

CURRICULUM VITAE

Dr. Shelly Russell-Mayhew, R. Psych.
 Professor, Werklund Research Professor
 Counselling Psychology
 Werklund School of Education
 University of Calgary (UCalgary)

CONTACT

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ACADEMIC CREDENTIALS

Ph.D., Counselling Psychology, Division of Applied Psychology, June 2003

Dissertation: Preventing eating disorders in schools

University of Calgary

M.Sc., Counselling Psychology, July 1998

Masters Thesis: Group therapy for eating disorders

University of Calgary

B.Sc., Psychology with Honours, May 1994

University of Calgary

OTHER CREDENTIALS

Registered Psychologist (2003), College of Alberta Psychologists #2799

Academic Fellow (2014), Population Health and Inequities Research Center, O'Brien Institute of Public Health, Cumming School of Medicine, University of Calgary

APPOINTMENTS and PROMOTIONS

University of Calgary (UCalgary)

Full Professor	July 2017-current
Werklund Research Professor	July 2015-current
Associate Professor	April 2010 - current
Director of Practica and Internships	January 2013 - September 2015
Assistant Professor, (with tenure effective July 1, 2009)	July 2009 - April 2010
Coordinator of Master of Counselling Program	July 2009 - September 2011
Assistant Professor, Division of Applied Psychology	April 2005 - July 2009
Research Coordinator for Campus Alberta	April 2005 - April 2008
Instructor for Campus Alberta Applied Psychology	September 2004 - March 2005

Calgary Health Region [Alberta Health Services (AHS)]

Promotion and Prevention Specialist, Eating Disorder Program 2000 - 2004

Eating Disorder Coordinator 1998- 2000

Calgary Counselling Centre 1996 - 1998

Individual, couple, group, & family counsellor (contract, intern, & resident)

ASSOCIATE MEMBERSHIP

Canadian Psychological Association
Canadian Counselling and Psychotherapy Association
Canadian Obesity Network
Institute of Public Health, UCalgary
Academy for Eating Disorders
Eating Disorder Association of Canada
National Eating Disorder Association
National Eating Disorder Information Centre

LEAVES

Research and Scholarship Leave August 2011-September 2012
Special Leave (0.5 FTE) May 2007-September 2007

HONORS

Werklund School of Education Nominee for Killam Graduate Supervision and Mentorship (2016)
Distinguished Research Lecture Award (2015). Werklund School of Education, UCalgary
Werklund School of Education Nominee for UCalgary Research Supervision Award (2015, 2016, 2017)
Inaugural Academic Fellow (2014 -2017), Population Health and Inequities Research Centre (PHIRC), Institute of Public Health, Cumming School of Medicine, UCalgary. *One of eight academics receiving this honor in recognition of research contributions related to public health.*
Distinguished Research Supervision Award (2014), Werklund School of Education, UCalgary
GREAT Supervisor Award (2014), Faculty of Graduate Studies, UCalgary
Faculty of Education Nominee for CIHR Tier II Canada Research Chair (2010, 2012)
Faculty of Education Nominee for Killam Emerging Research Leader Award (2010, 2011)

GRANTS

2018. WellAhead Student Wellbeing for Systems Change Fund: McConnell Foundation. \$288,700. *Teachers of Tomorrow: Advancing School Wellness Through Teacher Preparation*. CO-PRINCIPAL. (Murray, K. – Ever Active Schools).
2017. Campus Mental Health Strategy. \$6285. *The Body Project @UCalgary*. CO-I. (PI: von Ranson, K., Dimitropoulos, G., Godley, J.)
2017. University of Calgary Teaching and Learning Grant. \$40,000. *Transforming Teacher Preparation: The Impact of a Comprehensive School Health Course on Teaching and Learning*. PRINCIPAL. (Gabriele, T., Gereluk, D., & Murray, K.)

2017. Werklund School of Education Development Grant. \$1500. *Feasibility and Utility: Expert Professionals' Perceptions of Weight as a Social Justice Issue*. PRINCIPAL.
2016. Werklund Research Office Research Collaboration Grant. \$4995. *Broadening Horizons: The Embodiment of Newcomer Women in Canada*. CO-APPLICANT. (Principal Applicant: Kassan, A.; Other Co-applicants: Goopy, S., Arthur, N., Lund, D., Sesma-Vasquez, M., Green, A.R., Nutter, S., Williams E., Silversides, H.)
2016. Werklund Research Office Powerful New Ideas Grant. \$2500. *The Embodiment of Newcomer Women in Canada: A Visual Platform for Community Discourse*. (Principal Applicant: Kassan, A.; Other Co-applicants: Goopy, S., Arthur, N., Lund, D., Sesma-Vasquez, M., Alberga A., Green, A.R., Nutter, S., Williams E., Silversides, H.)
2016. Canadian Institutes of Health Research Strategy for Patient-Oriented Research (CIHR-SPOR)- Patient Engagement- Collaboration Grants. \$15,000. *Weight Bias Research: Moving beyond raising awareness and creating change!* CO-PRINCIPAL. (Principal Applicant: Ramos, Salas, X.; Other Co-principals: Alberga, A.S., Cameron, E., Forhan, M., Kirk, S., Sharma, A., & Enokson, M.)
2016. Alberta Innovates- Health Solutions Community Engagement & Conference Grant (AIHS) (\$5000). *Weight Bias Research: Moving beyond raising awareness and creating change!* CO-PRINCIPAL. ((Principal Applicant: Ramos, Salas, X.; Other Co-applicants: Alberga, A., Cameron, E., Forhan, M., Kirk, S., & Sharma, A.)
2016. University Research Grants Committee (URGC). \$14,966. *What is in a name? The impact of framing obesity as a disease on the stigmatization of people with obesity*. PRINCIPAL. (Co-applicants: Ellard, J., MacInnis, C., Alberga, A., & Nutter, S.).
2016. Alberta Centre for Child Family and Community Research (ACCFRC) Seed Grant. \$10,000. *Seeking mental health services for children and adolescents: Are we all on the same page?* CO-APPLICANT. (Principal: von Ranson, K.).
2016. Eyes High Postdoctoral Fellow (Round 3). *Weight bias*. \$100,000. SUPERVISOR.
2015. Werklund Research Professor (5-year term). \$200,000. Body Image Research Lab.
2015. Werklund Teaching Innovation Grant. \$12,480. *Transforming Teacher Preparation: Educational Praxis for Well-Being*. PRINCIPAL. (Co-Applicants: Gabriele, T., Alberga, A., Murray, K., & Peat, G.).
2015. SSHRC Enhancement Grant. \$5000. *Transforming Teach Preparation: Educational Praxis for Well-Being*. PRINCIPAL. (Elliot, C., Reimer, R., Gabriele, T., Peat, G., Murray, K., MacLeod, C., Hval, M., & Sunada, J.)
2015. Eyes High Doctoral Recruitment Award. \$100,000 (\$25000 per year for 4 years). SUPERVISOR. (Tkachuk, M.)

2015. Taos Associates Grant Program (TAG): The Taos Institute. \$5040. “Diagnostic culture” and social constructionist therapies: Opening space for counter-practices. CO-PRINCIPAL. (Sesma, M.).
2014. Werklund School of Education Team Collaboration Grant. \$5000. *Weight as a Social Justice Issue*. PRINCIPAL. (Co-Investigators: Arthur, N., Lund, D., Kassan, A., Sesma-Vazquez, M., & Alberga, A.).
2014. Werklund School of Education Powerful New Ideas in Education. \$2500. *Imagine a World Where Every “Body” Belongs*. PRINCIPAL. (Co-Investigators: Arthur, N., Lund, D., Kassan, A., Peat, G., Sesma-Vazquez, M. & Alberga, A.).
2014. Canadian Institutes of Health Research – Planning and Dissemination Grants. \$20,000. *Weight bias: What do we know and where shall we go from here?* PRINCIPAL. (Co-Applicants: Alberga, A., McLaren, L., von Ranson, K., Lorenzetti, D., & Sharma, A.). This application ranked 2nd (15.38%) of 13 applications.
2014. Institute of Public Health. \$5000. *Provincial think tank: Understanding and reducing weight bias in Alberta*. PRINCIPAL. (Co-Applicants: Alberga, A., McLaren, L. & von Ranson, K.). Campus Alberta Health Outcomes and Public Health Meeting Grant.
2014. UCalgary Research Grants Committee. \$1581. Faculty Travel Grant.
2013. Partnership for Research and Innovation in the Health System (PRHIS). Alberta Innovates Health Solutions (AIHS). \$741,178. *Care and rehabilitation for patients with severe obesity in Alberta's tertiary care settings*. COLLABORATOR. (PIs: Forhan, M., Sharma, A., & Johnson, J.)
2013. Canadian Institutes of Health Research (CIHR) Planning Grants Priority Announcement: Partnerships for Health System Improvement (PHSI). \$24,960. *Weight bias and primary health care: Creating a provincial research strategy*. PRINCIPAL. (Co-Applicants: Jelenski, S., Ball, G., Edwards, A., Oddie, S., Sharma, A.) This application was ranked 2nd (1.53%) of 131 applications.
2013. Alberta Advisory Committee for Educational Studies. \$6000. *Recruiting and engaging teachers in the area of health and weight: Feasibility, utility, and efficacy*. PRINCIPAL. (Co-Applicant: Peat, G.)
2013. University Research Grants Committee Seed Grant. \$18,000. *Health education for pre-service teachers in Canada: A call to action?* PRINCIPAL.
2013. Alberta Centre for Child Family and Community Research (ACCFRCR). \$10,000. *Testing a professional development model for pre-service teachers in the area of health and weight: Feasibility, utility and efficacy*. PRINCIPAL. (Co-Applicants: Peat, G.; Gabriele, T.; Crooks, J.; & Bardick, A.)

2013. Faculty of Education's Faculty Research Event Funding. \$250. *Testing a professional development model for pre-service teachers in the area of health and weight: Feasibility, utility and efficacy*. PRINCIPAL.
2013. Eyes High Postdoctoral Fellow (Round 1). *Psychosocial aspects of body weight*. \$100,000. SUPERVISOR.
- 2009-2013. Social Sciences and Humanities Research Council (SSHRC) Standard Operating Grant. \$100,046. *Integrating eating disorder and obesity prevention: A study of school-based activities aimed at shared risk factors*. PRINCIPAL.
2011. Canadian Institutes of Health Research (CIHR) Dissemination and Planning Grant \$25,000. *Linking research, practice and policy to devise a national prevention strategy*. CO-PI with McVey, G.
2010. Canadian Institutes of Health Research. \$68,584. Co-PRINCIPAL with McVey, G. *Preventing chronic diseases in children and youth using an integrated approach: Feasibility and pilot of a professional development model designed to help build resiliency, promote mental health, and prevent the triggering of weight and shape preoccupation*.
2009. Alberta Advisory Committee for Educational Studies (AACES). \$4920. *Health promotion in schools: A pilot study on the professional development of pre-service teachers around weight-related issues*. PRINCIPAL.
2009. CON Calgary Chapter. \$4000. *Obesity network analysis*. CO-PRINCIPAL with
2008. Canadian Institutes of Health Research (Gender and Health Special Call). \$10,000 Application Development Grant (co-investigator). LOI: *EMBODY: Centre for research and prevention in eating disorders, mental health and body image*. (PI: McVey, G).
2008. URG Collaborative Grant. \$10,000. *Canadian Obesity Network: Mapping the interprofessional interactions, attitudes and behaviors of an emerging network*. PRINCIPAL.
2008. private school. \$3500. *Body image and self esteem peer group intervention*. PRINCIPAL.
2008. UCalgary SSHRC Development Grant. \$1000. *Integrating eating disorder and obesity prevention: A study of school-based activities aimed at shared risk and protective factors*. PRINCIPAL.
2008. Canadian Obesity Network Edmonton Chapter. \$4000. *Obesity network analysis*. CO-PI with Godley, J.
- 2007-2009. UCalgary Public Health Initiative (Provost). \$160 000. *Healthy Uni: A campus-wide health promotion initiative driven by students and focused on wellness and the prevention of obesity and type 2 diabetes*. CO-APPLICANT.

2007. Heart and Stroke Foundation. \$2300. *Physical activity and the built environment*. CO-APPLICANT.
- 2007-2009. CIHR Team Grant. \$180,000. *Healthy kidz: Translating multidisciplinary health research into effective interventions and public policies for the reduction of childhood obesity*. CO-APPLICANT.
2007. Canadian Obesity Network. \$8704 plus in-kind support \$2000. *Canadian Obesity Network: Mapping the interprofessional interactions, attitudes and behaviors of an emerging network*. CO-PI with Godley, J.
2006. URGC Starter Grant. \$10,000. *Canadian Obesity Network and interprofessional practice: Members' views*. PRINCIPAL.
2006. Faculty Starter Grant. \$5000. *Social justice and eating disorders and obesity*. PRINCIPAL.
- 2005-2010. National Centres of Excellence – New Initiative Program. \$1,600,000. CO-APPLICANT. *The Canadian Obesity Network*.
2001. Alberta Mental Health Board. \$169,450.00. *Duplication, dissemination and additions to the Body Image Resource Collections*. PRINCIPAL. (Collaborators: Ryder, S. & Marcoux, G).
2001. Alberta Mental Health Board. \$24,294.00. *A collaborative school pilot project to promote positive body image and prevent eating disorders*. PRINCIPAL. (Collaborators: Ewashen, C. & Arthur, A).
2000. Alberta Mental Health Board. \$169,998.00. *Development and dissemination of Body Image Resource Collections (Grades 1- 12)*. PRINCIPAL. (Collaborators: Ryder, S. & Marcoux, G).
2000. Alberta Mental Health Board. \$25,666.00. *A collaborative school pilot project to: Promote positive body image and prevent eating disorders*. PRINCIPAL. (Collaborators: Ewashen, C. & Arthur, N).
2000. Calgary Health Trust (CRHA). \$4700.00. *A collaborative school pilot project to promote positive body image and prevent eating disorders*. PRINCIPAL.
1999. Health Promotion Initiatives Fund (CRHA Population Health). \$48,051.00. *A collaborative school pilot project to promote positive body image and prevent eating disorders*. PRINCIPAL. (Collaborators: Ewashen, C. & Arthur, N).

SCHOLARLY CONTRIBUTION SUMMARY

Refereed Publications 45	Refereed Presentations 140+	Invited Presentations 25+	Workshops 40+
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IN-PRESS, UNDER REVIEW and IN-PREPARATION PUBLICATIONS

Russell—Mayhew, S. (in press). The weight of the world in her hands. Invited chapter. In N. Arthur & C. Collins (Eds.), *Culture-Infused Counselling* (3rd ed.). Counselling Concepts.

Klinge, K., Russell-Mayhew, S., Kassan, A., & Moules, N. (in press). By the water's edge: A hermeneutic look at suffering and self-compassion in counselling psychology. *International Journal for the Advancement of Counselling*.

Green, A. R., Kassan, A., Russell-Mayhew, S., & Goopy, S. (in press). *Exploring newcomer women's embodied selves: Culturally responsible qualitative research*. Qualitative Research in Psychology.

Kassan, A., Goopy, S., Green, A., Arthur, N., Nutter, S., **Russell-Mayhew, S.**, & Silversides, H. (in press). Becoming new together: Making meaning with newcomers through an art-based ethnographic research design. Qualitative Research in Psychology.

Williams, E., Russell-Mayhew, S., & Ireland, A. (in press – April 2018). Disclosing an eating disorder: A situational analysis of online accounts. *The Qualitative Report*, 23(4),

Balsden, K., & Russell-Mayhew, S. (under review). Finding the center of balance: Canadian women's experiences of maintaining positive embodiment. Manuscript resubmitted for publication January 2018..

Alberga, A., McLaren, L., Russell-Mayhew, S., & von Ranson, K. (invited resubmission). Senate Report on Obesity: An Illustration of Weight Stigma in Canada. *Journal of Obesity*.

Nutter, S., Alberga, A., MacInnis, C., Ellard, J. H., & **Russell-Mayhew, S.** (invited resubmission). *What's in a name? The influence of framing obesity as a disease on weight bias*. Manuscript submitted November 2017.

Tkachuk, M., Russell-Mayhew, S., Kassan, A., & Dimitropoulos, G. (under review). Adapting Descriptive Psychological Phenomenology to include didactic interviews: Practical considerations for data analysis. A manuscript submitted for publication December 2017.

Nutter, S., **Russell-Mayhew, S.**, & Ellard, J. H. (under review). *How does perceived controllability of weight influence the relationship between body mass index and body dissatisfaction? A preliminary investigation*.

Nutter, S., **Russell-Mayhew, S.**, & Ellard, J. H. (2017). (under review). *Testing an attributional model of weight bias*.

Alberga, A.S., **Russell-Mayhew, S.**, Mu, G.M., Blackstaffe, A., Perry, R. & Hawe, P. *Psychological correlates of weight perceptions and behaviours in junior high school*

students. Manuscript in preparation.

Sesma-Vazquez, M., Ireland, A., **Russell-Mayhew, S.**, Alberga, A., Williams, E., Brun, I., & Tkachuk, M. *Doing situational analysis as a collaborative research process: A relational and dialogical journey*. Manuscript in preparation.

Alberga, A.S., Goldfield, G.S., **Russell-Mayhew, S.**, Tulloch, H., Kenny, G., Prud'homme, D., Hadjiyannakis, S., Sweet S., & Sigal R.J. *What predicts attrition from an exercise intervention in adolescents living with obesity? The HEARTY trial*. Manuscript in preparation.

Alberga, A.S., Sigal, R.J., von Ranson, K.M., **Russell-Mayhew, S.**, Kenny, G.P., Prud'homme, D., Phillips, P., Cameron, J., Doucette, S., & Goldfield, G.S. *Effects of aerobic training, resistance training and both on eating behaviours in adolescents with obesity? The HEARTY trial*. Manuscript in preparation.

Russell-Mayhew, S., Sesma-Vazquez, M., & Dimitropoulos, G. *Current and potential family therapy treatments for eating disorders in Canada*. Manuscript in preparation.

Russell-Mayhew, S., Sesma-Vazquez, M., & Dimitripoulos, G. *Eating Disorders Team Treatments and Families: Mimesis, Mutual Influences, and Conflicted Dynamics*. Manuscript in preparation.

PAPERS IN REFEREED JOURNALS

*Note that in the medical field, last author is often considered the next contributor after the first author and/or is often the principal investigator/lead of the research team.

Nutter, S., Russell-Mayhew, S., Arthur, N., & Ellard, J. H. (2018). Weight bias as a social justice issue: A call for dialogue. *Canadian Psychology*. Advance Online Publication. doi:10.1037/cap0000125

Nutter, S., Russell-Mayhew, S., Arthur, N., & Ellard, J. H. (2018). Weight bias and social justice: Implications for education and practice. *International Journal for the Advancement of Counselling*. Advance Online Publication. doi:10.1007/s10447-018-9320-8

Williams, E.P., Russell-Mayhew, S., Moules, N.,J. & Dimitropoulos, G. (2018). Not Quite this and not Quite that: Anorexia Nervosa, Counselling Psychology, and Hermeneutic Inquiry in a Tapestry of Ambiguity. *Journal of Applied Hermeneutics*, Retrieved from <http://jah.journalhosting.ucalgary.ca/jah/index.php/jah/article/view/165>

Tkachuk, M., & Russell-Mayhew, S. (2017). Health and weight beliefs and behaviours of pre-service teachers: Considerations and implications for a health promotion perspective in teacher education. *Alberta Journal of Educational Research*, 63(3), 286-393.

Romas-Salas, X., Alberga, A., Cameron, E., Estey, L., Forhan, M., Kirk, S., **Russell-Mayhew, S.**, Sharma, A. (2017). Addressing Weight Bias and Obesity Discrimination: Moving

beyond raising awareness to creating change. *Obesity Reviews*, 18, 1323-1335. doi: 10.1111/obr.12592

Russell-Mayhew, S., Ireland, A., Murray, K., Alberga, A. S., Nutter, S., Gabriele, T., Peat, G., & Gereluk, D. (2017). Reflecting and informing a culture of wellness: The development of a comprehensive school health course in a bachelor of education program. *Journal of Educational Thought*, 50 (2&3), 156-181.

Lacroix, E., Alberga, A.S., Russell-Mayhew, S., McLaren, L., & von Ranson, K.M. (2017). A Systematic Review of the Characteristics and Psychometric Properties of Self-Report Questionnaires to Assess Weight Bias. *Obesity Facts*, 10, 223-237. doi: 10.1159/000475716)

Arthur, N., Lund, D. E., Russell-Mayhew, S., Nutter, S., Williams, E., Sesma Vazquez, M., & Kassan, A. (2017). Employing Polyethnography to Navigate Researcher Positionality on Weight Bias. *The Qualitative Report*, 22(5), 1395-1416. Retrieved from <http://nsuworks.nova.edu/tqr/vol22/iss5/15>

Sesma-Vazquez, M., Russell-Mayhew, S., & Williams, E. (2017). Whiteness and "healthy body weight": Analyzing discourses of privilege and oppression in social media. *International Journal of Qualitative Methods*, 16, 1-47. doi: 10.1177/1609406916688525 (published abstract from conference – not a paper)

Russell-Mayhew, S., Ireland, A., & Klinge, K. (2016). Barriers and facilitators to promoting health in schools: Lessons learned from educational professionals. *Canadian School Counselling Review*, 1(1), 49-55.

Russell-Mayhew, S., Nutter, S., Alberga, A.S., Jelinski, S., Ball, G.D.C., Edwards, A., Oddie, S., Sharma, A., Pickering, B., & Forhan, M. (2016). An environmental scan of post-secondary training curricula in primary health care programs for exposure to the implications of weight bias. *Canadian Journal for the Scholarship of Teaching and Learning*, 7(2), article 5. Available at: http://ir.lib.uwo.ca/cjsotl_rcacea/vol7/iss2/5

Alberga, A.S., McLaren, L., vonRanson, K., Russell-Mayhew, S*. (2016). Weight bias: A call to action. *Journal of Eating Disorders*, 4(34) doi: 10.1186/s40337-016-0112-4

Nutter, S., Russell-Mayhew, S., Alberga, A., Arthur, N., Kassan, A., Lund, D., Sesma Vazquez, M., & Williams, E. (2016). Positioning of weight bias: Moving towards social justice. *Journal of Obesity*, Article ID 3753650, 10 pages, <http://dx.doi.org/10.1155/2016/3753650>

Alberga, A.S., Pickering, B., Hayden, K.A., Ball, G.D.C, Edwards, A., Jelinski, S., Nutter, S., Odie, S., Sharma, S. & Russell-Mayhew, S*. (2016). Weight bias reduction in health professionals: A systematic review. *Clinical Obesity*, 175-188. doi: 10.1111/cob.12147

Alberga, A.S., Russell-Mayhew, S., von Ranson, K., McLaren, K., Ramos-Salas, X., & Sharma, A.M. (2016). Future research in weight bias: What next? *Obesity*, 24, 1207-1209.

doi:10.1002/oby.21480

- Russell-Mayhew, S., & Grace, A. (2015). A call for social justice and best practices for the integrated prevention of eating disorders and obesity. *Eating Disorders: The Journal of Treatment & Prevention*. doi:10.1080/10640266.2015.1113829
- Russell-Mayhew, S., Nutter, S., Ireland, A., Gabriele, T., Bardick, A., Crooks, J. & Peat, G. (2015). Pilot testing a professional development model for pre-service teachers in the area of health and weight: Feasibility, utility and efficacy. *Advances in School Mental Health Promotion*, 1-11. doi: 10.1080/1754730X.2015.1040040
- Ekong, J., Russell-Mayhew, S., & Arthur, A. (2013). Optimizing diabetes literacy: Lessons from African Canadians in Calgary about Type II Diabetes. *Canadian Journal of Diabetes*, 34, 231-236. doi:10.1016/j.cjcd.2013.05.003
- McVey, G. L., Walker, S. K., Beyers, J., Harrison, H., Simkins, S., & Russell-Mayhew, S*. (2013). Integrating weight bias awareness and mental health promotion into obesity prevention delivery: A public health pilot study. *Preventing Chronic Disease*, 10, 1-7. doi:10.5888/pcd10.120185
- Renert, H., Russell-Mayhew, S., & Arthur, N. (2013). Recruiting ethnically diverse participants into qualitative health research: Lessons learned. *The Qualitative Report*, 18(Art. 23), 1-23. Retrieved from <http://www.nova.edu/ssss/QR/QR18/renert23.pdf>
- Russell-Mayhew, S., Peat, G., & Ireland, A. (2012). The impact of professional development about weight-related issues for pre-service teachers: A pilot study. *Alberta Journal of Educational Research*, 58(3), 314-329.
- Russell-Mayhew, S., McVey, G., Bardick, A., & Ireland, A. (2012). Mental health, wellness, and childhood overweight/obesity. *Journal of Obesity*, 2012, e1-e9. doi:10.1155/2012/281801
- Thompson, C. & Russell-Mayhew, S. (2012). Evaluating the effects of a peer support model: Reducing negative body esteem and disordered eating attitudes and behaviors in grade eight girls. *Eating Disorders*, 20, 113-126 doi:10.1080/10640266.2012.653946
- Linder, J., Adair, C. E., Russell-Mayhew, S., & McLaren, L. (2012). The experience of body dissatisfaction and body change behaviours among young adolescents in an overnight camp setting. *Journal of Outdoor Education, Recreation and Leadership*, 4, 27-44. doi:10.7768/1948-5123.1091
- von Ranson, K., Russell-Mayhew, S., & Mason, P. (2011). An exploratory study of eating disorder psychopathology among Overeaters Anonymous. *Eating and Weight Disorders*, 16, e65-e-68. doi:10.1007/BF03327524
- Arthur, N., & Russell-Mayhew, S. (2010). Preparing counsellors for interprofessional collaboration through supervision and lateral mentoring. *Canadian Journal of Counselling*, 44(3), 258-271.

- Godley, J., & Russell-Mayhew, S. (2010). Interprofessional practice in the field of obesity: Data from Canada. *Journal of Research in Interprofessional Practice and Education, 1*(2), 88-108.
- Thanhausser, J., Russell-Mayhew, S., & Scott, C. (2010). Measures of interprofessional education and collaboration. *Journal of Interprofessional Care, 24*, 336-349.
doi:10.3109/13561820903442903
- Russell-Mayhew, S., von Ranson, K., & Masson, P. (2010). How does Overeaters Anonymous help its members: A qualitative analysis. *European Eating Disorder Review, 18*, 33-42.
doi:10.1002/erv.966
- McLaren, L., Adair, C. E., von Ranson, K. M., Russell-Mayhew, S., de Groot, J., Lavery, S., ... Watson-Jarvis, K. (2009). First, do no harm. *Obesity Management, 5*, 249-251.
doi:10.1089/obe.2009.0514
- Short, J., & Russell-Mayhew, S. (2009). What counselors need to know about resiliency in adolescents. *International Journal for the Advancement of Counselling, 31*, 213-237.
doi:10.1007/s10447-009-9079-z
- Russell-Mayhew S., Scott, C., Carter, R., Cullingham, C., & Godley, J. (2009). A snapshot of interprofessional practice in the obesity field. *Applied Physiology, Nutrition and Metabolism, 34*, 251. doi:10.1139/H09-901
- Russell-Mayhew, S. (2009). A practical application of mental health promotion: The body image kits for schools. *The Alberta Counsellor, 30*(2).
- Russell-Mayhew, S. (2008). The female body in mind: The interface between the female body and mental health. *Eating Disorders, 16*, 462-264. doi:10.1080/10640260802371646
- Russell-Mayhew, S., Stewart, M., & MacKenzie, S. (2008). Eating disorders as social justice issues: Results from a focus group of content experts vigorously flapping our wings. *Canadian Journal of Counselling, 42*(2), 131-146.
- Russell-Mayhew, S., Arthur, N., & Ewashen, C. (2008). Community capacity building in schools: Parent and teacher reflections from an eating disorder program. *Alberta Journal of Educational Research, 54*(2), 227-241.
- Russell-Mayhew, S., Scott, C. M., & Stewart, M. (2008). The Canadian Obesity Network and interprofessional practice: Members' views. *Journal of Interprofessional Care, 22*, 149-165. doi:10.1080/13561820701855244
- Russell-Mayhew, S. (2007). Eating disorders and obesity as social justice issues: Implications for research and practice. *The Journal for Social Action in Counseling and Psychology, 1*(1), 1-12.

- Saraceni, R. & Russell-Mayhew, S. (2007). Cultural expectations of thinness in women: An update of the past four decades. *Eating and Weight Disorders, 12*, 68-74.
doi:10.1007/BF03327646
- Russell-Mayhew, S. (2007). Preventing a continuum of disordered eating: Going beyond the individual. *The Prevention Researcher, 14*(3), 7-10.
- Saraceni, R. & Russell-Mayhew, S. (2007). Images and ideals: Counselling women and girls in a 'thin-is-in' culture. *Canadian Journal of Counselling, 41*(2), 91-106.
- Russell-Mayhew, S., Arthur, N., & Ewashen, C. (2007). Targeting Students, Teachers and Parents in a Wellness-Based Prevention Program in Schools. *Eating Disorders, 15*, 159-181. doi:10.1080/10640260701190709
- Russell-Mayhew, S. (2006). Stop the war on weight; Eating disorder and obesity prevention working together toward health. *Eating Disorders, 14*, 253-263.
doi:10.1080/10640260600639301
- Russell-Mayhew, S. (2006). Key concepts from health promotion evaluations: What psychology needs to know. *International Journal for the Advancement of Counselling, 28*, 167-182.
doi:10.1007/s10447-005-9011-0
- Russell, S. (2002). The role of self in group treatment for women with eating disorders. *Thirdspace, 2*(1), 1-16.
- Russell, S. & Ryder, S. (2001). BRIDGE 2: Building the relationship between body image and disordered eating graph and explanation: Interventions and transitions. *Eating Disorders, 9*, 15- 27. doi:10.1080/106402601300187704
- Russell, S. & Ryder, S. (2001). BRIDGE: Building the Relationship between body Image and Disordered eating Graph and Explanation: A Tool for Parents and Professionals. *Eating Disorders, 9* (1), 1-14. doi:10.1080/106402601300187696
- Russell, S. (2000). A narrative approach to treating eating disorders: A case study. *Guidance and Counselling, 15*(4), 10-13.
- Russell, S. & Arthur, N. (2000). The contribution of a reflecting team to group therapy for eating disorders. *Guidance & Counselling, 16*(1), 24-31.

PAPERS and REPORTS (NON-REFEREED)

Invited author on new *Canadian Guidelines for Management and Prevention of Obesity*.
Organizing meeting Dec 15 & 16, 2017. Toronto, ON.

Comprehensive School Health Panel and Consultation 2016. The Development of a Comprehensive School Health Course in a Bachelor of Education Program. *Healthy Schools Alberta*, (January 2017)

Weight Bias Summit 2016 [All reports housed on Canadian Obesity Network (CON) Site]
Abbreviated Report: <http://www.obesitynetwork.ca/files/EveryBODY-Matters-Summary-4.pdf>
Presentations: <http://www.obesitynetwork.ca/pg.aspx?pg=460>
Event Program: http://www.obesitynetwork.ca/files/EveryBODY_Matters6.pdf

Brandon, J., Burns, A., Davis, B., Friesen, S., Guo, Y., Russell-Mayhew, M., Sabbagh, S., Shroeder, M., Wilcox, G., Zhao, X. (2016, July). *The nature of learning and the learner*. A Research Report for Alberta Education. 40 pages.

Weight Bias Summit 2015 [All reports housed on CON Site]
Abbreviated Report: http://www.obesitynetwork.ca/files/Weight_Bias_Summit-Abbreviated_Summary- July 2015_final.pdf
Detailed Report: http://www.obesitynetwork.ca/files/Weight_Bias_Summit-Full_Summary- Sep 2015_final.pdf
Event Program:
http://www.obesitynetwork.ca/files/Weight_Bias_Summit_program_2015.pdf

Russell-Mayhew, S., & Alberga, A. (2015, April). Health comes in all shapes and sizes: Promoting positive social environments by reducing weight bias. *Healthy Schools Alberta*, 2, 4-5.

Conrad, M., Alderson, K., & Russell-Mayhew, S. (2008, April). Weight appraisals: How to examine the influence of sexual orientation and gender of the appraiser and appraisee. *CPA Counsellor*, 5-11.

Russell, S. (2005). Betwixt and be'tween: Puberty and body image. *Eating Disorders Today*, 3I(2), 5. (Invited non-peer reviewed).

Russell, S. (2002). "BRIDGE": Construire la relazione tra immagine corporea e disturbi dell'alimentazione graficamente con degli esempi: Un'introduzione. *Emozioni E Cibo*, 7, 14-16. (Invited translation of BRIDGE into Spanish).

BOOK CHAPTERS

Alberga, A. & Russell-Mayhew, S. (2016). Promoting physical activity for all shapes and sizes. In E. Cameron and C. Russell (Eds.), *Fat Pedagogy* (pp. 151-160). New York: Peter Lang Publishing. 2017 Society of Professors of Education Outstanding Book Award

McLaren, L. de Groot, J., Adair, C., & Russell-Mayhew, S. (2012). Socioeconomic position, social inequality and weight-related issues. In G. McVey, M. Levine, N. Piran, and B.

Ferguson (Eds.), *Preventing eating and weight related disorders: Collaborative research, advocacy, and policy change* (pp. 249-267). Wilfred Press.

Russell-Mayhew, S. (2011). Finding oneself within ambiguity. In J. W. Andrews and P. Istvanffy (Eds.). *Exceptional life journeys: Stories about childhood disorder* (pp. 248-253). Elsevier Publishing.

Arthur, N., & Russell-Mayhew, S. (2011). Clinical supervision in Canada: Bridging the education to practice gap through interprofessional supervision and lateral mentoring - a value added approach to clinical supervision. In J. R. Cutcliffe, K. Hyrkas, & J. Fowler (Eds.), *Fundamental themes in clinical supervision* (2nd ed. pp. 353-363). London: Routledge.

Bardick, A. D., Russell-Mayhew, S., Bernes, K. B., & Bernes, J. I. (2011). An ounce of prevention: Eating disorder prevention and intervention for school counselors. In C. Sink (Ed.) *Mental health interventions that really work: A handbook for school counselors*. (pp. 63-86) Boston, MA: Lahaska Press.

Wong-Wylie, G., & Russell-Mayhew, S. (2010). No "body" to blame? Sociocultural influences on girls and women. In L. Ross (Ed.), *Feminist counselling: Theory, issues and practice* (pp. 195-219). Toronto, ON: Women's Press

REFEREED CONFERENCE PRESENTATIONS

Ramos Salas, X., Cameron, E., Alberta, A., Forhan, M., Kirk, S., Russell-Mayhew, S., & Sharma, A.M. (2018, May). *Moving towards consensus on weight bias reduction messages and strategies*. Oral presentation presented at 25th European Congress on Obesity, Vienna, Austria

Nutter, S., Russell-Mayhew, S., Ellard, J. H., & Arthur, N. (2018, March). *Weight bias and deservingness: Predicted outcomes and justice reactions towards individuals with large bodies*. Poster presented at the annual Society for Personality and Social Psychology convention, Atlanta, GA

Russell-Mayhew, S. (2018, February). *Weight: Bias and Complexities in Schools*. Paper presentation in symposium with Ever Active Schools. Presented at Calgary City Teachers Convention, Calgary, AB

Lacroix, E., Alberga, A., **Russell-Mayhew, S.**, McLaren, L., & von Ranson, K.M. (2017, June). *Weight Bias: People-First Language in Self-Report Questionnaires*. Poster presented at the International Conference on Eating Disorders, Prague, Czech Republic.

Nutter, S., Alberga, A. S., **Russell-Mayhew, S.**, MacInnis, C., & Ellard, J. H. (2017, June). The O word or the F word? Using weight terms in research and practice. In **S. Russell-Mayhew** (Chair), *Addressing Weight Bias: Tensions, Debates, and Gaps in Weight Bias Research*. Symposium conducted at the Canadian Psychological Association's 76th Annual

Convention, Toronto, ON

Russell-Mayhew, S., Nutter, S., MacInnis, C., Alberga, A. S., & Ellard, J. H. (2017, June). The influence of labeling obesity a disease on weight bias. What's in a name? In **S. Russell-Mayhew** (Chair), *Addressing Weight Bias: Tensions, Debates, and Gaps in Weight Bias Research*. Symposium conducted at the Canadian Psychological Association's 76th Annual Convention, Toronto, ON

Kassan, A., Nutter, S., **Russell-Mayhew, S.** (2017, June). Considering intersectionality and social justice: Why weight? In **S. Russell-Mayhew** (Chair), *Addressing Weight Bias: Tensions, Debates, and Gaps in Weight Bias Research*. Symposium conducted at the Canadian Psychological Association's 76th Annual Convention, Toronto, ON

Nutter, S., Alberga, A. S., **Russell-Mayhew, S.**, MacInnis, C., & Ellard, J. H. (2017, April). *What's in a name? The influence of framing obesity a disease on weight bias*. Paper presented at the 5th Canadian Obesity Summit, Banff, AB.

Nutter, S., Williamson, M., **Russell-Mayhew, S.**, Alberga, A. S., MacInnis, C., & Ellard, J. H. (2017, April). *Food, eating, and weight: Language discourses in the obesity field*. Paper and poster presented at the 5th Canadian Obesity Summit, Banff, AB.

Forhan, M., & Russell-Mayhew, S. (Chairs). Weight bias: Moving beyond awareness to creating change. Symposium presented at the 5th Canadian Obesity Summit, Banff, AB.

EveryBody Matters Collaborative & CON Public Engagement Workshop (Speaker). Nothing about me without me: Patient-oriented research and education. Workshop at the 5th Canadian Obesity Summit, Banff, AB.

Russell-Mayhew, S., Alberga, A., Ireland, A., & Nutter, S. (2017, January). The F word: Why body weight has no place in schools. Presentation at Shaping the Future. Kananaskis, AB.

Russell-Mayhew, S., Murray, K., Ireland, A., Nutter, S., Alberga, A., Gabriele, T., Peat, G., & Gereluk, D., (2017, January). The development of a comprehensive school health course for teacher education. Presentation at Shaping the Future. Kananaskis, AB.

Green, A. R., Kassan, A., Russell-Mayhew, S. K., & Goopy, S. (2017, January). *Culturally responsible embodiment research with newcomer women in Canada*. Poster to be presented at the National Multicultural Conference and Summit. Portland, OR.

Ramos-Salas, X., Cameron, E., Alberga, A.S., Forhan, M., Kirk, S., Russell-Mayhew, S. (2016, October). *Moving towards consensus on weight bias reduction messages and strategies*. Presentation at the 6th Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity- Understanding the interplay between Physical and Mental Health. Ottawa, ON.

Sesma-Vazquez, M., Russell-Mayhew, S., & Williams, E. (2016, October). *Whiteness and*

“healthy body weight”: Analyzing discourses of privilege and oppression in social media. Paper to be presented at the Qualitative Health Research Conference (QHR), Kelowna, BC.

Dimitropoulos, G., Sesma-Vazquez, M., & Russell-Mayhew, S. (2016, September). *Family therapy interventions with eating disorders: A pinwheel of models applied to a single clinical case vignette*. Workshop presentation at Eating Disorder Association of Canada Biennial Conference. Winnipeg, MB.

Russell-Mayhew, S., Kassan, A., Nutter, S., Sesma-Vazquez, M., Arthur, N., Alberga, A., Lund, D., Williams, E. (2016, September). *Fighting weight stigma: Bodies at risk*. Symposium at the 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress. Calgary, AB.

Russell-Mayhew, S. Dimitropoulos, G., Sesma-Vazquez, M., Alberga, A. & von Ranson, K. (2016, September). *Embodied stigma: Addressing weight bias across the weight spectrum*. Workshop presentation at the 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress. Calgary, AB.

Hutchinson, T., & Russell-Mayhew, S. (2016, September). *Does average really matter? Body dissatisfaction and the effect of body norms on male body size estimates*. Workshop presentation at the 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress. Calgary, AB.

Sesma-Vazquez, M., Dimitropoulos, G., & Russell-Mayhew, S. (2016, June). *Cross-cultural applications of family therapy modalities for adolescents with eating disorders*. Paper presented at the American Family Therapy Academy (AFTA 2016), Denver, CO.

Williams, E. P., Russell-Mayhew, S.*, Alberga, A., Arthur, N., Kassan, A., Lund, D., Nutter, S., & Sesma Vazquez, M. (2016, June). *The controversy of a tweet #WeightBias discussed over Twitter*. Poster session to be presented at the Canadian Psychological Association Annual Convention, Victoria, BC. *Authors following are listed in alphabetical order to indicate equal contribution.

Russell-Mayhew, S., & Nutter, S. (2016, June). *Weight bias: What psychologists need to know*. Workshop presented at the Canadian Psychological Association Annual Convention, Victoria, BC.

Russell-Mayhew, S. (2016, June). *Examining weight as a social justice issue: What can be gained?* Paper presentation as part of a symposium entitled, *Why are we comparing apples and oranges? Improving our social justice efforts in counselling psychology*. (Kassan, A., Arthur, N., Nakamura, N., & Sinacore, A.) Symposium presented at Canadian Psychological Association Annual Convention, Victoria, BC.

Hutchinson, T. F., & Russell-Mayhew, S. (2016, June). *Does Average Really Matter? Body Dissatisfaction and the Effect of Body Norm Information on Male Body Size Estimates*. Poster presented at the Annual CPA Convention, Victoria, BC.

- Kirk, S., Cameron, E., Forhan, M., Russell-Mayhew, S., Alberga, A.S., & Ramos-Salas, X. (2016, June). *EveryBODY Matters: Addressing weight stigma in public health research, practice and policy*. Symposium at Public Health 2016 June 13-16, 2016, Toronto, ON.
- Kirk, S., Cameron, E., Forhan, M., Russell-Mayhew, S., Alberga, A.S., & Ramos-Salas, X. (2016, June). *EveryBODY Matters: Addressing weight stigma in research, practice and policy*. Symposium at the European Obesity Summit June 1-4, 2016, Gothenburg, Sweden.
- Kirk, S., Cameron, E., Forhan, M., Russell-Mayhew, S., Alberga, A.S., & Ramos-Salas, X. (2016, May). *EveryBODY Matters: Addressing weight stigma in research, practice and policy*. Symposium at the International Conference on Obesity May 1-4, 2016, Vancouver, BC.
- Ross, S.B., & Russell-Mayhew, S. (2016, May). *Incorporating asset-building into a school-based obesity and eating disorder prevention program*. Poster session presented at the International Congress on Obesity (ICO) conference, Vancouver, BC.
- Arthur, N., Russell-Mayhew, S., Lund, D., Kassan, A., Alberga, A., Nutter, S., Sesma-Vazquez, M., & Williams, E. (2016, May). *Polyethnography and weight bias: How far do you dare to go in collaborative research?* Paper presented at the International Qualitative Research Methods Conference in Glasgow, Scotland.
- Russell-Mayhew, S., & von Ranson. (2016, May). *Weight bias as a bridging construct between eating disorders and obesity: Challenges and opportunities*. International Conference on Eating Disorders. San Francisco, CA.
- Russell-Mayhew, S., Sesma-Vazquez, M. & Ireland, A. (2016, May). *Doing situational analysis as a collaborative research process: A relational and dialogical journey*. Paper presented at the Twelfth International Congress of Qualitative Inquiry. Urbana-Champaign, IL.
- Sesma-Vazquez, M & Russell-Mayhew, S. (2016, April). *Current and potential family therapy treatments for eating disorders in Canada: Looking for evidence based practices or expanding the possibilities?* Paper presentation at the 24th World Family Therapy Congress, International Family Therapy Association Annual Conference. Kona, Hawaii.
- Russell-Mayhew, S., Williams, E. P., Ireland, A., Alberga, A., Brun, I., Tkachuk, M., & Sesma-Vazquez, M. (2016, January). *Discourses related to responsibility of mental health in schools*. Poster session presented at the Shaping the Future Conference, Kananaskis, AB.
- Alberga, A.S., Russell-Mayhew, S., Grace, A., & Ireland, A. (2016, January). *Practical strategies for promoting positive school environments for EveryBODY*. Workshop at the Shaping the Future Conference 2016, Kananaskis, AB.
- Russell-Mayhew, S., Alberga, A.S., Ireland, A., Tkachuk, M., Murray, K., Peat, G., & Gabriele, T. (2016, January). *Weight bias in educational settings*. Research session at the Shaping the

Future Conference Kananaskis, AB.

Tkachuk, M., Russell-Mayhew, S., Alberga, A.S., Ireland, A., Tkachuk, M., Murray, K., Peat, G., & Gabriele, T. (2016, January). *Comprehensive School Health: A teacher preparation perspective*. Research session at the Shaping the Future Conference Kananaskis, AB.

Alberga, A.S., Russell-Mayhew, S., von Ranson, K.M., McLaren, L. & Sharma, A.M. (2015, September). *Results of the Weight Bias Summit: A Canadian Perspective*. Oral presentation at the 3rd Annual Weight Stigma Conference (September 18-19, 2015) at Reykjavik University, Iceland.

Cameron, E., Russell-Mayhew, S., Alberga, A., Nutter, S., & Haghghat, B. (2015, September). *Good teaching for EveryBODY: Highlighting current and future research in education – based weight stigma*. Symposium presented at the 3rd Annual Weight Stigma Conference, Reykjavik, Iceland.

Nutter, S., Russell-Mayhew, S., Alberga, A., Arthur, N., Kassan, A., Lund, D., Sesma Vaquez, M., & Williams, E. (2015, September). *Referring to “Fat/Obese” Persons in Research and Practice: Watch Your Language*. Poster presented at the 3rd annual International Weight Stigma Conference, Reykjavik, Iceland.

Alberga, A.S., Russell-Mayhew, S., Ireland, A., Tkachuk, M., Peat, G., Murray, K. & Gabriele, T. (June, 2015). *Piloting professional development in health education for BEd students: A call to action*. Paper presentation at the International Conference on Health Promoting Universities & Colleges. Kelowna, BC.

Russell-Mayhew, S., Ireland, A., & Alberga, A.S. (2015, June) *Canadian BEd curricula: Are Health and Wellness Topics Addressed in Teacher Training Programs?* Interactive poster presentation at the International Conference on Health Promoting Universities & Colleges, Kelowna, BC.

Sesma-Vazquez, M., & Russell-Mayhew, S. (2015, June). *Social justice: Implications for eating and body image concerns in family therapy*. Poster presented at the American Family Therapy Academy Conference, Portland, OR.

Williams, E., & Russell-Mayhew, S. (2015, June). *Disclosing an eating disorder anonymously online: A therapeutic release?* Poster presented at the 76th Annual CPA Convention, Ottawa, ON.

Williamson, M. E. & Russell-Mayhew, S. (2015, May). *The weight of conversation: Tensions in eating- and weight-related discourses*. Poster presented at the Canadian Counselling and Psychotherapy Association Annual Conference, Niagara Falls, ON.

Balsden, K., & Russell-Mayhew, S. (2015, May). *How do women maintain positive embodiment in Western culture?* Poster presented at the 50th Annual Canadian Counselling and Psychotherapy Association Conference, Niagara Falls, ON.

Tkachuk, M., Salvisberg, W., Loewen, J., Kassan, A., Walji, S., & Russell-Mayhew, S. (2015, May). *Evaluation of a multi-disciplinary weight management program*. Poster presented at the 50th Annual Canadian Counselling and Psychotherapy Association Conference, Niagara Falls, ON.

Russell-Mayhew, S., Alberga, A., Ireland, A., & Nutter, S. (2015, May). *Weight bias: What do we know and where can we go from here?* Workshop presented at the 4th Canadian Obesity Summit, Toronto, ON.

Alberga, A., Russell-Mayhew, S., von Ranson, K., MacLaren, L., & Sharma, A. (2015, April). *Finding Ways to Reduce Weight Bias in Education, Healthcare and Public Policy: Results of the Weight Bias Summit*. Workshop presented at the 4th Canadian Obesity Summit, Toronto, ON.

Salvisberg, W., Tkachuk, M., Loewen, J., Kassan, A., Walji, S., & Russell-Mayhew, S. (2015, April). *A multi-method evaluation of a weight management program for the treatment of obesity*. Paper presented at the 4th Canadian Obesity Summit, Toronto, ON.

Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2015, April). *From thigh gaps to fit moms: Analyzing media presentations of weight-related topics*. Poster presented at the 4th Canadian Obesity Summit, Toronto, ON.

Drefs, M., Wilcox, G., Strong, T., Alberga, A., Zwiers, M., Climie, E., Russell-Mayhew, S., Koh, K., & Lailey, L., (2015, February). *Targeting what matters in mental health: Shifting the focus from program to process*. Panel presentation at the National Association of School Psychologists Annual Convention. Orlando, FL.

Russell-Mayhew, S., Williams, E., Alberga, A., Gabriele, T., Murray, K., Peat, G., Sunada, J., & Tkachuk, M. (2015, January). *Application of a professional development model for pre-service teachers in the area of health and weight*. Poster presented at the Shaping the Future Conference, Kananaskis, AB.

Russell-Mayhew, S., Ireland, A., & Alberga, A. (2015, January). *Health and wellness curriculum in teacher training programs*. Shaping the Future, Kananaskis, AB.

Williamson, M. E. & Russell-Mayhew, S. (2015, January). *Tensions in eating- and weight-related discourses within the eating disorder field and the obesity field*. Poster presented at the Shaping the Future Conference, Kananaskis, AB.

Williamson, M. E. & Russell-Mayhew, S. (2014, October). *Disordered eating and stigma – contrasting views*. Poster presented at the Canadian Mental Health Association National Conference, Calgary, AB.

Russell-Mayhew, S. (2014, October). *Integrating eating disorder and obesity prevention: research challenges and opportunities*. Workshop presented at the Eating Disorders

Association of Canada 4th Biennial Conference, Vancouver, BC.

Russell-Mayhew, S., Ireland, A., Tkachuk, M., Nutter, S., Peat, G., Gabriele, T., & Sunada, J. (2014, October). *Efficacy of a professional development workshop on undergraduate education students' beliefs toward health and weight*. Poster presented at the Eating Disorders Association of Canada 4th Biennial Conference, Vancouver, BC.

Balsden, K., & Russell-Mayhew, S. (2014, October). *Women's experiences of embodiment*. Poster presented at the Eating Disorders Association of Canada 4th Biennial Conference, Vancouver, BC.

Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2014, September). *Family matters! Navigating weight-related discourses in the media*. Poster presented at the Campus Alberta Annual Student Conference on Health, Banff, AB.

Nutter, S. & Russell-Mayhew, S. (2014, July). *Ideology, thin-ideal internalization and social comparison: An examination of the predictive qualities of weight bias*. Poster presented at the Appearance Matters Conference, Bristol, UK.

Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2014, June). *A situational analysis of family interactions pertaining to eating, weight, and appearance*. Poster presented at the 75th Annual Canadian Psychological Association Convention, Vancouver, BC.

Nutter, S. & Russell-Mayhew, S. (2014, June). *Ideology, thin-ideal internalization and social comparison: An examination of the predictive qualities of weight bias*. Poster presented at the Canadian Obesity Student Meeting, Waterloo, ON. *AWARDED*: Best Poster Presentation for Master's Student

Russell-Mayhew, S., Alberga, A., Ireland, I., Peat, G., Sunada, J., & Gabriele, T. (2014, June). *Professional development for pre-service teachers in the area of health and weight: Efficacy and follow-up*. Poster presented at the Canadian Psychological Association's 75th Annual Convention, Vancouver, BC.

Nutter, S. & Russell-Mayhew, S. (2014, June). *Ideology, thin-ideal internalization and social comparison: An examination of the predictive qualities of weight bias*. Poster presented at the Canadian Psychological Association's 75th Annual Convention, Vancouver, BC.

Alberga, A., Pickering, B., Hayden, K., MacKean, G., Germann, K., ... & Russell-Mayhew, S. (2014, June). *Weight bias in health care: one size fits all?* Oral presentation at the 4th Canadian Obesity Student Meeting, Waterloo, ON.

Russell-Mayhew, S. (moderator), Hutchinson, T., Bardick, A., Poirier, C., Balsden, K., Ireland, A., & Alberga, A. (2014, May). *Body image, embodiment, and weight bias in education and health care*. Symposium presented at the Canadian Counselling and Psychotherapy Association Annual Conference, Victoria, BC.

- Russell-Mayhew, S., Sesma-Vazquez, M., Samuels, S., Strong, T., & Salvisberg, W. (2014, May). *Weight-related issues and families: From family therapy to psycho education*. Conversation Café presented at the Canadian Counselling and Psychotherapy Association Annual Conference, Victoria, BC.
- Bardick, A., Ireland, A., & Russell-Mayhew, S. (2014, May). *Why NOT weight? What every counsellor needs to know about client's weight-related issues*. Round table presented at the Canadian Counselling and Psychotherapy Association Annual Conference, Victoria, BC.
- Russell-Mayhew, S., Ireland, A., Nutter, S., Tkachuk, M., Peat, G., Gabriele, T., Crooks, J., & Sunada, J. (2014, January). *Piloting professional development for pre-service teachers in the areas of health and weight*. Poster presented at the Shaping the Future Conference, Kananaskis, AB.
- Tkachuk, M., Ireland, A., Nutter, S., Russell-Mayhew, S., Peat, G., Gabriele, T., Crooks, J., & Sunada, J. (2014, January). *Professional development for pre-service teacher's in the area of health and weight: Pilot project efficacy and follow-up*. Poster presented at the Mental Health Symposium, Edmonton, AB.
- Russell-Mayhew, S. (2013, October). *Body image and wellness: The links between weight-related issues*. Workshop presented at the International Wellness Symposium, Lake Louise, AB.
- Dagenais, F., Manceau, M., Russell-Mayhew, S. (moderator), Paquette, M. C., Morency, G., Coniglio, C., Ishmael, K., & Korf-Uzan, K. (2013, May). *Changing social norms associated with weight and body image*. Workshop presented at the 3rd Canadian Obesity Summit, Vancouver, BC.
- Russell-Mayhew, S. (2013, May). *Interventions for the concurrent prevention of eating disorders and obesity: Challenges, opportunities and implications*. Paper presented at the 3rd Canadian Obesity Summit, Vancouver, BC.
- McVey, G., Dagenais, F., Walker, K., Coniglio, C., Beyers, J., Russell-Mayhew, S., & Simkins, S. (2013, May). *Canadian Prevention Knowledge Exchange Group: Linking eating disorder and obesity prevention through research, practice, and policy*. Paper presented at the Academy for Eating Disorders International Conference on Eating Disorders, Montreal, QC.
- Saraceni, R., & Russell-Mayhew, S. (2013, May). *The efficacy of acceptance and commitment therapy for women with eating disorders and eating problems*. Poster presented at the Academy for Eating Disorders International Conference on Eating Disorders, Montreal, QC.
- Russell-Mayhew, S., Whitefield, N., Ross, S., Mohle, E., Ireland, A., & Carr, L. (2013, January). *You look great, have you lost weight? Weight bias in schools*. Panel presented at the Shaping the Future Conference, Kananaskis, AB.

- Mohle, E., Ireland, A., Bardick, A., & Russell-Mayhew, S. (2012, June). *Addressing weight bias in eating disorder and obesity prevention efforts: Research in schools*. Poster presented at the Canadian Psychological Association Annual Convention, Halifax, NS.
- Bardick, A., & Russell-Mayhew, S. (2012, June). Why *not* weight? *Counselling psychologists' roles in addressing client's weight-related issues*. Workshop presented at the Canadian Psychological Association Annual Convention, Halifax, NS.
- Russell-Mayhew, S., Saraceni, R., & Bardick, A. (2012, May). *Innovative approaches to weight-related issues*. Panel presentation at the Canadian Counselling and Psychotherapy Association Annual Conference, Calgary, AB.
- Ireland, A., & Russell-Mayhew, S. (2012, May). *Weight-related issues: A rural school case study*. Poster presented at the Canadian Counselling and Psychotherapy Association Annual Conference, Calgary, AB.
- Moule, E. & Russell-Mayhew, S. (2012, May). *Eating disorder and obesity prevention aimed at five shared risk factors: Does order matter?* Poster presented at the Canadian Counselling and Psychotherapy Association Annual Conference, Calgary, AB.
- Moule, E. & Russell-Mayhew, S. (2012, May). *Eating disorder and obesity prevention aimed at five shared risk factors: Does order matter?* Poster presented at the Society for Prevention Research Annual Meeting, Washington, DC.
- Ross, S. & Russell-Mayhew, S. (2012, May). *Integrating asset-building and prevention efforts in a school-based intervention: Complementary or complicated?* Poster presented at the Society for Prevention Research Annual Meeting, Washington, DC.
- Moule, E. & Russell-Mayhew, S. (2012, May). *Eating disorder and obesity prevention aimed at five shared risk factors: Does order matter?* Poster presented at the Academy for Eating Disorders International Conference for Eating Disorders, Austin, TX.
- Russell-Mayhew, S. (2011, October). *Integrating eating disorder and obesity prevention through shared risk factors*. Paper presented at the National Eating Disorder Association Conference, Hollywood, CA. (1 of 25 presentations accepted worldwide from 165 submissions).
- Powis, S. & Russell-Mayhew, S. (2011, June). *Is help just a click away?* Poster presented at the Canadian Psychological Association Annual Convention, Toronto, ON.
- Russell-Mayhew, S., Ross, S., Whitefield, N. & Mohle, E. (2011, June). *Prevention of eating disorders and obesity: A developmental assets approach*. Poster presented at the Canadian Psychological Association Convention, Toronto, ON.
- Russell-Mayhew, S., Ross, S., & Whitefield, N. (2011, April). *Evaluating a shared risk factor approach to prevention in a school community*. Poster presented at the Academy of Eating Disorders International Conference on Eating Disorders, Miami, FL.

- McVey, G., Walker, K., Harrison, H., Russell-Mayhew, S., Beyers, J., Simkins, S., Murkin, E., Scythes, C., Cowie-Bonne, J., Degagne, K., & Westland, J. (2011, April). *Preparing health educators to integrate mental health promotion into the prevention of weight-related disorders: Findings from a collaborative pilot study on inter-disciplinary professional development*. Paper presented at the Academy of Eating Disorders International Conference on Eating Disorders, Miami, FL.
- McVey, G., Walker, K. S., Harrison, H., Beyers, J., Russell-Mayhew, S., Simkins, S., Scythes, C., Cowie-Bonne, J., Murkin, E., Missiha, M., Westland, J., & Degagne, K. (2010, October). *There is no health without mental health: Optimizing students' engagement in healthy and active living through the piloting of a reflective practice professional development model*. Workshop presented at the Council of University Researchers & Professors' Physical & Health Education Canada 2010 National Conference, Toronto, ON.
- Lalande, V., & Russell-Mayhew, S. (2010, June). *A final project exit procedure for a master of counselling program: The portfolio course*. Conversation presented at the Canadian Psychological Association Annual Convention, Winnipeg, MB.
- Bardick, A. & Russell-Mayhew, S. (2010, June). *The history of (mis)treatment of anorexia nervosa*. Paper presented at the Canadian Psychological Association Annual Convention, Winnipeg, MB.
- Russell-Mayhew, S., Godley, J. & Scott, C. (2010, June). *Interprofessional practice in the obesity field*. Poster presented at the Canadian Psychological Association Annual Convention, Winnipeg, MB.
- McVey, G., Walker, K., Russell-Mayhew, S., Beyers, J., Simkins, S., Scythes, C., Cowie-Bonne, J., Westland, J., & Murkin, E. (2010, June). *Integrating mental health promotion in the prevention of chronic disease: Lessons learned from a participatory approach to changing professional practice*. Poster presented at the Society for Prevention Research, Denver, CO.
- von Ranson, K. M., Russell-Mayhew, S., & Masson, P. C. (2010, June). *Eating disorder psychopathology among Overeaters Anonymous members: A preliminary study*. Poster presented at the Academy of Eating Disorders International Conference on Eating Disorders, Salzburg, Austria.
- Waegemakers-Schiff, J., Lane, A., Bell, D., Brager, N., Marlett, N., Rawlings, S., Sutter, E., & Asselstine, S. (2010, March). *Interprofessional mental health and addictions education initiative*. Poster presented at the Interprofessional Care for the 21st Century: Redefining Education and Practice Conference, Philadelphia, PA.
- Russell-Mayhew, S. (2010, January). *Integrating eating disorder and obesity prevention in school communities through shared risk factors*. Workshop presented at the Shaping the Future Conference, Edmonton, AB.

- Russell-Mayhew, S. Masson, P., & von Ranson, K. (2009, September) *Overeaters Anonymous: A qualitative study of the evolving belief systems of attendees*. Poster presented at the Annual Eating Disorders Research Society, New York, NY.
- Russell-Mayhew, S. (2009, June). *Integrating eating disorder and obesity prevention through shared risk factors*. Workshop presented at the Canadian Psychological Association Annual Convention, Montreal, QB.
- Russell-Mayhew, S., Scott, C., Carter, R. Cullingham, C. & Godley, J. (2009, May). *A snapshot of interprofessional practice in the field of obesity*. Paper presented at the National Obesity Summit, Kananaskis, AB.
- Thompson, C. & Russell-Mayhew, S. (2009, May). *Evaluating a peer-support model of eating disorder prevention*. Paper presented at the Canadian Counselling Association Annual Conference, Saskatoon, SK.
- Ekong, J., Arthur, N., & Russell-Mayhew S. (2009, May). *Type 2 Diabetes: Exploring how counsellors can make significant contributions*. Paper presented at the Canadian Counselling Association Annual Conference, Saskatoon, SK.
- Russell-Mayhew, S. & McLaren, L. (2009, February). *Body weight and social justice*. Workshop presented at the Hungry for Social Change Conference: Transcending Feast, Famine and Frenzy, Edmonton, AB.
- Arthur, N., & Russell-Mayhew, S. (2008, October). *Interprofessional supervision: Implications for counsellors*. Paper presented at the University of Ottawa Symposium of Counsellor Supervision Research, Ottawa, ON.
- Saraceni, R. & Russell-Mayhew, S. (2008, June). *Images and ideals: Counselling girls and women in a 'thin-is-in' culture*. Poster presented at the Canadian Psychological Association Annual Convention, Halifax, NS.
- Linder, J., McLaren, L., Russell-Mayhew, S., & Adair, C. (2008, May). *Body dissatisfaction and weight change strategies in adolescent boys and girls: Mechanisms of peer influence*. Poster presented at the Academy of Eating Disorders International Conference, Seattle, WA.
- Linder, J., McLaren, L., Russell-Mayhew, S., & Adair, C. (2008, May). *Bridging the concept-measurement divide: A review of concepts and assessment tools in the body image literature*. Poster presented at the Academy of Eating Disorders International Conference, Seattle, WA.
- Russell-Mayhew, S. (February 2008). *The girl with the weight of the world in her hands: Eating disorders as social justice issues?* Poster presentation at the Eating Disorder Association of Canada. Calgary, AB.

- Renert, H., & Russell-Mayhew, S. (2008, February). *The visibly invisible: The experience of eating problems among women from visible minority groups*. Poster presented at the Eating Disorder Association of Canada Conference, Calgary, AB.
- Saraceni, R. & Russell-Mayhew, S. (2008, February). *Images and ideals: Counselling girls and women in a 'thin-is-in' culture*. Poster presented at the Eating Disorder Association of Canada Conference, Calgary, AB.
- Linder, J., McLaren, L., Russell-Mayhew, S., & Adair, C (2008, February). *Body dissatisfaction and weight change strategies in adolescent boys and girls: Mechanisms of peer influence*. Poster presented at the Eating Disorder Association of Canada Conference, Calgary, AB.
- Linder, J., McLaren, L., Russell-Mayhew, S., & Adair, C (2008, February). *Bridging the concept-measurement divide: A review of concepts and assessment tools in the body image literature*. Poster presented at the Eating Disorder Association of Canada Conference, Calgary, AB.
- Saraceni, R. & Russell-Mayhew, S. (2007, November). *Images and ideals: Counselling girls and women in a 'thin-is-in' culture*. Poster presented at the School of Public Health Symposium, Edmonton, AB.
- Bardick, A., Ryder, S., & Russell-Mayhew, S. (2007, October). *Mirror mirror: Helping young children like what they see*. Workshop presented at the Saskatchewan Institute of Prevention's Prevention Matters Conference, Saskatoon, SK.
- Russell-Mayhew, S. (2007, June). *Why 'weight'? Preventing eating disorders and obesity in schools*. Workshop presented at the Canadian Psychological Association Annual Convention, Ottawa, ON.
- Russell-Mayhew, S. (2007, June). *Weight of the world: Eating disorders and obesity as social justice issues*. Workshop presented at the Canadian Psychological Association Annual Convention, Ottawa, ON.
- Russell-Mayhew, S. (moderator), Courbasson, C., McVey, G., & McLaren, L. (2007, June). *Innovative approaches to eating disorders: Theory, research and practice*. Symposium presented at the Canadian Psychological Association Annual Convention, Ottawa, ON.
- Russell-Mayhew, S. (2007, May). *Eating disorders and obesity as social justice issues? Implications for Canadian counsellors*. Paper presented at the Canadian Counselling Association Annual Conference, Vancouver, BC.
- Russell-Mayhew, S. (2006, November). *Worth the weight? Body image and disordered eating in the school context*. Workshop presented at the Alberta Teacher's Association Guidance Council Conference, Banff, AB.
- Saraceni, R., & Russell-Mayhew, S. (2006, November). *An examination of the changing female ideal as portrayed in magazines and its relationship to articles about diet, weight loss, and*

cosmetic surgery. Poster presented at the Alberta Teacher's Association Guidance Council Conference, Banff, AB.

Russell-Mayhew, S., Scott, C., & Stewart, M. (2006, October). *The Canadian Obesity Network and interprofessional practice: Members' views*. Poster presented at the Annual National Pediatric Obesity Conference, Vancouver, BC.

Russell-Mayhew, S. & Arthur, N. (2006, June). *Guess who is coming to dinner? Interprofessional practice in the field of eating disorders*. Workshop presented at the Canadian Psychological Association Annual Convention, Calgary, AB.

Saraceni, R. & Russell-Mayhew, S. (2006, April). *Images, icons and ideals: Implications for counselling girls and women*. Paper presented at the Canadian Counselling Association Annual Conference, Montreal, QB.

Russell-Mayhew, S. (2005, October). *One size fits all? The role of mental health in the prevention of weight-related disorders*. Workshop presented at the National School Health Association Annual Conference, Burbank, CA.

Arthur, N., Russell, S., Ewashen, C., & Wouts, P. (2003, February). *Health promotion and prevention of eating disorders in schools*. Workshop presented at the World Federation for Mental Health Biennial Congress, Melbourne, Australia.

Russell, S. (2002, May). *Body Image Resource Collection: A mental health promotion tool*. Workshop presented at the Canadian Counseling Association Annual Conference, Ottawa, ON.

Russell, S., & Arthur, N. (2002, May). *A school based eating disorder prevention program*. Workshop presented at the Canadian Counseling Association Annual Conference, Ottawa, ON.

Russell, S., & Arthur, N. (2002, May). *Why wait for eating disorders? A school based eating disorder prevention program*. Workshop presented at the Canadian Psychological Association Annual Conference, Vancouver, BC.

Russell, S. (2002, April). *Results of school-based eating disorder prevention research program*. Workshop presented at the Eating Disorder Education Organization Annual Conference, Jasper, AB.

Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2002, April). *Focus group methodology in a health promotion research project in schools*. Workshop presented at the Qualitative Health Research Conference, Banff, AB.

Russell, S. & Wouts, P. (2001, June). *Promotion of healthy body image, personal attitudes and eating in a school project*. Workshop presented at the Alberta Public Health Association Conference, Red Deer, AB.

- Russell, S., & Arthur, N. (2001, May). *The mental health continuum and eating disorder prevention: BRIDGING service delivery*. Workshop presented at the Psychological Association of Alberta: Promoting Health and Well-Being in the 21st Century, Edmonton, AB.
- Russell, S. (2001, May). “BRIDGING” *service delivery: Promotion, prevention and treatment of eating disorders*. Workshop presented at the Eating Disorder Education Organization Annual Conference, Edmonton, AB.
- Russell, S., & Arthur, N. (2001, March). *Bridging the prevention, promotion and treatment of eating disorders*. Workshop presented at the American Psychological Association Annual Convention, Houston, TX.
- Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2001, March). *Promoting resilient school communities*. Workshop presented at the Canadian Counselling Association Annual Conference, Vancouver, BC.
- Russell, S. & Ryder, S. (2001, February). *Promoting positive body image without addressing eating disorders: An overview of new strategies and useable ideas*. Workshop presented at the Calgary City Teachers’ Convention, Calgary, AB.
- Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2000, November). *Promoting resilient school communities*. Workshop presented at the 2nd Annual Children’s Mental Health Conference, Calgary, AB.
- Russell, S. & Wouts, P. (2000, November). *Promoting resilient school communities*. Workshop presented at the Alberta Teacher’s Association Annual Guidance Counsellor Conference, Banff, Alberta.
- Russell, S., & Ryder, S. (2000, June). *Your waist is a silly thing to mind: A session for health professionals on the awareness, prevention and early identification of eating disorders*. Workshop presented at the Mental Health Interventions for the 21st Century Conference, Calgary, AB.
- Russell, S., & Ryder, S. (2000, June). *Body image resources for the classroom: An overview*. Workshop presented at the Comprehensive School Health Conference, Calgary, AB.
- Russell, S., & Ryder, S. (2000, May). *Navigating positive body image in schools: A session for educators in the awareness, prevention and early identification of eating disorders*. Workshop presented at the Annual Health and Physical Education Conference, Calgary, AB.
- Russell, S. (2000, April). *Provincial panel presentation: An update on eating disorders and obesity treatment and research*. Workshop presented at the Eating Disorder Education Organization Annual Conference, Edmonton, AB.

Russell, S. (2000, April). *An overview of the continuum of care for eating disorders: "Bridging" prevention, early identification, and treatment of eating disorders*. Workshop presented at the Eating Disorder Education Organization Annual Conference, Edmonton, AB.

Russell, S. (2000, February). *Building a body-positive environment in schools: A session in the awareness and prevention of eating disorders*. Workshop presented at the Calgary City Teachers' Convention, Calgary, AB.

Russell, S. (2000, February). *Building a body-positive environment in schools: A session in the awareness and prevention of eating disorders*. Workshop presented at the Palliser District Teachers' Convention, Calgary, AB.

Russell, S. (1999, May). *Reflections from women in group therapy for eating disorders*. Workshop presented at the Canadian Guidance and Counselling Association Annual Conference, Calgary, AB.

Russell, S. (1999, March). *Reflections from women in group therapy for eating disorders*. Poster presented at the Gender Research Symposium, Calgary, AB.

Russell, S. (1998, June). *Group themes: Reflections from group therapy for eating disorders*. Poster presented at the Canadian Psychological Association Annual Convention, Edmonton, AB.

INVITED PRESENTATIONS

Russell-Mayhew, S. (2017, November). *Comprehensive School Health: Past, Present, and Future*. Health Promoting Schools Collaborative.

Russell-Mayhew, S. (2017, August). *Keynote 1: The weight of the world in her hands: An embodied research journey*. Zone 6 Superintendent Conference. Waterton, BC.

Russell-Mayhew, S. (2017, August). *Keynote 2: The F word: Why body weight has no place in schools*. Zone 6 Superintendent Conference. Waterton, BC.

Russell-Mayhew, S. (2017, February). *Body weight as a social justice issue in schools*. Plenary presentation at the Western Deans of Education (WADE) Conference. Banff, AB.

Russell-Mayhew, S. (2016, May). *Weight bias resources for the education sector*. Plenary presentation at the Weight Bias Summit, Edmonton, AB.

Russell-Mayhew, S. (2016, April). *Worth the weight? Growing up in a 'thin-is-in' culture*. Alumni Weekend. UCalgary.

Russell-Mayhew, S. (2016, January). *The weight of the world: An embodied research journey*. Annual Distinguished Research Lecture awarded by the WSE (\$2000) and co-sponsored by

Alumni Association. UCalgary. (<https://werkklund.ucalgary.ca/media-room/news-events/shelly-russell-mayhew-examines-body-image-debate-annual-distinguished-lecture>)

Russell-Mayhew, S. (2015, September). Weight bias: So what and now what? National webinar for BC BalancedView launch. Canada

Russell-Mayhew, S. (2015, March). *Weight bias in education*. Plenary presentation at the Weight Bias Summit, Calgary, AB.

Russell-Mayhew S. (2014, December). *Body image, embodiment, and weight bias: An overview*. Presentation at the Alberta Health Services Provincial Webinar Series.

Russell-Mayhew, S. (2014, June). Weight bias: *What is it and is it impacting your practice?* Presentation at the Alberta Health Services Provincial Webinar Series.

Russell-Mayhew, S. (2014, January). *Weight status: Body image and bias*. Plenary presentation at the Mount Royal University Symposium, Calgary, AB.

Russell-Mayhew, S. (2013, April). *Weight status and body image: A complex connection*. Plenary presentation at the Food Matters Conference: Connections that Count, Edmonton, AB.

Russell-Mayhew, S. (2013, March). *The concurrent prevention of eating disorders and obesity: Research challenges and opportunities*. Presentation at the Institute of Public Health, Community Health Sciences, Calgary, AB.

Russell-Mayhew, S. (2012, June). *Body image across weight status*. Presentation at the Obesity and Mental Health: International Association for the Study of Obesity Hot Topic Conference, Toronto, ON.

Russell-Mayhew, S. (2012, January). *Weight-related issues in schools*. Plenary presentation at the Shaping the Future Conference, Kananaskis, AB.

McVey, Walker, Ferguson, & Russell-Mayhew (2011, November). *Linking research, practice and policy to devise a national prevention research strategy*. Hosted Symposium funded by CIHR, Toronto, ON.

Russell-Mayhew (2011, November). *Informal scan of weight-related initiatives in Alberta*. Presentation at the National Prevention Strategy Meeting: Linking research, practice, policy in the prevention of weight-related disorders, Toronto, ON..

Russell-Mayhew, S. (2011, April). *Worth the weight? Eating disorder awareness in a fat phobic culture*. Presentation at the Alberta Health Services Telehealth Seminar. AB.

Godley, J. & Russell-Mayhew, S. (2011, March). *Using social network analysis to investigate interprofessional practice and multidisciplinary research in the field of obesity*.

Presentation at the International School for Obesity Research and Management, Lake Louise, AB.

Russell-Mayhew, S. (2011, March). *The importance of healthy body image across weight status*. Presentation at the International School for Obesity Research and Management, Lake Louise, AB.

Russell-Mayhew, S. (2011, February). *Worth the weight? Eating disorder awareness in a fat phobic culture*. Keynote presentation at the Engaging Speaker Series Faculty of Education, Calgary, AB.

Russell-Mayhew, S. (2010, November). *Betwixt and be'tween: Fostering healthy body image across weight status*. Presentation for the Alberta Centre for Child, Family and Community Research Conference (ACCFRC), Edmonton, AB.

Russell-Mayhew, S. (2008, October). *Fostering healthy body image for children across weight status*. Plenary presentation for the Childhood & Adolescent Obesity Conference, Vancouver, BC.

Russell-Mayhew, S. (2007, March). *Reflections and the roles we play: Interprofessional supervision*. Keynote presentation for the Supervision and Mentorship for Interprofessional Practice Conference, Calgary, AB.

Russell-Mayhew, S. (2006, October). *Worth the 'weight'? Body image in context*. Keynote presentation for the Ontario Health Coalition (health regions), Thunder Bay, ON.

Russell-Mayhew, S. (2006, October). *The foundation of healthy body image: It's A'parent and A'teacher*. Public presentation, Thunder Bay, ON.

Russell-Mayhew, S. (2006, October). *War and (the missing piece): Comprehensive school models in the battle against eating disorders and obesity*. Plenary presentation at the Alberta Coalition for Healthy School Communities Conference, Red Deer, AB.

Russell-Mayhew, S. (2006, May). *Prevention of weight-related issues in an obesogenic environment*. Keynote presentation at the Ontario Society of Nutrition Professionals in Public Health, Orillia, Ontario.

Russell-Mayhew, S. (2006, May). *Sizing it up: Schools and the prevention of weight-related issues*. Presentation at the 1st Annual Alberta Obesity Summit, Kananaskis, AB.

NON-REFEREED PRESENTATIONS/WORKSHOPS (selected sample from 45+)

Russell-Mayhew, S. & Body Image Research Lab (Jan – May 2016). WSE Youth Leadership Centre Body Image Series. *Body image: Fact or fiction?* A series of workshops for undergraduate students at UCalgary. Calgary, AB.

- Russell-Mayhew, S. Arthur, N., Kassan, A., Lund, D., Alberga, A., Sesma, M., Nutter, S., & Williams, E. (2016, March). *Weight bias and social justice*. Presentation for WSE Research Celebration. Calgary, AB.
- Williams, E., & Russell-Mayhew, S. (2015, November). *Disclosing an eating disorder anonymously online-A therapeutic release?* Poster presented at the UCalgary Graduate Research Poster Fair, Calgary, AB. *AWARDED*: Best Poster Award from the Werklund School of Education.
- Nutter, S., Russell-Mayhew, S., Alberga, A., Arthur, N., Kassan, A., Lund, D., Sesma Vaquez, M., & Williams, E. (2015, November). *Referring to "Fat/Obese" Persons in Research and Practice: Watch Your Language*. Poster presented at the UCalgary Graduate Research Poster Fair, Calgary, AB.
- Russell-Mayhew, S., & Alberga, A. (2015, March). Weight bias summit: Preliminary results. National Prevention Group Teleconference Seminar.
- Russell-Mayhew, S. & Lund, D. (2015, March). The social impact of research: Making it matter, Graduate Seminar Series, Calgary, AB.
- Russell-Mayhew, S., & Arthur, N. (2015, March). Attracting top quality graduate students and post-docs. Research Colloquium, Calgary, AB.
- Russell-Mayhew, S. (2014, February). *Where every "body" fits*. Invited research remarks at the Media Literacy and Food Marketing Workshop, Calgary, AB.
- Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2014, June). *Family matters! Navigating weight-related discourses in the media*. Poster presented at the Werklund School of Education Qualitative Research Annual Poster Fair, Calgary, AB.
- Bardick, A. D., Arthur, N., & Russell-Mayhew, S. (2010, October). *Fatty fatty two-by-four: Weight stigmatization in children's lives*. Paper presented at the Faculty of Education Research Conference, Calgary, AB.
- Bardick, A. D., Arthur, N., & Russell-Mayhew, S. (2010, October). *Fatty fatty two-by-four: Weight stigmatization in children's lives*. Paper presented at the UCalgary Graduate Studies Student Poster Conference, Calgary, AB.
- Lane, A. M., Waegemakers-Schiff, J., Bell, D., Brager, N., Marlett, N., Rawlings, S., & Sutter, E. (2010, March). *Role blurring and role clarity: What does this mean for interprofessional teams?* Symposium presented at the UCalgary Annual Research Day, Calgary, AB.
- Russell-Mayhew, S. (2010, May). *Integrating eating disorders and obesity prevention through shared risk factors*. Paper presented at the UCalgary Faculty of Education Conference, Calgary, AB.

Bardick, A., Arthur, N., & Russell-Mayhew, S. (2010, May). *You look great, have you lost weight? Weight-based stigmatization in children's lives*. Poster presented at the UCalgary Faculty of Education Conference, Calgary, AB.

Russell, S. (2005, October). *Trying it on for size: Healthy body image*. Presentation at the UCalgary HealthWeek, Calgary, AB.

Russell, S. (2003, November). *An introduction to the Body Image Kits*. Presentation to the Palliser Health Region and School District, Brooks, AB.

Russell, S., Drummond, D., Chafe, J., Cram, B., & Forbes, F. (2001, October). Panel Presentation on Provincial Eating Disorder Services: Children's Forum, Calgary, AB.

Russell, S. (2000, February). *Eating disorders – A continuum from prevention to treatment*. Presentation at the Foothills Medical Centre for National Eating Disorders Awareness Week. Calgary, AB.

GRADUATE STUDENT RESEARCH SUPERVISION

Current Masters Students (5)

Blaikie, Laura (MSc). Pre-service teachers possible selves after health education professional development.

Lambert, Angela. (MSc). The experiences of women who are athletes and live in a large body. SSHRC funded.

Wilson-Boutilier, Katrina (MSc). Healthy Weight Discourses Among Students in University Professional Graduate Education Programs

Nieborowska, Victoria (MSc). How do cognitive and lifestyle factors contribute to body dissatisfaction in older women?

Lefebvre, Danielle (MSc). Transgender women and the male gaze: Body image and the pressure to conform.

Current Doctoral Students (7)

Dittrick, Crystal (PhD Candidate). Bullying, mental health, and the role of peer social support in adolescence. Co-supervisor with Dr. Tanya Beran, Community Health Sciences.

Samuels, Sumerlee (PhD Candidate). First-time motherhood and embodiment: Hermeneutic inquiry. Co-supervisor with Dr. Nancy Arthur. SSHRC funded

Klinge, Kirsten (PhD Candidate). Self-compassion and Body Shame: A Hermeneutic Study Candidacy defended Dec 16, 2016. SSHRC funded

Nutter, Sarah (PhD Candidate). Weight Bias and Deservingness: Investigating Outcomes, Justice Reactions, and Social Hierarchy. Candidacy defended September 6, 2016. Werklund Doctoral Award 2016/SSHRC funded

Tkachuk, Michelle (PhD Candidate). The Experiences of Individuals and their Partners' When Weight Related Concerns Are Present: A Phenomenological Exploration of Couples in Therapy. Eyes High Doctoral Recruitment Award 2015-2019

Williams, Emily (PhD). The process of discovering a family member has anorexia nervosa: A hermeneutic study. SSHRC funded

Brun, Isabel (PhD). The experiences of parental feeding practices: Perspectives from young adult males who experienced restrictive practices in childhood.

Postdoctoral Scholar Supervisees

Weight bias. Eyes-high Postdoctoral Scholar (Round 3). \$100 000. PRINCIPAL.

Co-supervisors: Dr. Kristin von Ranson, Dept. of Psychology and Dr. Lindsay McLaren, Community Health Sciences.

March 2016-April 2016. Bombak, Andrea (PDF).

October 17 2016- October 16, 2018. Karpaul Singh (PDF).

Alberga, Angela (PDF). *Psychosocial aspects of body weight*.

Co-supervisors: Dr. Kristin von Ranson, Dept. of Psychology and Dr. Lindsay McLaren, Community Health Sciences.

2013-2015. Eyes High Postdoctoral Fellowship Award, UCalgary. \$100 000.

2015-2017. Banting Postdoctoral Fellowship Award and CIHR Postdoctoral Fellowship Award. \$140 000.

Sesma, Monica (PDF). WSE Postdoctoral Scholar. *The social practices of eating disorders and childhood obesity: Examining the dialogical and relational influences for preventive and therapeutic work*. August 1, 2013- October 31, 2014. Co-supervisor: Dr. Tom Strong

November 1, 2014 – July 1, 2016. Supervisor

Current Committee Work

Green, Amy. (PhD Candidate - supervisory committee). Experiences of embodiment and newcomer women. Supervisor: Dr. Anusha Kassan

Suehn, Megan. (PhD supervisory committee). LGBTQ newcomers and counselling psychology. Supervisor: Dr. Anusha Kassan

Lacriox, Emilie. (PhD supervisory committee – Dept. of Psych.). A comparison of eating and food addiction. Supervisor: Dr. Kristin von Ranson

Completed Master of Counselling (MC) Students (14)

Saraceni, Reana, MC. (January 2006). An examination of the changing female ideal as portrayed in magazines and its relationship to articles about dieting, exercise and cosmetic surgery.

Tompkins, Tammy, MC. (February 2006). An analysis of weight-related messages in children's movies.

Graham, Anne, MC. (June 2006). The journey from delinquency: An adolescent's lived experience. SSHRC funded

Coulombe, Angela, MC. (September 2006). Body image group therapy for adolescent survivors of sexual abuse.

Wack, Debra, MC. (October 2006). A psycho-educational group manual for stepmothers.

Albrecht, Anna, MC. (March 2007). Eating disorders: The importance of multicultural counselling competency.

Buzanko, Caroline, MC. (October 2007). Supporting siblings of children with autism. SSHRC funded

- Goszulak, Shanneen, MC. (February 2008). A harm-minimization approach to high school students at-risk of substance use.
- Short, Jennifer, MC. (August 2008). Resiliency models: What counselling psychologists need to know. *Granted exemplar status* at University of Lethbridge.
- Ahlberg, Madelaine, MC. (January 2009). Body image and pregnancy: A matter of restraint?
- Hayward, Amanda, MC. (February 2009). Eating disorders and pregnancy: A web-based resource for women
- Springman, Michelle, MC. (March 2010). What eating disorder prevention has to learn from tobacco prevention.
- Bosch, Lisa, MC. (October 2010). Pre-service teacher training on weight related issues: A focus group analysis.
- Powis, Sally, MC. (November 2010). Help is just a click away: Evaluating on-line support groups for eating disorders.

Completed Master of Science (MSc) Students (16)

- Conrad, Maren, MSc. (August 2008). Co-supervisor with Dr. Kevin Alderson. Weight appraisals: How to examine the influence of sexual orientation and gender of the appraiser and appraisee. SSHRC funded
- Renert, Hagar, MSc. (September 2009). The experience of weight concerns among ethnically diverse immigrant women.
- Thompson, Carmen, MSc. (August 2010). Evaluating the effects of a peer-support model: Reducing negative body-esteem and disordered eating attitudes and behaviours in grade eight girls. SSHRC funded
- Ireland, Alana, MSc. (September 2012). Why weight? How does professional development for teachers about weight-related issues impact schools? CIHR funded
- Moule, Erika, MSc. (September 2012). Eating disorder and obesity prevention aimed at five shared risk factors: Does intervention order matter? SSHRC funded
- Carr, Laura, MSc. (December 2012). Correlates of body mass index in a junior high sample. SSHRC funded
- Charbonneau, Tyla, MSc. (July 2013). Where have YOU gone? Self-care for caregivers of family members with schizophrenia.
- Nutter, Sarah, MSc. (September 2014). Ideology, thin-ideal internalization, and social comparison: An examination of the correlates of weight bias.
- Balsden, Kayla, MSc. (March 2015). Resiliency and body image: A qualitative exploration of how women resist Western cultural pressures of thinness.
- Tkachuk, Michelle (MSc). (June 2015). Health and weight beliefs and behaviours of pre-service teachers: Considerations and implications from a health promotion perspective.
- Salvisberg, Wendy (MSc). (September 2015) Family representations pertaining to food, weight, and appearance in on-line family magazines. SSHRC funded
- Hutchinson, Tanya (MSc). (August 2016). The effects of body norm information on men's current and ideal body size.
- Williams, Emily (MSc). (August 2016). A situational analysis of discourses about disclosures of eating disorders. SSHRC funded
- Poirier, Chantal(MSc). (September 2016). Can a self-affirming writing task reduce a self-discrepant body image? SSHRC funded

- Brun, Isabel (MSc). (July 2017). "It Scars": Meaning making and psychological impacts of parental feeding control
- Loewen, Jewel (MSc) (August 2017). Media literacy and food marketing lesson plan II: An interpretive phenomenological analysis of students' learning experiences.

Completed Doctor of Philosophy (6)

- Ekong, Jane, PhD. (May 2009). Experiences of Canadians of African descent with type 2 diabetes in Calgary. Co-supervisor: Dr. Nancy Arthur.
- Thanhausser, Jennifer, PhD., R. Psych. (April 2012). Adjustment to pediatric multiple sclerosis. Co-supervisor: Dr. Connie Barlow. SSHRC funded
- Saraceni, Reana, PhD., R. Psych. (June 2013). The study of the efficacy of acceptance and commitment therapy for women with disordered eating: An alternative to cognitive behavioral therapy.
- Bardick, Angela, PhD., R. Psych. (May 2015). Engaging a school community in a collaborative approach to promoting healthy body image and diversity acceptance. SSHRC and Killam funded.
- Ross, Shannon, PhD., (June 2016). Incorporating asset building into a shared risk factor approach to school-based eating disorder and obesity prevention.
- Ireland, Alana PhD. (August 2017) 'One-size-fits-all'? A Situational Analysis of Weight-Related Issues in Schools. Dissertation defended June 2016.

INTERNAL AND EXTERNAL EXAMINER ON GRADUATE WORK

External Examiner for Master of Counselling (MC)

- Carney, Katherine (September 2005). Taking a feminist relational approach: Working with women struggling with disordered eating coupled with a history of relational trauma.
- Taylor, Margaret (November 2005). A starter kit for counsellors in training counselling women who experience childhood sexual abuse.
- Schell, Celeste (June 2006). Overcome by perfection: A treatment manual for children with perfectionism.
- Wierenga, Rhonda (November 2006). The parenting role in managing the transition through adolescence: A review of the literature.
- Fuerbringer, Sylvia (October 2007). Long distance relationships: Communication strategies that facilitate success.
- Munro-McFarlane, Laura (November 2007). Supporting the self-regulation of health behaviors: a literature review and supportive guide.
- Chalas, Dawn (January 2008). The effectiveness of the Excel Discovery treatment group home for adolescent girls: A first look.
- O'Gorman, Felicia (March 2009). Preparing at-risk girls for the transition to middle school: A manual for a socially based sports program.
- Leik, Dana (April 2010). The jagged line: The impact of borderline personality disorder on the mother-child relationship.

Internal Examiner

- McMahon, Jill Louise (April 2006 - MCE examiner). Social identity and a career barriers model for obese workers. Supervisor: Dr. Faye Weisenberg
- Perry, Sally (June 2006 – MSc. examiner). Interprofessional identity formation: Observing social construction among students. Supervisor: Dr. Nancy Arthur
- Robinson, Kathleen (February 2007 – MSc examiner). Obesity and psychological disorders. Supervisor: Dr. Jac Andrews
- Reid, Mary (August 2010 – EdD candidacy examiner). Supervisor: Dr. Shellyann Scott
- Pokol, Jenna (September 2010 – MEd comprehensive examiner). Supervisor: Dr. Helen Massefeller
- Mastoras, Sarah (October 2010 – PhD candidacy examiner). Supervisors: Drs. Vicki Schwean and Don Saklofske
- Rogers, Marnie (August 2012 – MSc examiner). Social implications of living together outside of marriage: “Shacking up.” Supervisor: Dr. Tom Strong
- Eeson, Jennifer (November 2012 - MSc examiner). HIPs and PIPs as a viable alternative to the DSM-IV-TR: A case study. Supervisor: Dr. Tom Strong
- Kurilova, Jana (July 2013 – MSc examiner). Exploration of resilience in relation to mindfulness, self-compassion, and attached styles. Supervisor: Dr. Sharon Cairns
- Holowka, Peter (October 2013 – PhD examiner). The CIO and the cloud: Leadership decision-making. Supervisor: Dr. Eugene Kowch
- Sinal, Perri (July 2014 – EdD candidacy examiner) Supervisor: Dr. Ann Calvert
- Muholland, Barbara (October 2014- EdD candidacy examiner) Supervisor: Dr. Catherine Burwell
- Murray, Carol (October 2014 – EdD examiner). High school principals’ understandings of instructional leadership. Supervisor: Dr. Jim Brandon
- McKenzie, Wendy (April 2016 – EdD candidacy examiner). Supervisor: Dr. Ann Calvert
- Robinson, Alix (June 2016 – PhD candidacy examiner). Supervisor: Dr. Nancy Arthur
- Williamson, Molly (June 2017 – MSc thesis examiner). Something to chew on: A situational analysis of food, eating, and weight at eating disorder conferences and obesity conference. Supervisor: Dr. Tom Strong
- Lacriox, Emilie. (September 2017 - MSc. supervisory committee examiner – Dept. of Psych.). A comparison of eating and food addiction. Supervisor: Dr. Kristin von Ranson

External Examiner

- Culligan, Jean (December 2008 –MN, Faculty of Nursing, UCalgary). Lifestyle management for rural obese women: Not carrying the burden. Supervisor: Dr. Lorraine Watson
- Eld, Jennifer (June 2009 – MSW, Faculty of Social Work, UCalgary). Eating disorders: A case study. Supervisor: Dr. Christine Walsh
- Becker, Deanna (November 2010- MC, U of Lethbridge). Adult children of divorce: Therapy group. Supervisor: Dr. Dawn McBride
- Palmer, Andrea (February 2011 – MC, U of Lethbridge). Assessing student and faculty satisfaction in a master of counselling distance education paradigm. Supervisor: Dr. Dawn McBride
- Perri, Amelia (April 2011 –MC, Athabasca University). (Re) Discovering who you are: Beyond the eating disorder identity. Supervisor: Dr. Gina Wong

- Watkins, Sarah (September 2011 –MSc, Department of Psychology, UCalgary). Infidelity in dating relationships: Undergraduate students' unrealistic expectations regarding the likelihood that their partners are unfaithful. Supervisor: Dr. Susan Boon
- Wickhare, Suzanne (May 2012 –MN, Faculty of Nursing, UCalgary). The role of the advanced practice nurse in improving care for adolescents with Type 1 Diabetes. Supervisor: Dr. Janet Rankin
- Mizevich, Jane (September 2012 – PhD dissertation; University of Toronto). Resilient women: Resisting the pressure to be thin. Supervisor: Dr. Niva Piran
- Ross, Barbara (September 2013 –MSc, Department of Psychology; UCalgary). Putting pieces together: A proposed model of unforgiveness. Supervisor: Dr. Susan Boon
- Dorairaj, Kavitha (March 2014 – PhD dissertation, University of Western Australia). The relationships between shared risk factors for eating disorders and obesity. Supervisor: Dr. Sue Byrne
- Violato, Efram (December 2014 - MSc; Dept. of Psychology; UCalgary). The role of the justice motive in reactions to illness and injury. Supervisor: Dr. John Ellard
- Palandra, Ashley (February 2015 – PhD dissertation; University of British Columbia). A phenomenological examination of mid-life women's challenges in their relationships with food. Not just an issue for the young: The meaning and experience of disordered eating for women in mid-life. Supervisor: Dr. Judith Daniluk
- Lefebvre, Diana (November 2015 – PhD dissertation; University of Ottawa). Client perspectives of psychotherapy for eating disorders in community practice settings. Supervisor: Dr. Cristelle Audet
- Chin-A-Loy Lima, Katerina (October 2016 – PhD dissertation; University of Western Australia). The biopsychosocial model of body image dissatisfaction in adolescent boys and girls: cross-sectional and longitudinal associations from a population study. Supervisor: Dr. Neil McLean
- Liddle, Amie (November 2016 - PhD candidacy; Faculty of Nursing, UCalgary). Supervisor: Dr. Nancy Moules
- Phillips, Alexandra (December 2016 - MSc.; Community Health Sciences, UCalgary). Exploring the role of communication in companion animal obesity in veterinary practice. Supervisor: Dr. Cindy Adams.
- Toner, Nicole (March 2017- PhD dissertation; Faculty of Nursing, UCalgary). Inpatient Pediatric Oncology Nursing Adolescent Relational Care: It is Different, the Difference, and Making a Difference. Supervisor: Dr. Nancy Moules
- Rouleau, Codie (May 2017 – PhD dissertation: Dept. of Psychology, UCalgary). Design and Evaluation of a Brief Motivational Intervention to Promote Enrolment in Outpatient Cardiac Rehabilitation: A Mixed-Methods Feasibility Study. Supervisor: Dr. Tavis Campbell
- Conlon, Leslie (October 2017 – MN; Faculty of Nursing, UCalgary). Perspectives from the grassroots: Public health nurses working in schools. Supervisor: Dr. Candace Lind
- Ens, Georgia (November 2017 – MSc; Faculty of Kinesiology, UCalgary). Disordered Eating Attitudes and Orthorexia Nervosa in Canadian Elite Athlete Populations. Supervisor: Dr. Dave Paskevich.
- Hwakwy, Cara (December 2017 – MC, Athasaca University). #Fitspo: Adolescent Girls' and Mother's Narratives on the Impact of Fitspiration via Social Media. Supervisor: Dr. Gina Wong

Completed Committee Membership

- Linder, Jordana (2011). Peer networks and body dissatisfaction in adolescents in an overnight summer camp. Community Health Sciences, Faculty of Medicine, UCalgary. Supervisor: Dr. Lindsay McLaren.
- Sharpe, Hillary (2013). Equine-facilitated counselling for women with eating disorders. Educational Studies in Counselling Psychology. Supervisor: Dr. Tom Strong
- Kanciruk, Martina (2013). Prenatal risk factors for childhood obesity: A metaanalysis. Educational Studies in School Psychology. Supervisor: Dr. Jac Andrews
- Kennedy, Barbara (2014). Counselling psychology and social justice. Educational Studies in Counselling Psychology. Supervisor: Dr. Nancy Arthur
- Mudry, Tanya. (2017). Behavior is the practice: Conceptualizing components of excessive behaviors using a social practice framework. Educational Studies in Counselling Psychology. Supervisor: Dr. Tom Strong
- Beck, Amy (2017). (PhD supervisory committee – Faculty of Nursing). The role of the public health nurse in weight related issues. Supervisor: Dr. Sandra Reilly
- Lacroix, Emilie. (2017). (MSc. supervisory committee – Dept. of Psych.). A comparison of eating and food addiction. Supervisor: Dr. Kristin von Ranson
- Hwakwy, Cara (2017). MC supervisory committee. #Fitspo: Adolescent Girls’ and Mother’s Narratives on the Impact of Fitspiration via Social Media Supervisor: Dr. Gina Wong
- Elenko, Janine (2017). MPH Final Capping Project – School of Public Health, University of Alberta. What is known about positive body image in preschool aged children and what are next steps for contextualizing this knowledge for the Alberta population? Supervisor: Dr. Erin Pollock

TEACHING RECORDCourse Instruction

- EDUC 551: Comprehensive School Health and Wellness (2018) – 22 sections (~590 BEd students) Course Coordinator, Plenary Lecturer
- EDPS 623: Theories of Counselling (2012, 2013, 2015, 2016)
- EDPS 621: Creating a Working Alliance (2013, 2014)
- EDPS 622: Developing and Sustaining a Working Alliance (2013)
- EDPS 627: Group Processes (2012)
- CAAP 635: Health Psychology (2005-2010)
- Final Project Portfolio (2010, 2011)
- APSY 421: Psychosocial Interventions (2005)
- CAAP 605: Working Alliance (lecture and lab) (2004-2009, 2011)
- CAAP 617: Methods of Inquiry (2005, 2007)
- APSY 693.43/EDER 631.13: Interprofessional Education and Practice (2006)
- APSY 695.06: Graduate Practicum/Selected Topics (lecture and lab) (2008,2009)
- APSY 419: Communication Skills in Guidance and Counselling (2009)
- Course Coordinator (2005- 2008): CAAP 635, CAAP 631, and CAAP 625

Course Development

- EDUC 551: Comprehensive School Health and Wellness (2015-2018)

2018 Inaugural Delivery: 21 community presenters, 25 community resource fair partners,
 22 sections with 15 instructors, 20+ meetings to curate content for instruction
 EDPS 621: Creating a Working Alliance
 EDPS 627: Group Processes
 EDPS 623: Theories of Counselling
 APSY 421: Psychosocial Interventions in School Settings.
 CAAP 625: Systemic Community Change: A Comprehensive Approach to Human Service
 Delivery. (Peer-reviewed course development process.)
 CAAP 617: Lesson 5: Program Development and Evaluation. (Peer-reviewed lesson plan.)
 APSY 695.06 Counselling Pre-practicum

SERVICE

Peer- Reviewer of Scholarly Journals

Canadian Journal of Counselling and Psychotherapy (8+ articles)
 Journal of School Health (15+ articles)
 Eating Behaviors
 Obesity Reviews
 INQUIRY (Sage)
 Canadian Medical Association Journal
 Journal of Social and Personal Relationships
 Archives of Pediatrics & Adolescent Medicine Canadian Journal of Behavioral Science
 Canadian Journal of Diabetes
 Pediatric Obesity
 Journal of Obesity
 BMC Public Health
 PLOS ONE (5 + articles)
 International Journal of Environmental Research and Public Health
 Tropical Medicine and International Health
 Health Education Research
 Journal of Child and Family Studies
 US-Israel Binational Science Foundation (BSF)
 Canadian Journal of Dietetic Practice and Research
 Qualitative Sociology
 International Journal of Women's Health
 Journal of Adolescent Health
 CIHR virtual review committee (2009)
 Written assessment for SSHRC operating grants (2009)

Editorial Board of Scholarly Journals

Alberta Journal of Educational Research
 Guest Reviewer, Fat Studies: An Interdisciplinary Journal of Body Weight and Society

EDSA (Department) Service

EDSA Awards Adjudication

May 2016

Director of Practica and Internships

January 2013 – June 2015

Coordinator of Master of Counselling Program	July 2009 - September 2011
Research Coordinator for Campus Alberta	April 2005 - April 2008
PhD Admissions Committee (Chair)	Jan/Feb 2017
Master's Admissions Committee	Jan/Feb 2005-2018 (except 2011 RSL)
Nominator for CPA Award	Fall 2015
Counselling Psychology Website Committee	January 2013- June 2015
Relationship with Affiliates Committee	September 2014-June 2015
Integrated Services Clinic	September 2014-2016
Counselling Community Advisory Committee	September 2014-2016
Action on Student Survey Committee	September 2014-June 2015
Role Clarification Committee	September 2014-June 2015

Faculty (WSE) Service

Faculty Tenure and Promotions Committee (Dean's Appointment) (2017-2018)
 Graduate Programs in Education Scholarships and Awards Committee (GPESAC) (September 2015-current)
 Research Advisory Committee (May 2008-September 2011; July 2014-current)
 Research Administration Release Subcommittee (2016-current)
 Presentation at UPE Orientation (November 2017). Comprehensive School Health in the WSE:
 Past, Present and Future
 Youth Leadership Centre Body Image Series (September 2015-December 2016)
 Community Consultation Event for EDUC 551 (November 2016)
 Werklund Academic Selection Committee (EDCP, EDSP, EDCP/EDSP searches) Fall 2015-
 Spring 2016
 Faculty Promotions Committee (2016)
 Faculty Merit Committee (2015)
 Health Champions Conference for BEd students (2013, 2014, 2015, 2016, 2017)
 College of Reviewers (2014, 2015, 2017)
 Quality Supervision Committee (2014-current)
 Quality of Life Committee (2013-2016)
 Health and Wellness Leader (2013-2015)
 MC Curriculum Review (2014-2016)
 EPPIC Consortium Committee (2013-2015)
 SSHRC Master's Fellowship Adjudication Committee (2012)
 Cumming School of Medicine Council Education Representative (2015)
 Werklund Chair Advisory/Hiring Committee (2009-2010)

University Service

Department of Psychology Strategic Planning Committee (external) (September 2017-current)
 Faculty of Graduate Studies Awards Oversight Committee (September 2016-current)
 Conjoint Faculties Research Ethics Board: Werklund School of Education Representative
 (CFREB) (June 2010-current)
 Unit Review: Internal Reviewer for Faculty of Kinesiology (ProVost office) (Spring 2017)
 External Reviewer: Application for Promotion to Full Professor (Educational Psychology and
 Special Education at the University of Saskatchewan)
 The Body Project (Jan 2017- current)

Faculty of Arts and Kinesiology Joint Academic Selection Committee (Fall 2015-Spring 2016)
 Faculty of Graduate Studies Scholarship Review Committee. Fall 2013-Winter 2014 (2 competitions); Winter 2015 (2 competitions).
 Nominator for Umake a Difference Awards (2014, 2015)
 Nominator for WSE Academic Award (2014)
 Mental Health and Addictions Educational Initiative (March 2009 – September 2011)
 Body Image and Eating Disorders Research Group (October 2006 – September 2011)
 Academic Selection Committee (Social Work) (October 2007-January 2008)
 Advisory Committee for Health, Well-being and Effectiveness (April 2005-December 2007)

Community Service

Special invitee to a McConnell Foundation hosted gathering on advancing wellbeing in Alberta schools (Dec 4-5, 2017) Edmonton, AB.
 Special invitee to a McConnell Foundation hosted gathering on teacher wellness (November 17, 2017) Montreal, QB.
 PolicyWise Grant Reviews (Fall 2017)
 Everybody Matters Collaborative (CON) (founding member 2016-current)
 Health Promoting Schools Collaborative (2015 - current)
 Diabetes, Obesity, Nutrition Strategic Clinical Network (AHS) (September 2014-current)
 Eating Disorder Association of Canada (EDAC) Prevention Section Member (May 2016-current)
 Tobacco Reduction Program (AHS) (2016-current)
 CBC Ollie Advisory Committee (2015)
 Eating Disorder Support Network of Alberta (EDSNA) (2015-current)
 Eating Disorder Program (AHS) – referral service to the Body Image Research Lab for prevention programming requests (2014-current)
 Calgary Silver Linings Foundation (2015) – offering research consultation
 Canadian Counselling and Psychotherapy Association Book Award Committee (2014)
 Calgary Eating Disorder Education Network (April 2005-March 2009)
 Canadian Psychological Association (CPA) Counselling Subsection secretary/treasurer (June 2006-June 2010)
 ATA Guidance Council CAAP Representative (April 2005-January 2008)

Media

A select sample of media interviews (print, radio and TV) (from 50+) includes:

Weight bias: Another lens on obesity. Feb. 2017. Explore the Power of Knowledge: Research based insights for everyday. <http://ucalgary.ca/explore/weight-bias-another-lens-obesity?>

Mandatory wellness course a good idea for all faculties.. Jan 2017. The Gauntlet. <http://www.thegauntlet.ca/mandatory-wellness-course-a-good-idea-for-all-faculties/>

Werklund School of Education to offer mandatory course on wellness in 2018. Jan 2017. The Gauntlet. <http://www.thegauntlet.ca/werklund-school-of-education-to-offer-mandatory-course-on-wellness-in-2018/>

New Werklund School course creates capacity for future teacher champions. Jan 2017. UToday.

(http://www.ucalgary.ca/utoday/issue/2017-01-05/new-werklund-school-course-creates-capacity-future-teachers-champion-health?utm_source=UToday&utm_medium=Email&utm_campaign=January-5-2017&utm_term=New%20Werklund%20School%20course%20creates%20capacity%20for%20future%20teachers%20to%20champion%20health)

Rio 2016: Fashion Calgary apologizes for Caster Semenya, Margaret Wambui tweet (print and TV: August 2016). Global News (<http://globalnews.ca/news/2891986/rio-2016-fashion-calgary-apologizes-for-questionable-tweet/?sf33874084=1>)

All bodies matter: How body shaming makes America less healthy. (May 2016). Deseret News National Edition (<http://www.deseretnews.com/article/print/865655039/All-bodies-matter-How-body-shaming-makes-America-less-healthy.html>)

Body image research lab team takes to the trails #run for women. (May 2016). (<https://werklund.ucalgary.ca/media-room/news-events/out-and-about-runforwomen>)

Worth the weight: Growing up in a thin-is-in culture. (April 2016). Video production by Alumni Relations. (<https://www.youtube.com/watch?v=kvs3ZS1rots>)

Werklund researcher gives public talk on weight bias. (January 2016). (<https://www.ucalgary.ca/utoday/issue/2016-01-12/werklund-researcher-gives-public-talk-weight-bias>)

Quick Chat: *Healthy kids, healthy schools* (August, 2015). (<http://werklund.ucalgary.ca/media-room/news-events/quick-chat-healthy-kids-healthy-schools>)

Alberga, A.S. Russell-Mayhew, S., von Ranson, K., McLaren L, Ramos-Salas, X, Sharma, A. *Academics: Body shaming health minister (or anyone else) is unacceptable.* Calgary Herald. (June 6, 2015). (<http://calgaryherald.com/opinion/columnists/academics-body-shaming-health-minister-or-anyone-else-is-unacceptable>)

CBC Television (2015). *Weight Bias Summit.* LIVE to tape

QR 770 Radio (2015). *Weight Bias.* LIVE to tape

CBC Television (2015). *Health Champions Conference.* LIVE to tape

Quick Chat: *Banning Barbie: Why the iconic doll might not be the right choice for your child.* (2013). (<http://werklund.ucalgary.ca/node/2521>)

Alberta Primetime (2013). *Eating Disorder Awareness Week.* LIVE

Calgary Today News Talk 770 (2013). *Childhood obesity and food issues.* LIVE

The Current CBC radio (2013). *Panel responds to 'The Heavy.'* LIVE to tape

The Star (2012). *Controversial skinny jeans for tots flying off shelves.*

(https://www.thestar.com/life/health_wellness/2010/08/19/controversial_skinny_jeans_for_tots_flying_off_shelves.html)

Elle Magazine (2012). *Perceptions of beauty and self-esteem.*

Globe and Mail (2011). *Body image and boys.*

Best Health Magazine (2010). *Quiz: Do you have a healthy body image?*

(<http://www.besthealthmag.ca/best-you/mental-health/quiz-do-you-have-a-healthy-body-image/>)

Avenue Magazine (2009). *One pill makes you smaller.*

(<http://www.avenuecalgary.com/February-2009/One-Pill-Makes-You-Smaller/>)

Terry Spence Radio Talk Show C-FAX 1070 & 107.3 KOOL FM (2009). One hour LIVE interview with caller questions. *Body image and youth.*

Today's Parent Magazine (2009). *A healthy body image.*

(<http://www.todaysparent.com/family/parenting/a-healthy-body-image/>)

UMagazine (2008). *Weighty times: Researcher studies the plethora of issues surrounding eating disorders, obesity and addiction.*

Calgary Herald (2008). *Healthy living choices help eating disorders.*

(http://www.canada.com/story_print.html?id=88c63654-3e9f-4e19-8937-2fbc012c7be7&sponsor=)

Globe and Mail (2007). *Dying for beauty.*

(<http://www.theglobeandmail.com/life/dying-for-beauty/article18145933/>)

Glow: Canada's Beauty and Health Magazine (2007). *Body of work.*

Professional Development (additional to the conferences attended)

Certificate in Advanced Clinical Supervision in Psychology (2007). 10-week course.

Franklin Covey Workshops (2006). 10-week facilitated course.

Franklin Covey Leadership Workshops (2006-2007). 10-week facilitated course

Graduate Course in Social Justice (2005). Audited 13-week course.