

PhDr. Petra Winnette, Ph.D., Ph.D.

Research Scientist | Psychologist | Specialist in Developmental Affective Neuroscience & Attachment

Psychologist, research scientist, and clinician specializing in developmental affective neuroscience, attachment, and early trauma. Over 20 years of experience integrating research, clinical practice, and teaching. Founder of a science-based institute focused on child development and mental health. International collaborations, including Columbia University and a Fulbright scholarship.

Academic Positions

Research Scientist (Part-time)

Columbia University, Developmental Affective Neuroscience Lab, New York
2025 – present

Visiting Scholar / Researcher

Columbia University, New York
2022, 2024

Founder, Director, Researcher, Senior Counselor

Natama Institute for Family Care Development
2003 – present

Lecturer (Part-time)

Charles University, Prague – Department of Psychiatry
2008 – 2009

Lecturer

Charles University, Prague – Department of Comparative Philosophy
2001 – 2005

Advisor & Project Coordinator

British Embassy, Prague
1997 – 2000

Professor

PORG – First Independent High School, Prague
1993 – 1997

Education

Ph.D. – Medical Psychology & Psychopathology

Charles University, 1st Faculty of Medicine, Prague, 2025

Fulbright Visiting Scholar

Columbia University, New York, 2017–2018

Ph.D. – Comparative Philosophy and Science

Charles University, Faculty of Philosophy, 2005

MA – Education

Charles University, 1993

Studies in Developmental & Applied Psychology

University College Cork, Ireland, 1992

Clinical & Professional Certifications

- Dyadic Developmental Psychotherapy (DDP), certified practitioner
- Attachment-Focused Therapy (AFT), therapist, consultant & trainer
- Pesso Boyden System Psychomotor (PBSP), certified therapist
- Motivational Interviewing, therapist, supervisor & trainer

Research & Teaching Focus

- Developmental affective neuroscience
- Attachment and early relational trauma
- Adverse childhood experiences (ACE)
- Neurobiology of social development
- Psychotherapy of early trauma

Teaching & Training

Charles University (2nd & 3rd Medical Faculties)

2022 – present

- Co-teaching seminars on child development, neurobiology, and psychiatry

Natama Institute

2003 – present

- Senior lecturer and trainer in trauma, attachment, and parenting

Charles University – Psychiatry & Comparative Studies

2001 – 2009

- Lecturer in psychiatry, addictology, and interdisciplinary psychology

Selected Publications

Peer-Reviewed Articles

- Winnette, P., Abramson, A., & Behrens, K. (2025).
Socioemotional development of children aged 6–9 who experienced institutional or foster care before adoption in infancy in the Czech Republic.
Poster accepted at the Biennial Meeting of the Society for Research in Child Development (SRCD).
- Winnette, P., Bob, P., & Datta, A. (2025).
Dissociative symptoms in school-aged adopted children who experienced maternal separation and disruptive caregiving in infancy.
Frontiers in Psychiatry.
- Winnette, P., & Abramson, L. (2025).
Behavioral problems, dissociative symptoms, and empathy-related behaviors in children separated from parents after birth and adopted in infancy from institutional and foster care: A study in the Czech Republic.
Attachment & Human Development, 1–25.
- Preiss, M., Fnašková, M., Berezka, S., Yevmenova, T., Heissler, R., Sanders, E., Winnette, P., & Rektor, I. (2024).
War and Women: An analysis of Ukrainian refugee women staying in the Czech Republic.
Cambridge Prisms: Global Mental Health.
- Winnette, P. (2022).
Early social learning and constancy in close relationships.
Social Pathology and Prevention, 8(2), 49–63.

Books and Book Chapters

- Winnette, P., & Baylin, J. (2016).
Working with traumatic memories to heal adults with unresolved childhood trauma: Neuroscience, attachment theory and PBSP.
London: Jessica Kingsley Publishing.
- Winnette, P. (2019).
Early social development – exploring mechanisms and connections with transgenerational trauma.
In M. Preiss & D. Vizinová (Eds.), *Transgenerational transmission of trauma (not only trauma)*. Prague.
- Winnette, P. (Ed. & Author) (2018–2026).
Almanac about Children and People – The GUIDE (Attachment, Adverse Childhood Experiences (ACE), Psychotherapy of Early Childhood Adversities, Attachment Disorders, Puberty and Adolescence).
Prague: Natama Publishing.
- Winnette, P. (2010).
About a lost child: Attachment, attachment disorders and treatment.
- Pessoa, A., Pessoa Boyden, D., & Winnette, P. (2009).
Introduction to Pessoa Boyden System Psychomotor: PBSP in the context of neurobiology and attachment theory.
- Winnette, P. (2006).
Existuje ideální svět?
In Z. Hrbata & O. Král (Eds.), *Studie z komparatistiky*.

Manuscripts Under Review

- Winnette, P. (2026).
Perspective: Development of Memory Schema of Closeness in Social Relationships
Trends in Psychology. (under revision)

Key Conferences & Invited Talks

- Society for Research in Child Development (SRCD), 2025
- International Conference AMY – Aid for Maltreated Youngs (Keynote), 2023, 2025
- IACAPAP Congress (Scientific Committee member), 2018
- Columbia University lectures on developmental trauma, 2018
- National Institute of Mental Health (Czech Republic), keynote speaker

Awards & Grants

- Fulbright Scholarship, Columbia University (2017–2018)
- Ashoka Fellow (2010–2013)
- Olga Havel Foundation Award (2009)
- TV Nova Foundation – 7-year grant (2004–2011)

Leadership & Impact

Natama Institute for Family Care Development

Founder and director of an institute focused on translating neuroscience into clinical and social care practice, training professionals, and supporting children with early trauma and attachment disorders.