



The Arts & Letters Club of Toronto

14 Elm Street, Toronto, Canada M5G 1G7

Membership in the Arts and Letters Club includes both professionals in the arts and letters and individuals who enjoy and support the arts.

Membership Application

Note to MAC users: you can open this file with MAC Preview, but you will not be able to save it properly. Please open this with Adobe Acrobat ONLY and save a copy on your computer before completing it. Acrobat is free and downloadable from the 'Apply for Membership' page on our website.

Items preceded by an asterisk* are required information

Given Name *	Alex	Surname *	Russell
Date of Birth *	01 18	Sex *	<input checked="" type="radio"/> M <input type="radio"/> F
Preferred form of address			
Occupation *	Clinical Psychologist	Email *	alex@russellpsychology.com
Residence Address			
Street *			
City *	Province *	Postal Code *	
Country *	CANADA	Telephone *	
Business Address			
Title	Dr. Alex Russell	Company	Russell Psychology
Street			
City	Province	Postal Code	
Country	CANADA	Telephone	

Education and training *

Faculty of Music, University of Toronto, 2 years of an undergraduate degree
BA, Philosophy, University of Toronto
Masters & Ph.D., Clinical Psychology, New School for Social Research, New York

Please list your professional memberships

College of Psychologists of Ontario
Canadian Psychological Society
Toronto Institute for Contemporary Psychoanalysis

Please list awards, scholarships or honours you have received

Composition Award, Canadian Contemporary Showcase, 1981 (?) (Adjudicator: John Beckwith!!)
Social Science and Humanities Research Council, Doctoral Fellowship, 1992
Juno Nomination, 1998, La Verraquera! with Diego Marulanda and Pacande
Please see Curriculum Vitae for other awards

Biographical information, including details of interest and experience in the arts and letters. (We encourage you to attach a resume if possible.) Include publications, recordings, exhibitions, public performances.

Resume attached * Yes No

I have enjoyed numerous evenings at the Arts and Letters Club through my parents Peter and Sue Russell, including their 50th Wedding Anniversary and an evening there in which I presented a talk from my book Drop the Worry Ball; How to parent in the age of entitlement. I continue to write in psychology and am currently working on a book on anxiety. I am a very active public speaker and over the last ten years have presented across Canada and the United States.

I am also a passionate amateur musician. After studying flute for two years at U of T's Faculty of Music I have continued playing music in both classical and contemporary settings. I have played in many bands and been a part of a number of recordings, most notably La Verraquera!, an album with Diego Marulanda and Pacande which was nominated for a Juno Award for Best Global Music Album in 1998. In addition to the flute I play the piano and guitar.

Why do you wish to join The Arts and Letters Club?

The Club interests me because of the opportunity it affords both to participate in creative endeavours and to meet and talk with like-minded people. I would like to be a part of musical projects, to attend seminars and workshops, and to participate in the general conversation.

Please provide the names of two Club Members who will act as your sponsors. * (If you do not have Club sponsors, please contact the Membership Secretary.)

Peter Russell

Sue Russell

Your sponsors may request an email or printed sponsorship form from the membership office.

Other Club Members known to you

Michelle and George Walker (friends of my wife Kim Creelman)

Date * * *
YYYY MM DD

Signature *

Alex Russell

mail to membership@artsandlettersclub.ca (typed signature acceptable)



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New Member Sponsorship Form

Sponsors have a responsibility to introduce their new members into the life of the Club. Sponsors also have a responsibility to the general membership to recommend individuals who will integrate well and contribute in a positive way. For this reason, sponsors must know the applicant well enough to provide a full and honest endorsement.

Information to be completed by the Sponsor (items marked * are mandatory)

Your * name:

Applicant's * name:

How well do you know the applicant and in what capacity? *

Of course I have known him since his birth. He excelled in music and ice hockey in his school years. He then did a Phd in Philosophy and Psychology and became a clinical psychologist. I have to say we are extremely proud of him.

What Club activities do you think he or she might enjoy and contribute to: *

Music, literature and probably most of everything else.

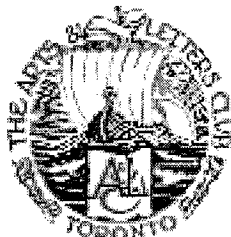
Other comments:

He still plays hockey and the flute and guitar. And he burns the candle at both ends.

Date: * * *
YYYY MM DD

Signature: *
(typed name is acceptable, if sending by email)

*You may print this form, fill it in and drop it off or mail it to the office. You may also fill in the form on your computer and email it as an attachment to:
membership@artsandlettersclub.ca*



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How well do you know the applicant and in what capacity? *

What Club activities do you think he or she might enjoy and contribute to: *

Other comments:

Date: * * *
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Signature: *
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Alex Russell, Ph.D., C.Psych.
Clinical Psychologist in Private Practice

Current Activities:

Psychotherapy.

- Individual psychotherapy with children, adolescents and adults
- Family consultation and parent guidance

Assessments.

- Psychological and psycho-educational assessments of school age children, adolescents and adults
- Individualized use of a range of cognitive, academic and projective testing instruments
- School consultation and individual program planning

Supervision and training

- Bi-weekly clinical consultation with school counseling staff at Sterling Hall School
- Primary supervisor of New Registrant Psychologists (College of Psychologists of Ontario)
- Workshops presented to high school teachers and to parents of high school students

Research

- Assistant Editor, Ideas. Emotional Development in Childhood
- Book: Drop the Worry Ball. How to parent in the age of entitlement - a clinically based parenting guide.

Education:

- 1993-97 Ph.D. in Clinical Psychology, The New School for Social Research, New York. Dissertation: Beliefs about partners' goals and conversational process.
- 1992-93 MA in Psychology, The New School for Social Research, New York.
- 1984-89 BA in Philosophy and the Humanities and Psychoanalytic Thought Program, University of Toronto. Graduated with High Distinction.

Supervision, Training and Teaching Experience:

- 2017-2019 Day-long Professional Workshop – Promoting Adaptive Anxiety in Children, Sick Kids Centre for Community Mental Health
- 2011-2019 Case consultation with teachers and school support staff, Sterling Hall, Upper Canada College, Crescent School
- 2006-2019 Bi-weekly supervision of counseling staff, Upper Canada College, Crescent School, Royal St. George's College
- 2005-2016 Workshop presentations to high school teachers and support workers: Promoting academic independence in adolescence, various locations across Canada.
- 2004-2019 Supervision of psychologists licensing with the College of Psychologists of Ontario
- 2003-2006 Consultation (ad hoc basis) to Learning Centre, Upper Canada College
- 1998-2000 Staff training for Early Intervention Program, Boundless Adventures. Instruction and ongoing supervision of staff working with families with children aged 2-6
- 1997-99 Instructor of bi-weekly case-conference for day-care managers. Providing training and consultation on clinical case material.
- 1998-1999 Leader of workshops on emotional development in community centres through Growing Up Healthy Downtown program.
- 1994,1995 Adjunct Faculty at Eugene Lang College, New School for Social Research.
- 1986-87 Program Director, Boundless Adventures, Toronto. Developed and ran staff training program, supervised group leaders and led wilderness excursions with psychiatric out-patients and troubled youth.

Program Development and Evaluation Experience:

- 2000-2005 Primary Investigator, Boundless Adventures, Early Intervention Program, Program Evaluation Grant, National Crime Prevention Centre, Department of Justice, Canada. Total grant award: \$296,363.00
- 1997-99 Program design and piloting, Early Intervention Program, Boundless Adventures. Developed a child-led, community based year-long program for children in at-risk families.
- 1999 Primary Investigator in a site-based study examining cross-cultural and cross-sex communication between parents and teachers at a multi-cultural daycare; Lawson

Foundation Grant in affiliation with Victoria Day Care Services, the C.M. Hincks Institute and the Department of Psychiatry, University of Toronto. Total grant award: \$5,000.00.

Clinical and Academic Positions:

- 2016-2019 Committee Member, OISE Curriculum Review Committee
- 1998-2000 Member of Editorial Board, Ideas: Emotional Well-being in Childcare
- 1997-1999 Post-doctoral Fellowship in Psychoanalytic Psychotherapy, Hincks-Dellcrest Centre.
- 1997-1999 Clinical consultant, Victoria Day Care Services. Assessments and interventions with children and parents.
- 1998-99 Group Counselor, Boundless Adventures. Support and intervention with inner city families on five-day wilderness retreats.
- 1996-97 Pre-doctoral Intern at The Toronto Hospital. Training and supervision in the assessment and treatment of adults in inpatient, outpatient and medical settings. Psychodynamic, cognitive-behavioural and brief, solution-focused approaches.
- 1994-95 Extern at St. Vincent's Hospital in Westchester, New York (24 hours/week). Provided individual and group therapy and supervised assessments for adults in a general psychiatric unit and a women's issues unit.
- 1991-92 Counselor, Halton Adolescent Support Services. Individual, family and group counseling for adolescents.
- 1991 Contract Worker, Central Toronto Youth Services. Provided case management and community support.
- 1989-91 Teacher and childcare worker, Karen Horney Institute Nursery, New York. Provided care for emotionally disturbed children aged 3-5.
- 1990 Psychiatric Assistant, Clarke Institute for Psychiatry, Toronto. Assisted in the implementation of inpatients' plan of care.
- 1987-89 Group-care Worker, Kennedy House Youth Services, Toronto. Supervised adolescents in semi-independent residence.

Fellowships and Awards:

- 1997 Frieda Wunderlich Dissertation Award, New School for Social Research
- 1992-96 Social Science and Humanities Research Council Doctoral Fellowship.
- 1995-96 Dissertation Fellowship, New School for Social Research.
- 1993-95 University Fellowship, New School for Social Research.
- 1990-91 Mellon Foundation Research Fellowship.
- 1989-90 Tuition Scholarship, New School for Social Research.
- 1988 Innis College Alumni Scholarship, University of Toronto.

Publications:

Russell, A.W. (2005) On being interested. Ideas: The Journal of Emotional Well-Being in Child Care.

Russell, A. (2001) Supporting Children with Their Aggressive Play: Reflections and Strategies. Interaction. Publication of the Canadian Child Care Federation

Russell, A.W. & Schober, M.F. (1999) How beliefs about a partner's goals affect referring in goal-discrepant conversations. Discourse Processes, pp. 1-34

Russell, A.W. (1999) The role of adult responsiveness in the development of autonomy. Ideas: The Journal of Emotional Well-Being in Child Care.

Russell, A.W. (Under Revision). Clarifying interactive language goals: The role of alternative goal information. Journal of Language and Social Psychology.

Russell, A.W & Newman, F.. (Under Review), Language Games and the talking cure: Patient and therapist beliefs about conversational goals. International Journal of Psychoanalysis.

Russell, A.W. (In preparation), The role of affiliative language goals in adult-child and therapist-patient conversations.

Research Presentations:

Russell, A.W & Newman, F.. Language Games and the talking cure: Patient and therapist beliefs about conversational goals. Annual Meeting of the 39th Division of the American Psychological Association, Santa Fe, New Mexico, April 26, 2001

Russell, A.W. & Newman, F., "Conversational process and the talking cure: Patient and therapist beliefs about conversational goals", Scientific meeting, Contemporary Institute for Psychoanalysis, Toronto, February 2, 2000.

Russell, A.W., "Promoting fathers' participation through child care settings", Network Meeting, Ward 4 Child Care Supervisors, Toronto, December 17, 1999

Russell, A.W., "The role of affiliative language goals in adult-child and therapist-patient conversations." Canadian Communications Annual Conference, Ottawa, 1998

Russell, A.W.. "Clarify the language game or maintain a veneer of consensus: What happens when people misunderstand their interactive language goals?" Canadian Communications Association Annual Conference, St. John's, Newfoundland, 1997.

Russell, A.W.. "Markers of conversational goals: Investigating the two-way relationship between people's interactive goal beliefs and their conversational behaviour." 6th International Conference on Language and Social Psychology, Ottawa, May 20, 1997.

Russell, A.W. & Schober, M.F. "Does knowledge about goal differences affect how conversational partners pursue their individual goals?" Poster - 35th Annual Meeting of the Psychonomic Society, St. Louis MO, 1994.