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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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
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: 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

RESEARCH GRANTS

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- 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
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

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

Reisz, S., Aviles, A., & Adkins, T., (2022). Foster parents' attachment, trauma histories, and current parenting stress. *Children and Youth Services Review*.

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., 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. (2018). *The Reflective Functioning Five Minute Speech Sample Procedure.* 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.

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, online.

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. (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.

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