

SARA KATHLEEN SKINNER, MSW, LCSW

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EDUCATION

University of North Carolina, Chapel Hill, NC
Master of Social Work

MSW, May 2013

Connecticut College, New London, CT

BA, *summa cum laude*, May 2007

Major in Latin American Studies, minor in Gender and Women's Studies and History

Licensure: North Carolina Social Work Licensure and Certification Board - C009549

Language: Spanish, professional proficiency

CLINICAL EXPERIENCE

Center for Child & Family Health, Durham, NC

September 2015 – present

Bilingual Mental Health Clinician

- Provide outpatient therapy services to children and families with exposure to trauma
- Provide evidence-based treatments, including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive Processing Therapy (CPT), Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS), and Attachment, Regulation, & Competency (ARC)
- Provide comprehensive diagnostic assessments to children including identifying familial, emotional, social, and environmental strengths and problems related to their diagnosis, illness, treatment, and/or life situation
- Document assessments, treatment plans, interactions, and interventions according to policies and procedures
- Provide clinical and administrative supervision to Master's level student interns
- Coordinate referrals and evaluations of Spanish-speaking families
- Perform all clinical duties in English and Spanish

Carolina Outreach, Durham, NC

August 2012 – September 2015

Bilingual Mental Health Therapist

- Provided evidence-based, culturally competent psychotherapies to children, youth, and adults in outpatient and community-based settings
- Coordinated outpatient therapy services and conduct diagnostic mental health assessments
- Used evidence-based, trauma-informed interventions, including trauma-focused cognitive behavioral therapy (TF-CBT) and dialectical behavioral therapy for adolescents (DBT-A) to children, youth, and families
- Documented services provided in accordance with agency standards
- Performed all duties in English and Spanish

UNC School of Social Work, Chapel Hill, NC

September 2012 – May 2013

Program Assistant

- Coordinated events in support of the Graduate Certificate in Global Transmigration
- Served as contact person for Graduate Certificate in Global Transmigration while director is on leave
- Promoted enrollment of graduate students in the Global Certificate in Global Transmigration

Boomerang, Chapel Hill, NC

August 2011 – May 2012

Social Work Intern

- Facilitated individual counseling sessions for Orange County middle and high school students attending Boomerang's alternative to out-of-school suspension program
- Directed meetings with client, client's family, and school officials upon client's termination of the program
- Created and led workshops for Boomerang and adolescent YMCA programs
- Interpreted for Spanish-speaking clients and families during family and school meetings

PRESENTATIONS

Orange County Health Department, Chapel Hill, NC

“Trauma & Resilience: Ethical Approaches When Supporting Refugees and Latinx Immigrants”

Presenter, 2018

Hope Chapel Church, Apex, NC

Resilience Film Screening and Trauma Panel Discussion

Panelist, 2018

UNC School of Social Work, Chapel Hill, NC

“Trauma 101 and Overview of TF-CBT”

Guest Speaker, 2016-2018

POSTGRADUATE EDUCATION & TRAININGS

<i>Attachment, Regulation, & Competency (ARC) Training, Durham, NC</i>	2018 - present
Trainer: Dr. John Ebert, Pys.D	
<i>NC Child Treatment Program SPARCS Learning Collaborative, Durham, NC</i>	2018
Trainers: Dr. Ernestine Briggs-King, Ph.D, Donna Newberne, LPCS, Eboni Jones, LCSW	
<i>Cognitive Processing Therapy Training Learning Collaborative, Durham, NC</i>	2017
Trainers: Dr. Patricia Resick, Ph.D, Dr. Stephanie LoSavio, Ph.D, Dr. Kirsten Dillon, Ph.D	
<i>Trauma Work and Marginalized Populations Training, Chapel Hill, NC</i>	2017
Trainer: Tavi Hancock, LCSW	
<i>NC Child Treatment Program TF-CBT Advanced Training, Raleigh, NC</i>	2016
Trainers: Donna Potter, LCSW, Leila Keen, LCSW	
<i>Dialectical Behavioral Therapy and Trauma, Chapel Hill, NC</i>	2015
Trainers: Dr. Kelly Koerner, Ph.D, Dr. Amy Wagner, Ph.D	
<i>NC Child Treatment Program TF-CBT Learning Collaborative, Durham, NC</i>	2013
Trainers: Dr. Lisa Amaya-Jackson, MD/MPH, Donna Potter, LCSW, Leila Keen, LCSW	