

Tina E. Adkins

Curriculum Vitae

University of Texas at Austin
Steve Hicks School of Social Work
Texas Institute for Child & Family Wellbeing
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Austin, Texas 78712
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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

- | | |
|---------------------|---|
| Jan 2023– Dec 2023 | <i>Principal Investigator</i>
Continuation of the Validation of the RF-FMSS and the Family
Minds Facilitator Training Study
(Fairbanks Grant: \$156,489) |
| Jan 2022– Dec 2022 | <i>Principal Investigator</i>
Continuation of the Validation of the RF-FMSS and the Family
Minds Facilitator Training Study
(Fairbanks Grant: \$133,226) |
| Jan 2021– Dec 2021 | <i>Principal Investigator</i>
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 | <i>Principal Investigator</i>
Validation of the Reflective Functioning Five-Minute Speech
Sample (RF-FMSS)
(Fairbanks Grant: \$126,648) |
| Jan 2019 – Dec 2019 | <i>Principal Investigator</i>
RCT continuation and Validation of the Reflective Functioning Five-
Minute Speech Sample (Fairbanks Grant: \$122,154) |
| Jan 2018– Dec 2018 | <i>Principal Investigator</i>
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 *Co-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 Slead, 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

Adkins, T. (in press). Mentalization in practice. In *Social Work Treatment: Interlocking Theoretical Approaches* (2024).

Archard, P., Awhangansi, S., Moore, I., Majumder, P., Lewis, M., O’Reilly, M., Giles, E. and **Adkins, T.** (2023) Remote and Digitally Delivered Mental Health Support for Care-Experienced Young People: Some Practice-Based Reflections in Response to Cummings (2022). *Practice: Social Work in Action*.

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.**, (2023). 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 REVIEWED

- Adkins, T. & Dosanjh, L. (July 2023). Validation of a new five minute assessment of parental reflective functioning: The RF-FMSS. Poster presentation at the World Association for Infant Mental Health conference, Dublin, Ireland.
- Adkins, T. (April, 2023). *Mentalizing skills reduces parent/child dysfunctional interactions for those foster parents with more ACEs* Poster presentation at the American Psychological Association – Division 39, Psychoanalysis, NYC.

- 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*. Oral symposium 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 symposium presentation 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*. Oral presentation 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*. Oral presentation 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*. Oral three-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

- 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)