bergen, Norway	PhD	2001	Psychology

### A. Positions and Honors.

#### Positions and Employment

1971-72, 75-77	Research Assistant, Department of Clinical Psychology; University of Bergen
1977-1978	Staff Clinical Psychologist; Hjellestad Clinic
1978-1979	Staff Clinical Psychologist; Bergen Psychiatric Hospital
1978-1987	Faculty, Department of Clinical Psychology; University of Bergen
1979-1982	Psychologist I. Bla-Kors Sosialbygg in Bergen
1982-1983	Consultant to a Norwegian Institute for mothers and children
1983-1985	Faculty and Supervisor, University of Bergen
1988-1990	Leader of outpatient clinic, Hjellestad Clinic
1988-1990	Leader, inpatient treatment for alcoholic women, Hjellestad Clinic
1990-1993	Clinical Psychologist, Faculty & Staff Services, The University of Iowa; Iowa City, Iowa
1990-1996	Visiting Lecturer, Substance Abuse Program, College of Education; The University of Iowa; Iowa City, Iowa
1995-2000	Coordinator, Substance Abuse Counseling Program; The University of Iowa; Iowa City, Iowa
1995-1998	Program Director, Addiction Technology Transfer Center of Iowa
1996-2001	Assistant Professor, Division of Counseling Rehabilitation and Student Development, The University of Iowa; Iowa City, Iowa.
1998-2012	Director, Prairielands Addiction Technology Transfer Center, the University of Iowa
2001-2006	Assistant Professor, Department of Community and Behavioral Health, College of Public Health, the University of Iowa.
2006-present	Clinical Associate Professor, Department of Community and Behavioral Health, College of Public Health, the University of Iowa.
2012-present	Director, National American Indian and Alaskan Native Addiction Technology Transfer Center, the University of Iowa

#### Other Experience and Professional Memberships

1979-present	Hordaland's Board of Norwegian Psychological Association
1983-present	Founded the Association for Women and Psychotherapy in Bergen
1984-85	Norwegian Association of Clinical and Experimental Hypnosis, Board Member
1985-present	Research Board, Norwegian Psychological Association, Member
1988-present	Established a Norwegian Association for the Rorschach Workshops
1989-present	Founding member of the European Rorschach Association
1997	Iowa Substance Abuse Program Directors' Association (ISAPTA), Member

1998-present	Statewide Task Force: Curriculum Development with staff working with female offenders, Chair
1998-present	Advisory Board, Living Laboratory (International association for the promotion of empirically supported treatments of inmates), Member
2000	Liaison Group, General Assembly of the National Institute for Alcohol Abuse and Alcoholism (NIAAA), Member
2001	Liaison Group, Practice Improvement Collaborative and Addiction Technology Transfer Centers, Member
2001-present	Advisory Board, AgriWellness (an association for the promotion of health and wellness among farmers and rangers in Iowa), Member
2002-present	National ATTC-NIDA Liaison Committee Chair
2002-present	Foundation Board of the Preucil School of Music, Member
2003-present	CSAT Consensus panel for Substance Abuse Treatment and Trauma, a Treatment Improvement Protocol, Member
2004-present	College on Problems of Drug Dependence, Member
2004-present	Research Society on Alcoholism, member
2007-present	Association of Addiction Counseling Professionals (NAADAC), Member
2007-present	National Association of Lesbian and Gay Addiction Counselors (NALGAP), Member

## B. Selected peer-reviewed publications (in chronological order).

1. Nathan PE, **Skinstad AH**. (1987). Outcomes of treatment for alcohol problems: Current methods, problems, and results. *J Consult Clin Psychol*. 55:332-340.
2. Hartmann E, Eri TJ, **Skinstad AH**. (1989). The effect of social influences on cognitive development and school performance. *Scand J Psychol*. 30:52-63.
3. Odergard T, **Skinstad AH**, Holme-Hansen E. (1990). Female dignity as a motivational force. In: Loberg T, Marlatt GA, Miller P, Nathan PE, eds. *Addictive Behaviors: Prevention and Early Intervention*. Amsterdam: Zwets & Zeitlinger. 275-300.
4. **Skinstad AH**, Mortensen JK. (1992). A cross-cultural comparison of MMPI norms in alcoholics with and without a diagnosis of Borderline Personality Disorder. *New Trends in Experimental and Clinical Psychiatry*. 8:103-112.
5. **Skinstad AH**. (1993). Practicum supervision in Norway & the United States. *J Couns Dev*. 71:406-408.
6. **Skinstad, AH**. (1994). MMPI characteristics of alcoholics with Borderline Personality Disorder. *European Journal of Psychological Assessment*. 10:34-42.
7. Eliason MJ, **Skinstad AH**. (1995). Drug/alcohol addictions and mothering. *Alcohol Treat Q*. 12:83-96.
8. Eliason MJ, **Skinstad AH**, Gerken K. (1995). Substance abuse and motherhood. *Alcohol Treat Q*. 13:81-88.
9. **Skinstad AH**, Laberg JC, Ellertsen B. (1998). A chart review study of male alcoholics differentiated by personality disorder. *Nord J Psychiatry*. 52:5-13.
10. Nathan PE, **Skinstad AH**, Langenbucher JW. (1999). Substance Abuse: Diagnosis, Comorbidity, and Psychopathology. In: Millon T, Blaney P, Davis R, eds. *Oxford Textbook of Psychopathology*. New York: Oxford University Press. 227-247.
11. **Skinstad AH**, Troland K, Mortensen JK. (1999). Rorschach responses in borderline personality disorder with alcohol dependence. *Eur J Psychol Assess*. 15:133-142.
12. Nathan PE, **Skinstad AH**, Dolan SL. (2000). Clinical Psychology II – Psychological Treatments: Research and Practice. In: Pawlik KP, Rosenzweig MR, eds. *International Handbook of Psychology*. London: SAGE Ltd. 452-465.
13. Nathan PE, **Skinstad AH**, Dolan S. (2001). The Alcohol-Related Disorders: Psychopathology, Diagnosis, Etiology, and Treatment. In: Sutker PB, Adams HE, *Comprehensive Handbook of Psychopathology*. 3<sup>rd</sup> ed. New York & London: Plenum Press. 591-618.
14. **Skinstad AH**, Swain AH. (2001). Comorbidity in a clinical sample of substance abusers. *Am J Drug Alcohol Abuse*. 27:45-64.
15. **Skinstad AH**, Swain A, Eliason M, Gerken K. (2001). Cross-cultural comparison of Norwegian and American substance abusing women. *Journal of Substance Use and Misuse*. 36:2087-2112.
16. **Skinstad AH**, Swain A, Ellertsen B. (2001). MMPI-2 comparisons of substance abusers with additional

- diagnosis of personality disorders. *New Trends in Experimental and Clinical Psychiatry*. 17:31-42.
17. Eliason MJ, **Skinstad AH**. (2001). Drug and alcohol intervention for older women: A pilot study. *J Gerontol Nurs*. 27:18-24.
  18. **Skinstad AH**, Eliason MJ, Carrello P, Jones JD. (2002). Women with alcohol and drug problems in aftercare treatment: At admission and discharge. *Alcohol Treat Q*. 20:51-69.
  19. Eliason MJ, **Skinstad AH**. (2002). Family practice physicians: Training needs assessment in regards to substance abuse. *Journal of Teaching in the Addictions*. 1:43-55.
  20. **Skinstad AH**, Nathan PE. (2003). Diagnosis and treatment of substance abuse: Straight talk. *Register Reports*. 29:14-19.
  21. Peterson DB, **Skinstad AH**, Trobliger RT. (2004). Substance abuse counseling. In: Chan F, Berven NL, Thomas KR, eds. *Counseling Theories and Technique for Rehabilitation Professionals*. New York: Springer. 303-327.
  22. **Skinstad AH**, Nathan PE, Pizzini, NJ. (2004). Alcoholism. In: Craig EJ, ed. *Clinical and Diagnostic Interviewing*. 2<sup>nd</sup> ed. Northvale, NJ: Jason Aronson. 180-214.
  23. **Skinstad AH**. (2005). Women and alcohol: Issues for treatment; Substance Use, Abuse and Dependence in Pre- and Post Menopausal Women. In Deitch D, Tsiboukli A, eds. *Issues in the Treatment and Prevention of Addictive Behaviors*.
  24. Nemes S, Libretto S, **Skinstad AH**, Garrett G, Hoffman J. (2005). Promising practices in drug treatment: Findings from Europe. *Journal of Teaching in the Addictions*. 4(1):89-109.
  25. **Skinstad AH**. (2005). Women and alcohol: Issues for treatment; Substance Use, Abuse and Dependence in Pre- and Post Menopausal Women. In Deitch D, Tsiboukli A, eds. *Issues in the Treatment and Prevention of Addictive Behaviors*.
  26. Garrett G, Nemes S, Hoffman J, Libretto S, **Skinstad AH**, Hess L. (2005). Promising practices in drug treatment: An overview of methodology. *Journal of Teaching in the Addictions*. 4(1):19-43.
  27. **Skinstad AH**, Miller D, Nathan P, Peters C. (2008). Termination of substance abuse treatment: An ending or a beginning? In O'Donohue WT, Cucciare MA, eds. *Terminating Psychotherapy: A Clinician's Guide*. New York: Routledge. 544-556.
  28. **Skinstad AH**. (2008). Assessment of substance use disorders. In Fisher GH, Roget NA, eds. *Encyclopedia of Substance Abuse Prevention, Treatment and Recovery*. Sage Publications. 103-105.
  29. **Skinstad AH**. (2008). Assessment Instruments. In Fisher GH, Roget NA, eds. *Encyclopedia of Substance Abuse Prevention, Treatment and Recovery*. Los Angeles, CA: Sage. 105-108.
  30. **Skinstad AH**. (2008). Diagnostic assessment of substance use disorders. In Fisher GH, Roget NA, eds. *Encyclopedia of Substance Abuse Prevention, Treatment and Recovery*. Los Angeles, CA, Sage. 279-282.
  31. Nathan PE, **Skinstad AH**. (2009). History and Current Status of Psychosocial Treatments for Substance Abuse: The 1960s: Diverse Treatments, Unproven Effectiveness. In: Norcross JC, VandenBos GR, Freedheim DK, eds. *History of Psychotherapy: Continuity and Change*. 2nd ed Washington, D.C: American Psychological Association Press.
  32. Nathan PE, **Skinstad AH**. (2010). Substance abuse. In Norcross JC, Vandenbos GR, Freedheim DK, eds. *History of Psychotherapy: Continuity and Change*. 2<sup>nd</sup> ed. Washington D.C. American Psychological Association. 574-587.
  33. Ding K, Yang J, Cheng G, Schiltz T, Summers KM, **Skinstad AH**. (2011). Hospitalizations and hospital charges for co-occurring substance abuse. *J Subst Abuse Treat*. 40:366-375.

### **C. Research Support**

#### **Ongoing Research Support**

5 UR1 TIO24245 **Skinstad, AH** (PI)

9/30/12-9/29/17

Substance Abuse and Mental Health Services Administration (SAMHSA)

National American Indian and Alaskan Native Addiction Technology Transfer

**Major Goal:** To disseminate and facilitate the adoption of culturally legitimate evidence-based practices to providers in the AI/AN workforce, using recognized, state-of-the-art technology transfer principles. Center for the Substance Abuse and Mental Health Services Administration (SAMHSA).

University of California, Los Angeles **Skinstad, AH** (PI) 09/30/14-08/31/2017  
USDHHS Substance Abuse & Mental Health Services Administration  
Center for Excellence in LGBT Health  
The National American Indian and Alaska Native ATTC (N AI & AN ATTC) under Dr. Skinstad 's leadership, will subcontract with The Pacific South West ATTC, under Dr. Freeze's leadership, and in collaboration with Dr. Chapel, NeCATTTC, on developing a Center of Excellence on LGBT Health.

The State of South Dakota, DHHS **Skinstad, AH** (PI) 01/01/2013-12/31/2014  
Native American Cultural Sensitivity Training Program for non-Native treatment providers.

**Completed Research Support**

10029147 Skinstad, AH (PI) 09/30/12-09/29/14  
University of Utah  
USDHHS, Substance Abuse and Mental Health Services Administration  
(SAMHSA) Center for Substance Abuse Treatment (CSAT)  
Region Eight Addiction Technology Transfer Center

5 UD1 TI013596 **Skinstad, AH** (PI) 03/31/02-09/29/12  
USDHHS, Substance Abuse and Mental Health Services Administration  
(SAMHSA) Center for Substance Abuse Treatment (CSAT)  
Prairielands Addiction Technology Transfer Center, serving Iowa, Minnesota,  
North and South Dakota, and Wisconsin.

810-07507 & am A-B **Skinstad, AH** (PI) 02/20/09-06/30/11  
North Dakota Department of Human Services  
North Dakota Motivational Interviewing Infrastructure Development and  
MIA:STEP Training Series

Res., 2014, 2:867-877 B. Positions and Honors Positions and Employment 1980-1986 Assistant Professor, Department of Molecular Biology Princeton University, Princeton, NJ 1986-1993 Associate Member, Sloan Kettering Institute for Cancer Research, New York, NY 1993-2006 Professor, Departments of Surgery and Immunology & Director of Program in Immunotherapy, Duke Center for Translational Research, Duke University Medical Center, Durham, NC 2006-present.Â Yale Cancer Center 2004 External Advisory Committee, Stanford Bone Marrow Program Project 2008 External Advisory committee, Duke Brain SPORE 2010 Ad-hoc Genes & Drug Delivery NIH study section 2011 Editorial Board, OncoImmunology 2011 Editorial Board Wondering where those awards, honors, and accomplishments fit in your resume? We have the tips you need to ensure that your achievements are properly documents to maximize your chances of landing an interview and a great job!Â Leadership positions at your school. Keep in mind that achievements should only be limited to things that go above and beyond ordinary expectations. There is no added merit attached to showing up on time, getting along with others, or doing required work according to instructions. Those are all admirable, but they involve nothing more than meeting basic expectations. When youâ€™re listing awards, honors, and accomplishments, you should focus on your truly exceptional achievements. Examples of Awards and Honors on a Resume. Example 2003. A. Positions and Honors. Positions and Employment 1996-2003 Combined Degree Student (MD/PhD), University of Pennsylvania School of Medicine, Philadelphia, PA. PhD mentor: Robert W. Doms 2003-2005 Resident in Pathology and Laboratory Medicine, Hospital of the University of Pennsylvania, Philadelphia, PA 2005-2007 Fellow in Neuropathology, Hospital of the University of Pennsylvania, Philadelphia, PA 2006-2009 Research Fellow, Memorial Sloan-Kettering Cancer Center, New York, NY. Post-doctoral mentor: Eric C. Holland 2008-2009 Instructor, Department of Pathology, Memorial Sloan-Kettering Ca