

## **PETRA WINNETTE**



### **EDUCATION**

Since 2018

Ph.D. Medical psychology and psychopathology, 1<sup>st</sup> Medical School at Charles University, Prague

2017–2018

Fulbright Visiting Scholar, Columbia University, Department of Psychology - Developmental Affective Neuroscience Lab

2005

Ph.D. Comparative Science, Faculty of Philosophy, Charles University, Prague

University College Cork, Ireland

Subjects: Developmental Psychology, Applied Psychology, Social Work

MA, Faculty of Education, Charles University, Prague

### **OTHER EDUCATION**

2010, 2016

Certified Practitioner (therapist) in Dyadic Developmental Psychotherapy (DDP Institute, Daniel Hughes, USA)

2016, 2019

Certified Therapist, Consultant and Trainer in Attachment-Focused Therapy (AFT Institute, Arthur Becker-Weidman, USA and Academy for Human Development, University of Singapore)

2010

Certified Therapist in Pesso Boyden System Psychomotor (PBSP Institute, Albert Pesso, Boston, USA)

2000

Certified Therapist, Supervisor and Trainer in Motivational Interviewing (Thomas Larkin and John Lundberg, Hvězda Society, CR)

## TEACHING AND TRAINING

2017–2018

Columbia University, New York, Department of Psychology - Developmental Affective Neuroscience Lab  
Fulbright Visiting Scholar

2003–present

Natama Institute for Family Care Development

Senior trainer and lecturer in the field of child development, early trauma, adverse childhood experiences (ACE), attachment and parenting

2008–2009

Charles University, Prague, Addictology, Department of Psychiatry

2001–2004

Charles University, Prague, Department of Comparative Science

1993–1997

First Real High School (PORG)

## MAIN CONFERENCES AND PRESENTATIONS

### Winnette, P. (main presenter or lecturer)

2019 – Natama ASTRA

National Conference: Adverse Childhood Experiences (ACE)

2019 – 7<sup>th</sup> International PBSP Conference

Main plenary lecture on neuroscience of memory in relation to PBSP psychotherapy: *Structure of Memory and Memory of structure*

2019 – National Institute of mental Health (NUDZ)

Co-key note speaker with prof. Nim Tottenham (Columbia University) at conference The Secrets of Developing Brain: *Dimensions and mechanisms of early social development*

2019 – Košice

Invited main lecturer

One day seminar: *Developing brain and social development*. Slovakia, Košice (Tabačka).

2018 – Natama ASTRA, Prague

National Conference with prof. Nim Tottenham, PhD (Columbia University, NY, USA):

*Neurobiology of early social development*

2018 – IACAPAP - International Association for Child and Adolescent Psychiatry and Affiliated Professions

Workshop: *Neuroscience and attachment theory explore the impact of adverse childhood experiences, Therapeutic possibilities for children in foster care and adoption*

2018 – IACAPAP

Member of Scientific Committee of IACAPAP Congress in Prague

2018 – Columbia University, New York

Four lectures and two seminars:

*Children with History of Institutionalized Care and Dimensions of Clinical Work with Children with ACE*  
*Dyadic Developmental Psychotherapy, one model of helping children with early relational trauma*

2017 – National Mental Health Institute, Prague (NUDZ)

Lecture for psychiatrists and doctoral students

*Early Brain Development and Attachment*

2017 – Natama ASTRA, Prague

National Conference with Courtney Rennie, PhD (DDPI USA)

*Trust and Attachment, DDP Therapy*

2016 – Neuropsychiatric Forum, Prague

Annual Symposium on Neurology and Psychiatry

*Early development and the Consequences of Early Trauma*

2016 – Natama ASTRA, Prague

National Conference with Jonathan Baylin, PhD (DDPI USA)

*How Childhood Influences Adulthood: The neuroscience of child development, trauma and psychotherapy*

2014 – PBSP Association Prague

International Conference in Prague

*Complexity and Detail in Psychotherapy with Clients with Unresolved Childhood Trauma*

2014 – Natama ASTRA, Prague

National Conference with Jonathan Baylin, PhD (DDPI USA), on the neurobiology of early development and its therapeutic implications:

*Children, the Brain and Parents*

2014 – Natama ASTRA, Prague

National Conference with Arthur Becker Weidman, PhD (DDPI USA) on DDP and Therapeutic Parenting:

*Importance of parents in Dyadic Developmental Psychotherapy*

2013 – PT Publishing, Tampere, Finland

International Conference in Tampere, Finland (One-Day Plenary Presentation – Workshop)

*Psychomotor Mind-Body Therapy in Treatment of Early Relational Trauma*

2012 – Natama ASTRA, Prague

National Conference with Daniel Hughes, PhD (DDPI USA), on psychotherapy and DDP for children with early trauma and attachment disorders

*Journey to Safety*

2012 – PBSP Association, Prague

International Conference in Prague

*PBSP Principles Applied to Family Therapy Focusing on Children with Severe Attachment Disorders*

2010 – PBSP Institute, Holland

International Conference in Amsterdam

*A Comparative Study of Attachment Theory and PBSP Theory and Practice*

2008 – Natama ASTRA

National Conference with Arthur Becker Weidman, PhD (DDPI USA) DDP *Journey to safety: Main principles and practice of DDP*

Start of ASTRA DDP training program in the Czech Republic with attending Slovak colleagues

2007 – Natama ASTRA

National Conference with Daniel Hughes, PhD (DDPI USA) DDP *Journey to safety: Main principles and practice of DDP*

Start of ASTRA DDP training program in the Czech Republic with attending Slovak colleagues

### **MAIN PUBLICATIONS (references)**

Winnette, P. (2019)

*Early social development – exploring mechanisms and connections with transmission of trauma* in Preiss, M. & Vizinová, D. (editors) (2019) *Transgenerational transmission of trauma (not only trauma)*. Prague: Irene z. s.

Winnette, P. (2019)

Obrysy Dyadické vývojové psychoterapie

Outline of Dyadic Developmental Psychotherapy

<https://www.sancedetem.cz/cs/hledam-pomoc/rodina-v-problemove-situaci/problemy-v-rodine/zakladni-obrysy-dyadicke-vyvojove-psychoterapie.shtml>

Winnette, P. (2019)

Co to je ACE?

*What is ACE? The Guide for psychologists, psychotherapists, social workers, parents and interested public*. Prague: Natama Publishing (Almanac about children and people, the pocket science)

Winnette, P. (2018)

Co to je attachment?

*What is Attachment? The Guide for psychologists, psychotherapists, social workers, parents and interested public*. Prague: Natama Publishing (Almanac about children and adults, the pocket science)

Winnette (2017)

Dědeček Měsíc, babička Lampion a malý Bo.

*Grandpa Moon, Grandma Lampion and Little Bo*. Prague: Natama Publishing ((Almanac about children and adults)

Winnette, P. (editor and author) (2014, 2015, 2016, 2017, 2018, 2019) *Almanac about Children and People*, Prague: Natama Publishing

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

Vrtbovská, P. (now Winnette, P.) (2010)

O ztraceném dítěti: Attachment, poruchy attachmentu a léčení.

*About a Lost Child: Attachment, Attachment Disorders and Treatment*. Tišnov: SCAN

Pesso, A., Pesso Boyden, D. & Vrtbovská, P. (now Winnette, P.) (2009)

Úvod do Pesso Boyden System Psychomotor psychoterapie, PBSP v kontextu neurobiologie a teorie attachment.

*Introduction to Pesso Boyden System Psychomotor, PBSP in the Context of Neurobiology and Attachment Theory*. Tišnov: SCAN

## **AWARDS AND FUNDING**

2017–2018

FULBRIGHT COMMISSION “Fulbright Visiting Scholar Stipend”

Visiting scholar and researcher at Columbia University (New York, USA) at Affective Neuroscience Laboratory

2010–2013

ASHOKA Fellow Award and three-year funding for development of the “Natama Institute for Family Care Development” project and its implementation

2009

OLGA HAVEL FOUNDATION

Award for Contribution to Science-Based Childcare Development in the Czech Republic

2003–2010

TV NOVA FOUNDATION

Author of a project focused on a scientific approach to development of child care services, “Natama Institute for Family Care Development”, which won a seven-year funding grant from a private television corporation- TV Nova

## **WORK EXPERIENCE**

2003–present

Founder, Director, Scientist, Senior Therapist and Counselor, Lecturer

Natama Institute for Family Care Development focusing on development and dissemination of science-based expertise in providing care and treatment for children with early trauma and severe attachment disorders

2000–2003

Freelance Advisor, Counselor, Therapist, Lecturer

Main project: The Czech – Irish Horizontal, training program for outreach workers. Users Forum, focused on involving ex drug users (with Thomas Larkin and John Lundberg)

1997–2000

Adviser and project coordinator at the British Embassy in Prague in the field of bilateral projects between the UK and the Czech Republic on childcare development, ethnic issues and social services

1993–1997

Professor at PORG (First Independent Highs School, Prague)