

Tina E. Adkins

Curriculum Vitae

University of Texas at Austin
School of Social Work
Texas Institute for Family and Child Wellbeing
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EDUCATION

Ph.D. Theoretical Psychoanalysis
Research Department of Clinical, Educational and Health Psychology,
Psychoanalysis Unit, University College London (UCL), University of London and
The Anna Freud Centre
2015

Developed and implemented an attachment-based intervention for parents;
Dissertation: "The development and implementation of a mentalization-based
psycho-educational intervention for foster parents."
Supervisors: Peter Fonagy and Patrick Luyten

M.Sc. Psychoanalytic Developmental Psychology (specializing in Attachment Theory)
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

RESEARCH EXPERIENCE

September 2015 to Present
Research Associate: Texas Child & Family Research Institute
Center for Social Work Research, University of Texas, Austin, TX

Co-PI on Texas Youth Permanency Study, a longitudinal prospective study on well-being by
permanency outcome for older foster youth. Includes training and supervising staff.

January 2013 to September 2015

Research Associate: Texas Institute for Excellence in Mental Health
Center for Social Work Research, University of Texas, Austin, TX

Co-PI on Texas Children Recovering From Trauma grant under the National Child Traumatic Stress Network in collaboration with Texas Department of Health Services and SAMSHA; Work includes project management, data collection and analysis, report writing, site visits and community trainings.

September 2010 to September 2014

Dissertation Research: University College London, London, UK

Dissertation work involved the creation of a psycho-educational intervention based on mentalization-based family therapy; work also included implementation of this intervention, and a comparison treatment, to 100 foster parents in central Texas; quantitative and qualitative data collection followed and complex data analysis was conducted; results published.

November 2002 – November 2003

Research Associate II: Education, Training and Research, San Francisco, CA

Project leader and supervisor for projects within the San Francisco Unified School District School Health Programs Department; Supervision and administration of large-scale state and national mental health surveys, such as the Youth Risk Behavior Survey.

August 2001 to November 2002

Research Associate I: Children and Family Futures, Irvine, CA

Project leader on the SAMSHA's Federal Dependency Drug Court Treatment Evaluation, which was a national multi-site evaluation to rigorously document the process, and outcomes of FDTCS; involved research and collaboration with child welfare.

September 1990 to December 1992

Research Assistant: Texas A&M University, College Station, TX

Participated in academic research projects within the Social and Personality Psychology Research Lab including collecting data and debriefing subjects.

PROFESSIONAL RESEARCH COLLABORATIONS

2016 University College London & The Anna Freud Center, London, UK

Mentalization-based Integrative Intervention project: They will be using part of the Family Minds intervention and a new research interview I created in their model as they deliver the intervention to foster and adoptive parents in London; I will be part of published articles and research. Meeting Nov 2016.

2016 University of Southern Denmark, Denmark

Professor Ask Eklit and clinician Maja Nørgård Jacobsen are writing a grant for an RCT of the Family Minds intervention; I plan to fly there January 2017 and deliver a “train the trainer” model to therapists/staff that will deliver the intervention to local foster and adoptive parents. I will be a part of published articles and research.

PUBLICATIONS/MANUSCRIPTS

Adkins, T., Fonagy, P. & Lutyen, P. (in prep). Short-term parenting intervention improves mentalization and lowers stress in foster and adoptive parents.

Adkins, T. & Fonagy, P. (in prep). Using the Five Minute Speech Sample to measure reflective functioning in parents.

Adkins, T. & Fonagy, P. (2016). Coding Reflective Functioning in Parents using The Five Minute Speech Sample Procedure. Unpublished manual.

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

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

Adkins, T. (2011). *Parenting the traumatized child: Understanding and navigating behavior*. Unpublished manuscript.

Adkins, T. (2010). *Attachment in foster children*. Unpublished manuscript.

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

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

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

- Adkins, T. and Gerlach, B. (2016 February). Multi-generational healing: Strategies for helping parents and caregivers that have experienced trauma. Presentation at the Texas School Social Work Conference, Austin, TX.
- Adkins, T. (2016, February). Attachment in foster children. Presentation at Lifeline Children and Family Services Annual Academy, Austin, TX.
- Adkins, T. (2015, November). Creating relational permanency. Presentation at the Annual School of Social Work Child Welfare Conference by University of Texas, Austin, TX.
- Adkins, T. (2015, November). Creating secure attachments with Reflective Parenting. Presentation at the Adoption Knowledge Affiliates 23rd Annual Conference, Austin, TX.
- Adkins, T., Fonagy, P. & Luyten, P. (2015, August). Short-Term psychoeducational intervention for foster parents increases parental mentalization and lowers stress. Poster presentation at the International Attachment Conference, NYC.
- Adkins, T. (2015, June). Secondary Traumatic Stress: Surviving and thriving while working for Child Protective Services. Presentation at staff training for Child Protective Services, Austin, TX.
- Adkins, T. (2015, April). Trauma and youth. Presentation at the Healthy Youth Partnership meeting, Austin, TX.
- Adkins, T., Fonagy, P. & Luyten, P. (2015, March). 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. (2013, October). Creating a trauma informed system for child welfare. Presentation at the Annual School of Social Work Child Welfare Conference by University of Texas, Austin, TX.
- Adkins, T. (2013, October). Trauma informed care in Texas. Presentation at the Tropical Texas Behavioral Health Annual Conference, South Padre, TX.
- Adkins, T., Fonagy, P. & Luyten, P. (2013, September). 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. (2013, April). 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, NV.
- Adkins, T. (2012, January). Introduction to reflective parenting. Presentation at the Annual Texas Foster Family Association Conference, Corpus Christi, TX.

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

TEACHING EXPERIENCE

Ongoing Guest Lecturer

University of Texas, School of Social Work
Graduate class on Attachment by Christine Winston
2016 to Present

Contract Lecturer/Speaker

University of Texas, School of Social Work Professional Development
2010 to Present

Contract Lecturer/Speaker

Texas Department of Protective and Regulatory Services, Child Protective Services
2010 to Present

Teaching Assistant

Texas State University, Department of Counseling and School Psychology
1998-1999

PROFESSIONAL EMPLOYMENT

2016 to Present

Grant Reviewer, Children's Bureau, Administration on Children, Youth & Families, DC

2015 to Present

Founder and Executive Director for Family Minds Institute, Austin, TX

Founded a fledging 501(3)(c) non-profit dedicated to research, training and support of foster and adoptive parents.

2011-2013

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

2008-2011

Clinical Trainer – Foster Care Program: Cenpatico Behavioral Health, Austin, TX
Trained over 2500 parents and professionals; Created trauma and attachment curriculum.

2004-2006

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

1999-2000

Counselor: Austin Community College, Northridge Campus, Austin, TX

1999-2000

Intake Counselor: Workers Assistance Program, Austin, TX

1998-2000; 1994-1996

Child Protective Specialist I & II - Investigations, Foster Care and Hotline: Texas Dept. of Protective and Regulatory Services, Austin, TX

PROFESSIONAL SERVICE

- Assistant Director of *A Home Within*, Austin Chapter
- Reviewer for *Journal of Behavioral Health Services & Research* (2014 to present).
- Interviewed as Trauma/Attachment Expert for video included in new Child Protective Services training for new staff (2014). Produced by The Child and Family Institute, University of Texas, Austin, TX.
- Board Member 2009-2011: Austin in Connection, Austin, TX. Non-profit that aims to foster healthy relationships through the integration of emerging science and practice.

CERTIFICATIONS/TRAININGS

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)