

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
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

Dissertation: “The development and implementation of a mentalization-based psycho-educational intervention for foster parents.”

Supervisors: Peter Fonagy and Patrick Luyten

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

Research Partner: Leadership position within the Texas Institute for Child and Family Wellbeing, Steve Hicks School of Social Work, University of Texas at Austin

Sept 2018 – present

Licensed Professional Counselor Associate: Austin, TX Supervised by Gaea Logan, LPC-S

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

Nov 2002 – Nov 2003

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

Aug 2001 - Nov 2002

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

Jan 1999 - Jan 2000

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

Jan 1999 – Jan 2001

Counselor: Workers Assistance Program, Austin, TX

Jan 1998 – Jan 1999

Counselor/Weekend Shelter Manager: Austin Battered Women’s Shelter, 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

RESEARCH

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 *Principal Investigator*
Validation of the Reflective Functioning Five-Minute Speech Sample (RF-FMSS) (Fairbanks Grant: \$126,648)

Jan 2019 – Dec 2019 *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- present *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)

Jan 2013 - Sept 2015 *Evaluation Team Member*
Texas Children Recovering from Trauma grant under the National Child Traumatic Stress Network in collaboration with Texas Department of Health Services and SAMSHA

Sept 2006 – Aug 2007 *Graduate Research Assistant*
Adult and child attachment at The Anna Freud Centre and University College London, London, UK

Nov 2002 – Nov 2003 *Research Associate II*
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.

RESEARCH COLLABORATIONS

Leicestershire Partnership NHS Trust

2021-2022: *Principal Investigator*

Philip Archer, PhD

Family Minds Facilitator Study

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

2020 to 2022: *Principal Investigator*

Michelle Sleed, PhD

Validation of the Reflective Functioning Five-Minute Speech Sample

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

2017 to 2019: *Co-Principal Investigator*

Nick Midgley, PhD

Development and Exploration of the Reflective Functioning Five-Minute Speech Sample
(Society for Psychotherapy Research: \$5,000)

PUBLICATIONS/MANUSCRIPTS

Reisz, S., Aviles, A., & Adkins, T., (under review). Foster parents' attachment, trauma histories, and current parenting stress. *Infant Mental Health Journal*.

Adkins, T., Reisz, S., Hasdemir, D., & Fonagy, P. (2021). Family Minds: A randomized controlled trial of a group intervention to improve foster parents' reflective functioning. *Journal of Developmental Psychopathology*.

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. *Journal of Child Abuse & Neglect*.

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.

Faulkner, M., Belseth, T., Adkins, T., & Perez, A. (2017). *Texas Youth Permanency Project: Preliminary findings*. Austin, TX: The University of Texas at Austin.

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.

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 mentalizing intervention for foster and adoptive parents*. Unpublished manual.

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. (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. (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., & Cheff, I. (July, 2019). *Brief Mentalizing Intervention Increases Parental Reflective Functioning and Decreases Children's Internalizing Difficulties*. Poster presentation at the International Attachment Conference, Vancouver.
- Adkins, T. (January, 2019). *Brief Psychoeducation Intervention Increases Reflective Functioning in Foster Parents: Results from a Randomized Controlled Trial of Family Minds*. Oral presentation at the Society for Social Work Research Conference, San Francisco.
- 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. (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.

TEACHING EXPERIENCE

Fall 2019, Fall 2020

Guest Lecturer

University of Texas, Department of Human Development and Family Sciences

Undergraduate class Developmentally Appropriate Practices With Young Children by Samantha Reisz

Jan 2016 – present

Ongoing Guest Lecturer

University of Texas, School of Social Work

Graduate class on Attachment by Christine Winston

Jan 2010 - 2016

Contract Speaker

University of Texas, School of Social Work Professional Development

Jan 2010 - 2016

Contract Speaker

Texas Department of Protective and Regulatory Services, Child Protective Services

May 1998 to May 1999

Graduate Teaching Assistant

Texas State University, Department of Counseling and School Psychology

PROFESSIONAL SERVICE

- Laura Dosanjh | UT Steve Hicks School of Social Work| 2020-2021| Supervising and mentoring PhD graduate student, providing research and writing experience.
- Reviewer for *Journal of Child Abuse & Neglect* (2020, 2021).
- Dilara Hasdemir | UT Steve Hicks School of Social Work| 2019, 2020| Mentoring potential 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).
- Reviewer for *Journal of Child & Family Studies* (2017, 2018, 2019, 2020).
- Angelina Caraveo | Texas State University| Fall 2018| External Evaluator for Senior Research Project.
- Bonnie Johnson | UT Psychology| Fall 2016- Spring 2017| Supervising thesis on adverse child experiences and parenting
- Reviewer for *Journal of Behavioral Health Services & Research* (2014 to 2018).
- 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.

AWARDS/RECOGNITIONS/CERTIFICATIONS

2021: Invited and published a 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

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)