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## **Dr. Donald Skinner**

Associate Professor of Counseling  
Clinical Internship Director, AGSC-Rockland Campus

350 North Highland Ave, Room 204 B  
Nyack, NY 10960

Donald.Skinner@nyack.edu  
845-770-5740

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## **Education**

M.A., Ph.D. Alliant International University 1984  
B.S. William Paterson University 1978

Postdoctoral Training  
Internship Supervisor 10 yrs Dept of Psychiatry Bergen Medical Center  
Internship Director 5 yrs Dept of Psychiatry Ramapo Ridge Hosp  
Chief Psychological Evaluator NJ Transit Police Department 5yrs

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## **Areas of Specialization/Expertise**

- Psychotherapy
- Clinical Neuroscience and Psychopharmacology
- Relationships and Intimacy

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## **Current Areas of Research**

- Self-regulation of negative affect counseling interventions compared to spiritual intervention
- Healthy Intimacy: the relationship between emotional and spiritual maturity

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## **Courses Taught**

- Clinical Internship 12-months
- Clinical Neurophysiological Psy
- Sexuality, Intimacy and Counseling
- Counseling Methods and Theory
- Child, Adolescent, Family & Couples Counseling
- Addiction Counseling
- Research Methods
- Experimental Psychology
- Projective Psych Testing
- Behavioral and Cognitive Therapy
- Object Relations and Advanced Psychoanalysis

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## **Professional Licenses and Certificates**

- Licensed in Clinical Psych-NJ-1986
- Licensed in Clinical Psych-NY-1999
- Certificate of Clinical Proficiency in Addiction and Psychopharmacology 1996 APA
- Private Practice 25 yrs- specializing in Supervising Post graduate counseling students attempting to become professionally licensed

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## **Publications & Presentations**

- Skinner,Donald A. Self-Control of Fear: Implosion Compared to Systematic Desensitization. Ann Arbor, Michigan, May, 1981.
- Skinner,Donald A. Self-Control of Depression: Lewinsohn's Behavioral Approach Compared to Beck's Cognitive Behavioral approach. Ann Arbor, Michigan, May 1983.

- Taught an 8-wk course on sexual counseling to the medical OBGYN staff at St Michael's Medical Hospital-Newark 2009& 2010.