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| **Tina E. Adkins** | University of Texas at Austin |
| Steve Hicks School of Social Work |
| Curriculum Vitae | Texas Institute for Child & Family Wellbeing |
|  | 1925 San Jacinto Blvd |
|  | Austin, Texas 78712 |
|  | 512-366-2301 |
|  | tina.adkins@austin.utexas.edu |

**EDUCATION**

Ph.D. Theoretical Psychoanalysis

Research Department of Clinical, Educational and Health Psychology, Psychoanalysis Unit, University College London (UCL), University of London

2015

M.S. Psychoanalytic Developmental Psychology

Research Department of Clinical, Educational and Health Psychology, Psychoanalysis Unit, University College London (UCL), University of London and The Anna Freud Centre

2007

M.A. Professional Counseling

Department of Counseling and School Psychology

Texas State University

1999

B.S. Psychology

Texas A&M University

1992

**PROFESSIONAL EMPLOYMENT**

Jan 2019 – present

Director: Sue Fairbanks Psychoanalytic Academy

Texas Institute for Child and Family Wellbeing

Steve Hicks School of Social Work, University of Texas at Austin

Sept 2018 - present

Research Assistant Professor: Texas Institute for Child and Family Wellbeing

Steve Hicks School of Social Work, University of Texas at Austin

Sept 2018 – present

Licensed Professional Counselor in Private Practice: Austin, TX

Aug 2015 – Aug 2018

Research Associate V: Texas Institute for Child and Family Wellbeing

Steve Hicks School of Social Work, University of Texas at Austin

Jan 2013 – Aug 2015

Research Associate IV: Texas Institute for Excellence in Mental Health

School of Social Work, University of Texas at Austin

Dec 2011- Dec 2013

Foster/Adoptive Home Study Provider: Covenant Kids, Austin, TX

Jan 2008 - Jan 2011

Clinical Trainer:Cenpatico Behavioral Health, Austin, TX

Jan 2004 - Aug 2006

Counselor/Family Case Manager:A World for Children Child Placing Agency, Austin, TX

**RESEARCH GRANTS**

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| Jan 2022– Dec 2022 | *Principal Investigator*  Continuation of the Validation of the RF-FMSS and the Family Minds Facilitator Training Study  (Fairbanks Grant: $133,226) |
| Jan 2021– Dec 2021 | *Principal Investigator*  Continuation of the Validation of the RF-FMSS and piloting of the Family Minds Facilitator Training Study  (Fairbanks Grant: $128,851) |
| Jan 2020 – Dec 2020  Jan 2019 – Dec 2019 | *Principal Investigator*  Validation of the Reflective Functioning Five-Minute Speech Sample (RF-FMSS)  (Fairbanks Grant: $126,648)  *Principal Investigator*  RCT continuation and Validation of the Reflective Functioning Five-Minute Speech Sample (Fairbanks Grant: $122,154) |
| Jan 2018– Dec 2018 | *Principal Investigator*  RCT of the Family Minds Intervention & Facilitator Training Development (Fairbanks Grant: $108,000) |
| Jan 2017 – Dec 2017 | *Principal Investigator*  Fairbanks Psychoanalytic Research Collaboration: RCT of the Family Minds Intervention (Fairbanks Grant: $104,099) |
| Sept 2015- Jan 2017 | C*o-Principal Investigator*  Texas Youth Permanency Study (Upbring; $207,797) |
| Jan 2016- Jan 2017 | *Evaluation Team Member*  Quality Improvement Center for Adoption and Guardianship (Drs. Mark Testa, Co-PI; Rowena Fong, Co-PI; Nancy Rolock, Co-PI & Spaulding for Children; Administration for Children and Families, Children’s Bureau, $1,000,000) |

**RESEARCH COLLABORATIONS**

Leicestershire Partnership NHS Trust: Philip Archer, PhD

2021-2022: Principal Investigator

Family Minds Facilitator Study

University College London & The Anna Freud Center, London, UK: Michelle Sleed, PhD

2020 to 2022: Principal Investigator

Validation of the Reflective Functioning Five-Minute Speech Sample

University College London & The Anna Freud Center, London, UK: Nick Midgley, PhD

2017 to 2019: Co-Principal Investigator

Development and Exploration of the Reflective Functioning Five-Minute Speech Sample

(Society for Psychotherapy Research: $5,000)

**PUBLICATIONS/MANUSCRIPTS**

Archard P., Moore I., O’Reilly M., Majumder, P., Warrender, D., Adkins, T., & Tillbury, E. (2023) Reflecting on professional self-disclosure and supportive relationships with foster carers during the COVID-19 pandemic. *Mental Health Practice*.

Reisz, S., Aviles, A., & Adkins, T., (in press). Foster parents’ attachment, trauma histories, and current parenting stress. *Children and Youth Services Review*.

Adkins, T., Reisz, S., Hasdemir, D., & Fonagy, P. (2022). Family Minds: A randomized controlled trial of a group intervention to improve foster parents’ reflective functioning. *Development and Psychopathology*, *34*(3), 1177-1191.

Archer, P., Blackwell, J., Moore, I., Deardon, L., Adkins, T., & O’Reilly, M., (2022). Providing specialist clinical support for adoptive parents and adoption professionals. *Mental Health Practice, 25(6).*

Adkins, T., Reisz, S., Doerge, K., & Nulu, S. (2020). Adverse childhood experience histories in foster parents: Connections to foster children’s emotional and behavioral difficulties. *Child Abuse & Neglect*, *104*, 104475.

Adkins. T., Fonagy, P. & Luyten, P. (2018). Development and preliminary evaluation of Family Minds: A mentalization-based psychoeducation program for foster parents. *Journal of Child & Family Studies*, 27(8), 2519-2532.

Adkins, T. & Fonagy, P. (2018). *The Reflective Functioning Five Minute Speech Sample Procedure*. Unpublished manual.

Adkins, T. (2016). *Family Minds intervention manual: A mentalizing intervention for foster and adoptive parents.* Unpublished manual*.*

Faulkner, M., Adkins, T., Fong, R., & Rolock, N. (2016). *Promoting permanency in adoption: A review of the literature*. Southfield, MI: Quality Improvement Center for Adoption & Guardianship Support and Preservation and Spaulding for Children.

Bammens, A-S., Adkins, T., & Badger, J. (2015). Psycho-educational intervention increases reflective functioning in foster and adoptive parents*. Adoption and Fostering, 39*, 38-50.

Young, N.K., Wong, M., Adkins, T., & Simpson, S. (2003). *Family drug treatment courts: Process documentation and retrospective outcome evaluation*. Irvine, CA: Children and Family Futures.

**PRESENTATIONS: PEER REVIWED**

Adkins, T. (July, 2022). *Mentalizing skills reduces parent/child dysfunctional interactions for those foster parents with more ACEs.* Poster presentation at the International Attachment Conference, Portugal.

Adkins, T. (April, 2022). *Foster parents’ ability to mentalize reduces parent/child dysfunctional interactions for those parents with more ACEs.* Poster presentation at the American Psychological Association – Division 39, Psychoanalysis, Chicago.

Adkins, T. (January, 2022). *Foster parents’ ability to mentalize reduces parent/child dysfunctional interactions for those parents with more ACEs.* Poster presentation at the Society for Social Work Research Conference, Washington D.C.

Adkins, T. (November, 2021). *Upside Down & Inside Out:  Bringing psychoanalytic interventions to child welfare.* Oral presentation at the American Association for Psychoanalytic Clinical Social Work Conference, Philadelphia.

Adkins, T. (June 2021). *Foster parents' adverse childhood experiences and their impact on foster children's emotional and behavioral difficulties.* Oral presentation at the World Association for Infant Mental Health conference, Australia, online.

Reisz, S., Avilas, A., & Adkins, T. (August 2020). *Foster Parents’ Adverse Childhood Experience & Adult Attachment.* Poster presentation at the Social Neuroscience of Human Attachment Conference, online.

Adkins, T. (January, 2020). *Foster Parents’ Adverse Childhood Experiences Influence Parenting Stress and Foster Child Behavior Problems.* Poster presentation at the Society for Social Work Research Conference, Washington D.C.

Adkins, T., & Cheff, I. (November, 2019). *Brief Mentalizing Intervention Increases Parental Reflective Functioning and Decreases Children’s Internalizing Difficulties.* Poster presentation at the 5th International Congress of Mentalization Based Treatment, Amsterdam.

Adkins, T., & Cheff, I. (August, 2019). *Brief Psychoeducation Intervention Increases Reflective Functioning in Foster Parents and Decreases Foster Children’s Internalizing Difficulties: Results from an RCT*. Poster presentation at the National Child Welfare Evaluation Summit, Washington D.C.

Adkins, T. (July, 2019). *The Development and Application of a New Short Interview for Assessing Parental Reflective Functioning: The Reflective Functioning Five-Minute Speech Sample.* Oralsymposium presentation at the International Attachment Conference, Vancouver.

Adkins, T. (January, 2019). *The Development of a New Short Interview Protocol for Assessing Parental Reflective Functioning.* Oral presentation at the Society for Social Work Research Conference, San Francisco.

Adkins, T. (May, 2018). *Preliminary results from a randomized controlled trial of Family Minds.* Oral presentation at the World Association for Infant Mental Health conference, Rome, Italy.

Adkins, T. (May, 2018). *The development and preliminary findings of a new short interview for assessing Parental Reflective Functioning: The Five-Minute Speech Sample*

*coded for Reflective Functioning.* Oral symposiumpresentation at the World Association for Infant Mental Health conference, Rome, Italy.

Adkins, T. & Fonagy, P. (June, 2017). *Can we measure reflective functioning with a five minute interview?* Poster presentation at the International Attachment Conference, London.

Adkins, T. & Parker, R. (April, 2017). *Upside down & inside out: Bringing psychoanalytic interventions to child welfare.* Oral presentation at the APA Division 39 Annual Spring Meeting, NYC.

Adkins, T., Fonagy, P. & Luyten, P. (January, 2017). *Family Minds: A short-term psychoeducational intervention increases mentalizing skills in foster parents.* Poster presentation at the Society for Social Work Research Conference, New Orleans.

Adkins, T. (November, 2016). *Introduction to reflective parenting.* Oral presentation at the 12th Annual Strengthening Youth and Families Conference, Dallas.

Adkins, T. & Gerlach, B. (February, 2016). *Multi-generational healing: Strategies for helping parents and caregivers that have experienced trauma*. Oral presentation at the Texas School Social Work Conference, Austin.

Adkins, T., Fonagy, P. & Luyten, P. (August, 2015). *Short-Term psychoeducational intervention for foster parents increases parental mentalization and lowers stress.* Poster presentation at the International Attachment Conference, NYC.

Adkins, T., Fonagy, P. & Luyten, P. (March, 2015). *Can we improve foster parents’ ability to see themselves from the outside and their children from the inside?* Poster presentation at the Society for Research in Child Development, Philadelphia.

Adkins, T., Fonagy, P. & Luyten, P. (September, 2013). *Can we improve foster parents’ ability to see themselves from the outside and their children from the inside?* Poster presentation at the International Attachment Conference, Pavia, Italy.

Adkins, T., Fonagy, P. & Luyten, P. (April, 2013). *Improving foster and adoptive parents’ ability to be reflective and mentalize with their children.* Poster presentation at the American Professional Society on the Abuse of Children Annual Conference, Las Vegas.

**PRESENTATIONS: INVITED SPEAKER**

Adkins, T. (October, 2022). *Family Minds Facilitator Training*. Pleegzorg Vlaams-Brabant en Brussel/Foster care Flemish Brabant and Brussels, Belgium.

Adkins, T. (June, 2022). *Transforming trauma.* Online presentation as part of the Psychoanalytic Lunch & Learn series for the Sue Fairbanks Psychoanalytic Academy, UT Steve Hicks School of Social Work.

Adkins, T. (April, 2022). *Introduction to Reflective Parenting.* Online 4 hour workshop for foster parents as part of Haruv USA, Anne and Henry Zarrow School of Social Work at University of Oklahoma.

Adkins, T. (March, 2022). *Borderline Personality Disorder and mentalization.* Online presentation as part of the Psychoanalytic Lunch & Learn series for the Sue Fairbanks Psychoanalytic Academy, UT Steve Hicks School of Social Work.

Adkins, T. (February, 2022). *Family Minds parenting intervention.* Online presentation as part of the Psychoanalytic Lunch & Learn series for the Sue Fairbanks Psychoanalytic Academy, UT Steve Hicks School of Social Work.

Adkins, T. (January, 2022). *Defense mechanisms explained.* Online presentation as part of the Psychoanalytic Lunch & Learn series for the Sue Fairbanks Psychoanalytic Academy, UT Steve Hicks School of Social Work.

Adkins, T. (November, 2021). *Family Minds Facilitator Training*. Leicestershire Partnership NHS Trust**,** UK, Online.

Adkins, T. (November, 2021). *Mentalization and Reflective Parenting.* Oralpresentation as part of the Psychoanalytic Lunch & Learn series for the Sue Fairbanks Psychoanalytic Academy, Online.

Adkins, T.(July 2021). *Reflective Parenting: Introduction to Mentalization.* Oral presentation for Texas Alliance of Child and Family Services, Online.

Adkins, T. (July, 2021). *Ghosts in the Nursery.* Oralpresentation as part of the Psychoanalytic Lunch & Learn series for the Sue Fairbanks Psychoanalytic Academy, Online.

Adkins, T. (January 2021). *Mentalization and Parenting*. Oral presentation for the Capital Area Psychological Association, Online.

Adkins, T. (September, 2020). *Mentalizing for Clinicians.* Oralthree-hour presentation for the Sue Fairbanks Psychoanalytic Academy, Online.

Adkins, T. (November, 2019). *Family Minds Facilitator Training*. University of Versailles, France.

Adkins, T. (August, 2019). *Family Minds Facilitator Training*. Helping Hand Home Foster Agency, Austin.

Adkins, T. (August, 2019). *Mentalization for Clinicians*. Samaritan Center, Austin.

Adkins, T. (May, 2019). *Mentalization for Clinicians*. Presentation for University of Valparaiso, Chile.

Adkins, T. (March, 2019). *Family Minds Facilitator Training*. Samaritan Center, Austin.

Adkins, T. (April 2019). *Minding the Couch:* *Mentalization for Clinicians*. Presentation for the International Center for Contemporary Psychoanalytic Psychotherapy, Denver.

Adkins, T. (November, 2018). *Family Minds: A reflective parenting intervention.* Presentation at the Annual School of Social Work Child Welfare Conference by University of Texas, Austin.

Adkins, T. (October, 2017). *Psychoanalytic research in our own backyard.* Presentation for the Austin Society for Psychoanalytic Psychology, Austin.

Adkins, T. (August, 2017). *Reflective functioning:  Fostering attuned parenting.* Presentation for Zero to Three at the Army New Parent Support Staff Conference, Oklahoma.

Adkins, T. (February, 2017). *Reflective functioning:  Fostering attuned parenting.* Presentation for Zero to Three at the Army New Parent Support Staff Conference, San Antonio.

Adkins, T. (August, 2016). *Creating secure attachments with reflective parenting.* Presentation at the Trauma Informed Care Summit, Austin.

Adkins, T. (June, 2016). *Introduction to attachment in traumatized children*. Presentation at the Association for Child Placing Administrators Conference, Dallas.

Adkins, T. (November, 2015). *Creating relational permanency.* Presentation at the Annual School of Social Work Child Welfare Conference by University of Texas, Austin.

Adkins, T. (November, 2015). *Creating secure attachments with Reflective Parenting.* Presentation at the Adoption Knowledge Affiliates 23rd Annual Conference, Austin.

Adkins, T. (October, 2013). *Creating a trauma informed system for child welfare.* Presentation at the Annual School of Social Work Child Welfare Conference by University of Texas, Austin.

Adkins, T. (October, 2013). *Trauma informed care in Texas.* Presentation at the Tropical Texas Behavioral Health Annual Conference, South Padre.

Adkins, T. (January, 2012). *Introduction to reflective parenting.* Presentation at the Annual Texas Foster Family Association Conference, Corpus Christi.

Adkins, T. (October, 2010). *Attachment in foster children.* Presentation at the Annual Texas Foster Family Association Conference, Austin.

**PROFESSIONAL SERVICE**

Bottom of Form

* Reagan Robinson| UT Bridging Disciplines Program Faculty Mentor| Spring 2022
* Laura Dosanjh | UT Steve Hicks School of Social Work| 2020-2022| Supervising and mentoring PhD graduate student, providing research and writing experience.
* Reviewer for *Journal of Developmental Psychopathology* (2022).
* Reviewer for *Journal of Child Abuse & Neglect* (2020, 2021).
* Dilara Hasdemir | UT Steve Hicks School of Social Work| 2019, 2020| Mentoring graduate student, providing research and writing experience; student accepted into Fall 2019 class.
* Reviewer for *Journal of Attachment & Human Development* (2019, 2020, 2021).
* Grant Reviewer for Children’s Bureau, Administration on Children, Youth & Families, DC (2016, 2017, 2018, 2020, 2021).

**AWARDS/RECOGNITIONS**

2022-2023: Research Scholar, APA Division of Psychoanalysis (39)

2022: Research Presentation Award, APA Division of Psychoanalysis (39) Conference

2021: Published book endorsement: Asen, E., & Fonagy, P. (2021). *Mentalization- Based Treatment with Families*. Guilford Publications.

<https://www.guilford.com/books/Mentalization-Based-Treatment-with-Families/Asen-Fonagy/9781462546053/reviews>

2019: Research Fellow for the International Psychoanalytic Association

**CERTIFICATIONS**

2019: Adult Attachment Interview, coded for Reflective Functioning (AAI-RF)

2018: Parent Development Interview, coded for Reflective Functioning (PDI-RF)

2014: Parent Child Interactive Therapy (PCIT)

2013: Trauma-Focused Cognitive Focused Therapy (TF-CBT)

2011: Mentalization-based Group Therapy for Adolescents (MBT-A)

2010: Mentalization-based Therapy (MBT)