

THERESE SKINNER

LCSW LICSW CEDS

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CERTIFICATIONS

DBT Linehan Board of Certification, Board Certified Clinician™

Radically Open Dialectical Behavior Therapy Scholar

IAEDP Certified Eating Disorder Specialist

Kundalini/Traditional 900hr **RYT** Yoga Instructor

EDUCATION

Master of Social Work

University of Arkansas Little Rock AR 2019

Psychology Bachelor of Arts

University of Wyoming 2011

PRESENTATIONS

National Association of Social Workers, Arkansas | 2019

Integration of Social Work at the Macro, Mezzo, and Micro level with Evidence Base Practice in School Based Settings-Little Rock Central High School's Model for the State of Arkansas

Administrative Office of the Courts-Children in the Courts | 2020

Trauma's Impact in the Court

Arkansas Jury Trial Lawyers Association 2021

Trauma's Shadow in Court Proceedings

National Association of Social Workers, Arkansas | 2024

The Mindful Approach to Social Work Core Values, An Experiential Journey into Ethics

International Association of Eating Disorders Professionals | 2025

Using Dialectics in Treatment to Facilitate Resiliency-the Pros and Cons of Using DBT and RDBT in Treatment of Eating Disorders

Social Work Action Coalition Annual Conference | 2026

Ethical Approaches to Dialectical Behavior Therapy and Radically Open Dialectical Behavior Therapy

LICENSURES

Arkansas LCSW #7331-C

Louisiana LCSW #16986

Washington LICSW #SX 61228902

Georgia LCSW #CSW008640

South Carolina Telehealth #TLS 708 CP

Colorado LCSW #CSW 09930747

Tennessee LCSW #9757

TRAINING

Dialectical Behavior Therapy

DBT-Linehan Board of Certification, Board Certified Clinician™-2022

Behavior Tech Training

DBT Skills Training 2016

Foundational Training 2018-2019

Intensive Plus Training 2019

Consultation Team Training 2019

DBT-PE (Prolonged Exposure) Trauma Therapy Oct 2019

DBT-SUD (Substance Use Disorder) Sept 2019

DBT-PE Advanced Training March 2021

DBT Adolescent and Family Specialty Training May 2021

DBT-High Conflict Couple Trained-December 2022

DBT-ED (Eating Disorder) Level 2 for Adolescent Certified-May 2023

DBT-ED (Eating Disorder) Level 2 for Adults Certified-April 2023

DBT-PTSD (Post Traumatic Stress Disorder for Complex Trauma) May 2023

DBT-PTSD (Advanced Training)-December 2023

Radically Open Dialectical Behavior Therapy

Radically Open Dialectical Behavior Therapy Level 1 Trained

Radically Open Dialectical Behavior Therapy Level 2 Trained

Radically Open Dialectical Behavior Therapy Level 3 Trained

Selected as RDBT Scholar January 2026 for 2 year training term

Radically Open Eating Disorder Trained

International Association of Eating Disorders Professionals

Core Training and 2023 Symposium-Certified 2024-10 ED CEUs/yr

Trauma Focused-Cognitive Behavior Therapy

ARBEST, University of Arkansas Medical Sciences

Full completion of 2 year training and supervision 2017

Acceptance and Commitment Therapy

2014-Matt Boone Supervision

Mindfulness Training

Marsha Linehan's Sanga Mindfulness Intensive Training Sept 2019

Marsha Linehan's Sanga Mindfulness Intensive Training Sept 2021

Marsha Linehan's Sanga Mindfulness Intensive Training Sept 2022

Yoga Teacher Training 200 Hr RYT 2022

Yoga Teacher Training 300 Hr RYT 2022

Kundalini Yoga Instructor Level 1 220 hr RYT 2023

Kundalini Level 2 180 of 260 hr RYT 2024-2026

EMPLOYMENT

Clinical Director

Wind River Therapy Services Little Rock AR Virtual CO, WA, TN, LA, GA, SC | 2018-present

- Provides Linehan Adherent DBT comprehensive model
- Provides Adherent RODOBT comprehensive model
- Provides eating disorder assessment, treatment, and referral
- DBT-PE adherent practice
- DBT-ED adherent practice
- Individual, family, couple, group psychotherapy
- Maintains client load
- Secures and markets to clients
- Bills, interfaces, and reviews services with all major insurances
- Interfaces with attorneys and courts for testimony and witness support

Transitional Year Resident Wellness Program Facilitator

University of Arkansas for Medical Sciences Little Rock AR | 2023-2024

- Performed assessment and support of each transitional year resident student (MD, OD)
- Facilitated monthly wellness presentations related to stressors medical providers' encounter in residency and practice
- Taught DBT skills training to minimize vicarious trauma in practice, Mindfulness skills training (DBT and Yoga based), Emotional regulation skills for individuals and patient situations
- Taught trauma education and diversity education for treatment of patients
- Individual support, referrals, interventions as needed

Wellness Center Director

Little Rock Central High School Little Rock AR 2020-2022

- Created and execute 6 mental health groups to target needed interventions
- Oversaw all school-based mental health services
- Assessment and referral for mental health services
- Individual assessment and school-based intervention plans
- Integration of Arkansas Department of Health based clinic services
- Member of School Based Intervention Specialty Team to prevent further suspensions
- Performed suicide risk assessments/referrals
- Managed community-based groups within Wellness Center
- Worked with incarcerated family systems as well as probation officers within the adult and juvenile systems
- Sponsored Anime group to give social/emotional support to students with diverse needs

Lead Clinical Therapist

Judges and Lawyers Assistance Program, Arkansas Supreme Court Little Rock AR | 2019-2020

- DBT assessment and DBT-SUD model, DBT-PE model, DBT Adolescent and Family Model
- Inter-collaboration with Office of Professional Conduct
- Trauma informed psychotherapy
- Substance Use Disorder assessment, treatment, and monitoring
- Brief model psychotherapy to reintegrate into work environment
- DBT-Prolonged Exposure therapy 20-week trauma informed protocol
- Worked within the judicial system for compliance and effectiveness
- Interfaced with Office of Professional Conduct for attorney's and mental health treatment plans

Outpatient/School Based Clinical Therapist

Pinnacle Pointe Outpatient Little Rock, AR | 2017-2019

- Performed program evaluation, interventions to retain and maintain services
- Stabilized and increased client intake in NLR ALE by 180%
- Secured services within NLR and LR school districts
- Maintained program compliance with Medicaid policies and services
- Stabilized family systems within poverty systems
- Performed intakes and assessments
- Provided crisis stabilization and suicide risk assessments
- Provided individual, family, and group therapy weekly
- Facilitated and provides court reports and testimony as needed for clients
- Facilitated interaction with DHS and appropriate interventions for Foster Children
- Worked and testified with incarcerated family systems and probation systems for both juveniles and adults

EMPLOYMENT

Lead Clinical Therapist, Day Treatment

Methodists Family Little Rock AR

2016-2017

- Performed intakes and assessments
- Maintained crisis stabilization
- Created clinical treatment plans, monthly revisions within set criteria
- Provided individual, family, and group therapy weekly
- Worked with interdisciplinary team to meet treatment goals
- Oversaw team of paraprofessional behavioral instructors and staff
- Facilitated and provides court reports and testimony as needed for clients
- Facilitated interaction with DHS and appropriate interventions for Foster Children
- Facilitated successful classroom behavior and classroom mental health interventions
- Worked with incarcerated family systems as well as court systems

Residential Clinical Therapist

Youth Home Inc Little Rock, Arkansas | 2014-2015

- Performed intakes and assessments
- Created clinical treatment plans, monthly revisions within set criteria
- Provided individual, family, and group therapy weekly
- Worked with interdisciplinary team to meet treatment goals
- Oversaw team of paraprofessional residential treatment therapists and staff
- Facilitated and provided court testimony as needed for residential clients
- Worked with incarcerated family systems and probation systems for adolescents and adults

START Coordinator-Dual Diagnosis Assessor/Interventionist

Arkansas START Central Arkansas Region 2014-2015

- Maintained linkages and relationships with community partners
- Ensured coordination of support meetings and crisis plans for IDD individuals served through Arkansas' START program
- Performed systems evaluation including individual and State DDS services
- Performed on-call responsibilities to ensure response to crisis situation
- Developed cross systems crisis plans for individual and agencies
- Performed intakes/assessments
- Developed interventions and outcome evaluations
- Participated in reoccurring meetings with leadership, clinical team, respite program
- Completed daily and weekly billing requirements
- Utilized instrument usage and report
- Performed community education on mental health and needed systems support
- Worked within the judicial system and probation system with 911 support client systems

Mental Health Therapist Intern

Central Arkansas Veterans Healthcare Systems Ft. Roots, North Little Rock, Arkansas | 2013-2014

Primary Care Integrated Social Worker

- Provided assessment, referral, and intervention in collaboration with primary care medical team including PCP, RN, Psychiatrists, Psychologists, Dietitians, Pharmacists, and Social Workers
- Triage mental health patients to PCMH or Mental Health Department
- Assisted with interdisciplinary mental health policy integration
- Assisted in facilitating mental health groups
- Created and facilitate weekly Grief & Loss Brief Therapy Group
- Created and disseminate psycho-educational materials to Veterans and providers
- Performed maintenance therapy, in-person and tele-med

Acute Inpatient Psychiatric Therapist Intern

- Performed social work assessments
- Performed psychosocial assessments
- Reported to interdisciplinary team results of assessment and advocate for patients
- Assisted in facilitating mental health groups

Military Sexual Trauma/Post Traumatic Stress Disorder Therapist Intern

Helped facilitate process group with art therapy for MST & PTSD survivors