

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

APPOINTMENTS and PROMOTIONS

University of Calgary (UCalgary)

Full Professor	July 2017-current
Werklund Research Professor	July 2015-current
Associate Professor	April 2010 – June 2017
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/Obesity Canada
 Everybody Matters Collaborative – Obesity Canada
 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
 Parental Leave 2004

AWARDS and HONORS

Community Engagement Award (2019). Werklund School of Education, UCalgary
 UCalgary Teaching Award for Full-Time Academic Staff (2019)
 Feminist Mentorship Award (Canadian Psychological Association - Student Nominated) (2018)
 Research Excellence Award (2018). Werklund School of Education, UCalgary
 UCalgary Teaching and Learning Award for Graduate Research Supervision (2018)
 UCalgary Teaching and Learning Award for Educational Leadership (Group) (2018)
 Distinguished Research Lecture Award (2015). Werklund School of Education, UCalgary
 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

GRANTS (60 grants totaling \$5.483,629)

2020. UCalgary Teaching and Learning Development and Innovation Grant. \$7500. *From Plenaries to Podcasts: Advancing Student Learning in EDUC 551*. PRINCIPAL. (Co-applicants: Kerri Murray, Louise McClelland, Sarah Nutter, Jessica Saunders).
2019. SSHRC Partnership Engage Grant. \$18, 305. *Policy, Practice, and Partnership: Comprehensive School Health in School Communities*. PRINCIPAL. (Co-Applicants: Palliser School District; Kupery, Cranston, Alberta Health Services; McKernan, Wierl).
2019. WSE Community Engage Grant. \$3000. *A pilot evaluation of comprehensive school health initiatives on health and learning outcomes in three Alberta schools: Proof of concept*. PRINCIPAL. (Co-Applicants: Kupery, Cranston, McKernan, Nutter).
2019. *Child Health and Wellness: Cross Cutting Research*. \$200,000. UCalgary VPR Office. Thought Leader. (Benseler, Benzies, Reimer, Russell-Mayhew, Tough, Yeates).
2019. University of Calgary Teaching and Learning Grant. \$39, 950. *Centering Student Learning through Social Justice Pedagogy in Canadian Counselling Psychology: A Collective Case Study*. Co-Applicant. (Principals: Drs. Kassan and Wada).

2019. Werklund School of Education Postdoctoral Scholarship (PDS). \$130,000. Understanding the Social Complexities of Weight: Living in and with our Bodies. PRINCIPAL. (Co-Applicants: Drs. Anusha Kassan and Nancy Moules).
2018. SSHRC Insight Grant. \$59,940. *Weight of the World: Expert Conceptualizations of the Complexities of Weight*. PRINCIPAL. (Co-Applicants: Drs. Nancy Moules and Andrew Estefan).
2018. WSE Scholarship of Teaching and Learning Grant. \$6490. *Implementation of Social Justice Pedagogy in Counselling Psychology at the University of Calgary: Attending to Students' Voices*. CO-INVESTIGATOR. (PI: Kassan; Co-I: Wada, Mudry, Domene, & Arthur).
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).
2018. Public Health Agency of Canada Preventing and Addressing Gender-Based Violence: The Health Perspective. \$550,000. *Supporting educators' capacity to prevent dating violence and promote healthy relationships through a gender-based lens*. COLLABORATOR. (PrevNet).
2018. Alberta Education Teaching Quality Standards Grant. \$90,000. *Wellbeing and mental health within undergraduate teacher education*. PRINCIPAL.
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. URG 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

Publications	Presentations		
Refereed	Refereed	Invited	Non-Refereed
71	178	34	55+

UNDER REVIEW PUBLICATIONS

- Evans, H., & Russell-Mayhew, S. (accepted). The responsibility of Canadian counselling psychology to reach systems, organizations, and policy makers. *Canadian Journal of Counselling and Psychotherapy (Special Issue)*.
- Saunders, J. F., Nutter, S., & Russell-Mayhew, S. (invite and resubmit, 2020). Concept creep: How much do measures of body dissatisfaction and internalized weight bias overlap and for whom? An idea worth researching.
- Nutter, S., Saunders, J. F., Brun, I., Exner-Cortens, D., & Russell-Mayhew, S. (under review, 2020). *Changes in pre-service teacher personal and professional attitudes following a comprehensive school health course* [Manuscript submitted for publication].
- Ireland, A., Russell-Mayhew, S., Wulff, D., & Strong, T. (under review, 2020). *'One-size-fits-none': A situational analysis of weight-related issues in schools* [Manuscript submitted for publication].

Kirk, S., Ramos Salas, X., Russell-Mayhew, S., Alberga, A., Cameron, E., Forhan, M., & Sharma, A. (under review, 2020). *Tipping the scales on obesity stigma: Challenges and opportunities*. [Manuscript submitted for publication].

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.

Wharton, S et al. (in press). Obesity in adults: A clinical practice guideline CMAJ [note: all authors are listed on the CMAJ article] *Canadian Medical Association Journal*. CMAJ-19-1707.R2

Kirk, S. Ramos Salas, X. Alberga, A., & Russell-Mayhew, S. (in press). Reducing Weight Bias in obesity management practice and policy: Canadian Guidelines for the Management and Prevention of Obesity.

Vallis, M., Macklin, D., & Russell-Mayhew, S. (in press). Effective behavioral interventions. Canadian Guidelines for the Management and Prevention of Obesity.

The Adult Obesity Clinical Practice Guidelines are a living document, with only the latest chapters posted at obesitycanada.ca/guidelines

Williams, E. P., Russell-Mayhew, S., Moules, N. J., & Dimitropoulos, G. (2020). “My whole world fell apart”: Parents discovering their child has anorexia nervosa. *Qualitative Health Research*. <https://doi.org/10.1177/1049732320939508>

Brun, I., Russell-Mayhew, S., & Mudry, T. (2020). Last Word: Ending the intergenerational transmission of body dissatisfaction and disordered eating: A call to investigate the mother-daughter relationship. *Eating Disorders*. <https://doi.org/10.1080/10640266.2020.1712635>

Kassan, A., Goopy, S., Green, A., Arthur, N., Nutter, S., Russell-Mayhew, S., & Silversides, H. (2020). Becoming new together: Making meaning with newcomers through an art-based ethnographic research design. *Qualitative Research in Psychology*, 17(2), 294-311. <https://doi.org/10.1080/14780887.2018.1442769>

MacInnis, C., Alberga, A. S., Nutter, S., Ellard, J. H., & Russell-Mayhew, S.* (2020). Regarding obesity as a disease is associated with lower weight bias among physicians in Canada: A cross sectional survey study. *Stigma & Health*. <https://doi.org/10.1037/sah0000180>

Nutter, S., Russell-Mayhew, S., & Saunders, J. F. (2020). Towards a sociocultural model of weight stigma. *Eating and Weight Disorders – Studies on Anorexia Bulimia and Obesity*, advance online publication. <https://doi.org/10.1007/s40519-020-00931-6>

Nutter, S., Russell-Mayhew, S., Ellard, J. H., & Arthur, N. (2020). Reducing unintended harm: Addressing weight bias as a social justice issue in counselling through justice motive theory. *Professional Psychology: Research and Practice*, 51(2), 106-114 <https://doi.org/10.1037/pro0000279>

- Alberga, A. S., Nutter, S., MacInnis, C., Ellard, J. H., & Russell-Mayhew, S.* (2019). Examining weight bias among practicing Canadian family physicians. *Obesity Facts*, 12(6), 632-638. <https://doi.org/10.1159/000503751>
- Alberga, A. S., Sigal, R. J., Sweet, S. N., Doucette, S., Russell-Mayhew, S., Tulloch, H., Kenny, G. P., Prud'homme, D., Hadjiyannakis, S., & Goldfield, G. S. (2019). Understanding low adherence to an exercise program in adolescents with obesity: The HEARTY trial. *Obesity Science & Practice*, 5(5), 437-448. <https://doi.org/10.1002/osp4.357>
- Alberga, A., Edache, I., Forhan, M., & Russell-Mayhew, S.* (2019). Weight bias and health care utilization: A scoping review. *Primary Health Care Research & Development*, 20(e116), 1–14. doi:10.1017/ S1463423619000227
Resulting media coverage: ConscienHealth. (2019, July 10). Dealing with health, erasing stigma and bias. <https://conscienhealth.org/2019/07/dealing-with-health-erasing-stigma-and-bias/>
- Nutter, S., Ireland, A., Alberga, A., Brun, I., Lefebvre, D., Hayden, A., & Russell-Mayhew, S.* (2019). Weight bias in educational settings: A systematic review. *Current Obesity Reports*, 8(2), 185-200. <https://doi.org/10.1007/s13679-019-00330-8>
- Tkachuk, M., Russell-Mayhew, S., Kassan, A., & Dimitropoulos, G. (2019). Adapting descriptive psychological phenomenology to include dyadic interviews: Practical considerations for data analysis. *The Qualitative Report*, 24(2), 352-370. <https://nsuworks.nova.edu/tqr/vol24/iss2/13/>
- Williams, E.P., Russell-Mayhew, S., Gereluk, D., Murray, K., & Ireland, A. (2019). It takes a village: The role of counselling psychology in advancing health and wellness in a faculty of education. *Proceedings from the 2018 Canadian Counselling Psychology Conference*, 176-183. <https://prism.ucalgary.ca/handle/1880/111420>
- Taylor, K., & Russell-Mayhew, S. (2018). Working to balance: A preliminary constructivist grounded theory of young women's positive embodiment. *Canadian Journal of Counselling and Psychotherapy*, 52(4). Retrieved from: <https://cjc-rcc.ucalgary.ca/article/view/61230>
- Singh, K., Russell-Mayhew, S., von Ranson, K. M., & McLaren, L. (2018). Is there more to the equation? Weight bias and the costs of obesity. *Canadian Journal of Public Health*, 110(1), 17-20. doi:10.17269/s41997-018-0146-2
- Nutter, S., Alberga, A., MacInnis, C., Ellard, J. H., & Russell-Mayhew, S* (2018). Framing obesity a disease: Indirect effects of affect and controllability beliefs on weight bias. *International Journal of Obesity*. 42(10), 1804-1811. doi:10.1038/s41366-018-0110-5
- Williams, E. P., Russell-Mayhew, S., Nutter, S., Arthur, N., & Kassan, A. (2018). Weight bias: Twitter as a tool for opening dialogue among broad audiences. *Social Networking*, 7, 111-125. <https://doi.org/10.4236/sn.2018.73009>
- Green, A. R., Kassan, A., Russell-Mayhew, S., & Goopy, S. (2018). Exploring newcomer women's embodied selves: Culturally responsible qualitative research. *Qualitative*

Research in Psychology. 16(4), 518-538.
<https://doi.org/10.1080/14780887.2017.1411545>

Alberga, A., McLaren, L., Russell-Mayhew, S., & von Ranson, K. (2018). Canadian senate report on obesity: Focusing on individual behaviours versus social determinants of health may promote weight stigma (Article No. 8645694). *Journal of Obesity*.

<https://doi.org/10.1155/2018/8645694/>

Williams, E., Russell-Mayhew, S., & Ireland, A. (2018). Disclosing an eating disorder: A situational analysis of online accounts. *The Qualitative Report*, 23(4), 914-931. Retrieved from <https://nsuworks.nova.edu/tqr/vol23/iss4/14>

Nutter, S., Russell-Mayhew, S., Arthur, N., & Ellard, J. H. (2018). Weight bias as a social justice issue: A call for dialogue. *Canadian Psychology*, 59, 89-99. 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*. 40(3), 213-226. doi:10.1007/s10447-018-9320-8

Klingle, K., Russell-Mayhew, S., Kassan, A., & Moules, N. (2018). By the water's edge: A hermeneutic look at suffering and self-compassion in counselling psychology. *International Journal for the Advancement of Counselling*, 1-10.
<https://doi.org/10.1007/s10447-018-9322-6>

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*.

<https://doi.org/10.11575/jah.v0i0.53321> 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(3), 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
- 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). Environmental scan of weight bias exposure in primary health care training programs. *Canadian Journal for the Scholarship of Teaching and Learning*, 7(2), 1-13. <http://dx.doi.org/10.5206/cjsotl-rcacea.2016.2.5>
- 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 3753650, 1-10. <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*. 24(1), 54-62. 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*, 8(3), 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.jcjd.2013.05.003
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Glazer, M., & Russell-Mayhew, S. (2020, July 13-16). *Assessing Weight Bias in Mock Juries when Child Victims Testify Against Sexual Abuse in Court*. [Poster presentation]. Appearance Matters 9 Conference, Bath, UK. (Conference cancelled due to Covid-19)

Saunders, J. F., Russell-Mayhew, S., Moules, N., & Estefan, A. (2020, July 13-16). “Hoodwinked”: *Trying to capture the complexity of weight*. [Poster presentation]. Appearance Matters 9, Bath, UK. (Conference cancelled due to Covid-19)

Nutter, S., Russell-Mayhew, S., von Ranson, K., & Stefanich, M. (2020, July 13-16). *Is individualized appearance-focused social media use a social determinant of health?* [Poster presentation]. Appearance Matters 9, Bath, UK. (Conference cancelled due to Covid-19)

Saunders, J. F., Russell-Mayhew, S., Moules, N., & Estefan, A. (2020, June 26-28). *Shifting scales: moving toward a socio-political view of body weight*. [Oral presentation]. Society for the Society of the Psychological Study of Social Issues annual conference, Denver, CO. (Conference cancelled due to Covid-19)

Russell-Mayhew, S., Moules, N., & Estefan, A. (2020, May 28-31). “War Stories”: Capturing the complexity of weight with experts in eating disorders and obesity. Review session at the 81st Psychological Association Conference, Montreal, QB. (Conference cancelled due to Covid-19).

Lefebvre, D., Russell-Mayhew, S., Brun, I., Lambert, A., & Saunders, J. (2020, May 28-31). *Research and reflexivity: How we gaze upon our research and the world*. Oral presentation at the 81st Canadian Psychological Association Conference, Montreal, QB. (Conference cancelled due to Covid-19)

Lefebvre, D., Russell-Mayhew, S., Brun, I., Lambert, A., & Saunders, J. (2020, May 28-31). *Transgender women and the male gaze: The relationship between gender, culture, and the body*. Oral presentation at the 81st Canadian Psychological Association Conference, Montreal, QB. (Conference cancelled due to Covid-19)

- Lefebvre, D., Russell-Mayhew, S., Brun, I., Lambert, A., & Saunders, J. (2020, June 15-18). *Transgender women and the male gaze: The relationship between gender socialization, culture, and the body*. Poster presentation at the Gender and Education International Conference, Calgary, AB. (Conference cancelled due to Covid-19)
- Russell-Mayhew, S., Brun, I., Nutter, S., Saunders, J. F., McClelland, L., & Murray, K. (2020, January 30-February 1). *Creating and Evaluating a Comprehensive School Health Course for Pre-Service Teachers* [Conference session]. Shaping the Future 2020, Lake Louise, AB.
- Tingle, E. & Russell-Mayhew, S. (2020, January 30-February 1). *"Teacher burnout is one of my greatest fears": Disrupting a narrative on fire*. [Workshop presentation]. Shaping the Future 2020, Lake Louise, AB.
- Murray, K., McClelland, L., & Russell-Mayhew, S. (2019, November 5-7). *Teachers of tomorrow: Advancing wellbeing in pre-service education*. Healthy School Communities National Forum. PHE Canada. Ottawa, ON, Canada.
- Nutter, S., Russell-Mayhew, S., Ellard, J. H., & Arthur, N. (2019, November 3-7). *Weight bias: The impact of the belief in a just world* [Paper and Poster presentation]. Obesity Society's Annual Obesity Week Conference, Las Vegas, NV, United States.
- Nutter, S., MacInnis, C., Alberga, A. S., Ellard, J. H., & Russell-Mayhew, S. (2019, August 16). *Attitudes of Canadian family physicians about obesity as a disease and patients with obesity* [Paper and poster presentation]. Obesity Canada Calgary Chapter 3rd Annual Research Showcase, Calgary, AB, Canada.
- Nutter, S., McClelland, L., Brun, I., Murray, K., & Russell-Mayhew, S. (2019, July 18-20). *Wellness approaches to teacher education* [Workshop presentation]. 2019 International Kappa Delta Pi Research Conference: Developing Educators for Leadership in Schools, Calgary, AB, Canada.
- Nieborowska, V., & Russell-Mayhew, S. (2019, May 28-30). *Rumination as a psychological risk factor for body dissatisfaction in middle-aged women* [Poster presentation]. Canadian Psychological Association's 80th Annual Convention, Halifax, NS, Canada.
- Lambert, A. M., & Russell-Mayhew, S. (2019, May 28-30). *A phenomenological exploration of physically active women living in large bodies* [Poster presentation]. Canadian Psychological Association's 80th Annual Convention, Halifax, NS, Canada.
- Nutter, S., & Russell-Mayhew, S. (2019, May 17-18). The impact of weight bias on quality of life after bariatric surgery. In M. Anvari & A. Neville (Chairs). *Debate: Quality of life is(not) improved after bariatric surgery* [Paper Presentation]. Canadian Association of Bariatric Physician and Surgeon's Annual Conference, Toronto, ON, Canada.
- Russell-Mayhew, S., Williams, E. P., Nieborowska, V., & Tingle, E. (2019, February 21-22). *Pre-Service teachers' attitudes and beliefs towards comprehensive school health* [Poster

Presentation]. Western Canadian Association for Student Teaching Conference, Calgary, AB, Canada.

Russell-Mayhew, S., Murray, K., Gereluk, D., & Ireland, A. (2018, October 26-28). *It takes a village: Advancing health and wellness in a faculty of education* [Symposium]. 2018 Canadian Counselling Psychology Conference. Calgary, AB, Canada.

Nutter, S., Russell-Mayhew, S., Arthur, A., & Ellard, J. H. (2018, October 25-27). *Weight bias towards children and youth with obesity: Social justice considerations and recommendations for practice*. [Paper presentation]. 7th Conference on Recent Advances in the Prevention and Treatment of Child and Adolescent Obesity, Calgary, AB, Canada.

Edache, I., Alberga, A. S., Sigal, R. J., von Ranson, K. M., Russell-Mayhew, S., Kenny, G. P., Doucette, S., Prud'homme, D., Hadjiyannakis, C., & Goldfield, G. S. (2018, October 25-27). *Effects of aerobic training, resistance training, or both on eating behaviors in adolescents with obesity: the HEARTY trial* [Paper presentation]. 7th Conference on Recent Advances in the Prevention and Treatment of Child and Adolescent Obesity, Calgary, AB, Canada.

Nutter, S., Russell-Mayhew, S., Arthur, N., & Ellard, J. H. (2018, October 26-28). *Weighing in on weight bias as a social justice issue for counselling psychologists* [Poster presentation]. T 2018 Canadian Counselling Psychology Conference, Calgary, AB, Canada.

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Green, A. R., Kassan, A., Russell-Mayhew, S., & A., Goopy, S. (2018, October 26-28). *Newcomer women's experiences in their bodies: An embodied approach to research* [Poster presentation]. 2018 Canadian Counselling Psychology Conference. Calgary, AB, Canada.

Williams, E. P., Russell-Mayhew, S., Moules, N., & Dimitropoulos, G. (2018, October 26-28). *Not quite this and not quite that: The ambiguity inherent within counselling psychology and anorexia nervosa* [Poster presentation]. 2018 Canadian Counselling Psychology Conference, Calgary, AB, Canada.

Nieborowska, V., & Russell-Mayhew, S. (2018, October 26-28). *Rumination as a psychological risk factor for body dissatisfaction in middle-aged women* [Poster presentation]. 2018 Canadian Counselling Psychology Conference, Calgary, AB, Canada.

Russell-Mayhew, S., Kassan, A., Wada, K., & Arthur, N. (2018, June 26-30). *Intersectionality and social justice: Reflecting on the complexities of practice through case studies* [Workshop presentation]. International Congress of Applied Psychology, Montreal, QC, Canada.

Russell-Mayhew, S. (2018, June 26-30). *Why NOT weight? Weight bias through a social justice lens*. [Symposium]. SWAP at Canadian Psychological Association, Montreal, QC, Canada.

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- Ramos Salas, X., Cameron, E., Alberga, A., Forhan, M., Kirk, S., Russell-Mayhew, S., & Sharma, A. M. (2018, May 23-26). *Moving towards consensus on weight bias reduction messages and strategies* [Oral presentation]. 25th European Congress on Obesity, Vienna, Austria.
- Lambert, A. M., & Russell-Mayhew, S. (2018, May). *Body size, weight stigma, and health on university campuses* [Oral presentation]. Alberta Student Services Conference (ASSC), Lethbridge, AB, Canada.
- Nutter, S., Russell-Mayhew, S., Ellard, J. H., & Arthur, N. (2018, March 1-3). *Weight bias and deservingness: Predicted outcomes and justice reactions towards individuals with large bodies* [Poster presentation]. Annual Society for Personality and Social Psychology convention, Atlanta, GA, United States.
- Russell-Mayhew, S. (2018, February 15-16). *Weight: Bias and Complexities in Schools* [Paper presentation]. Calgary City Teachers Convention, Calgary, AB, Canada.
- Lacroix, E., Alberga, A., Russell-Mayhew, S., McLaren, L., & von Ranson, K. M. (2017, June 8-10). *Weight Bias: People-First Language in Self-Report Questionnaires* [Poster presentation]. International Conference on Eating Disorders, Prague, Czech Republic.
- Nutter, S., Alberga, A. S., Russell-Mayhew, S., MacInnis, C., & Ellard, J. H. (2017, June 4-6). 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]. Canadian Psychological Association's 76th Annual Convention, Toronto, ON, Canada.
- Russell-Mayhew, S., Nutter, S., MacInnis, C., Alberga, A. S., & Ellard, J. H. (2017, June 4-6). 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]. Canadian Psychological Association's 76th Annual Convention, Toronto, ON, Canada.
- Kassan, A., Nutter, S., & Russell-Mayhew, S. (2017, June, 4-6). Considering intersectionality and social justice: Why weight? In S. Russell-Mayhew (Chair), *Addressing Weight Bias: Tensions, Debates, and Gaps in Weight Bias Research* [Symposium]. Canadian Psychological Association's 76th Annual Convention, Toronto, ON, Canada.
- Nutter, S., Alberga, A. S., Russell-Mayhew, S., MacInnis, C., & Ellard, J. H. (2017, April 25-29). *What's in a name? The influence of framing obesity a disease on weight bias* [Paper presentation]. 5th Canadian Obesity Summit, Banff, AB, Canada.
- Nutter, S., Williamson, M., Russell-Mayhew, S., Alberga, A. S., MacInnis, C., & Ellard, J. H.

- (2017, April 25-29). *Food, eating, and weight: Language discourses in the obesity field* [Paper and poster presentation]. 5th Canadian Obesity Summit, Banff, AB, Canada.
- Forhan, M., & Russell-Mayhew, S. (Chairs, 2017, April 25-29). Weight bias: Moving beyond awareness to creating change [Symposium]. 5th Canadian Obesity Summit, Banff, AB, Canada.
- EveryBody Matters Collaborative & CON Public Engagement Workshop (Speaker, 2017, April 25-29). Nothing about me without me: Patient-oriented research and education [Workshop presentation]. 5th Canadian Obesity Summit, Banff, AB, Canada.
- Russell-Mayhew, S., Alberga, A., Ireland, A., & Nutter, S. (2017, January 26-28). *The F word: Why body weight has no place in schools* [Workshop Presentation]. Shaping the Future, Kananaskis, AB, Canada.
- Russell-Mayhew, S., Murray, K., Ireland, A., Nutter, S., Alberga, A., Gabriele, T., Peat, G., & Gereluk, D., (2017, January 26-28). *The development of a comprehensive school health course for teacher education* [Paper Presentation]. Shaping the Future, Kananaskis, AB, Canada.
- Green, A. R., Kassan, A., Russell-Mayhew, S. K., & Goopy, S. (2017, January 4-6). *Culturally responsible embodiment research with newcomer women in Canada* [Poster presentation]. National Multicultural Conference and Summit, Portland, OR, United States.
- Ramos-Salas, X., Cameron, E., Alberga, A.S., Forhan, M., Kirk, S., & Russell-Mayhew, S. (2016, October 24-26). *Moving towards consensus on weight bias reduction messages and strategies* [Paper Presentation]. 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, Canada.
- 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 presentation]. Qualitative Health Research Conference (QHR), Kelowna, BC, Canada.
- Dimitropoulos, G., Sesma-Vazquez, M., & Russell-Mayhew, S. (2016, September 29-30). *Family therapy interventions with eating disorders: A pinwheel of models applied to a single clinical case vignette* [Workshop presentation]. Eating Disorder Association of Canada Biennial Conference, Winnipeg, MB, Canada.
- Russell-Mayhew, S., Kassan, A., Nutter, S., Sesma-Vazquez, M., Arthur, N., Alberga, A., Lund, D., & Williams, E. (2016, September 18-22). *Fighting weight stigma: Bodies at risk* [Symposium]. 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress, Calgary, AB, Canada.
- Russell-Mayhew, S. Dimitropoulos, G., Sesma-Vazquez, M., Alberga, A. & von Ranson, K. (2016, September 18-22). *Embodied stigma: Addressing weight bias across the weight spectrum* [Workshop presentation].he 22nd International Association for Child and

Adolescent Psychiatry and Allied Professions World Congress, Calgary, AB, Canada.

Hutchinson, T., & Russell-Mayhew, S. (2016, September 18-22). *Does average really matter? Body dissatisfaction and the effect of body norms on male body size estimates* [Workshop presentation]. 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress, Calgary, AB, Canada.

Sesma-Vazquez, M., Dimitropoulos, G., & Russell-Mayhew, S. (2016, June 22-25). *Cross-cultural applications of family therapy modalities for adolescents with eating disorders* [Paper presentation]. American Family Therapy Academy (AFTA 2016), Denver, CO, United States.

Williams, E. P., Russell-Mayhew, S. *, Alberga, A., Arthur, N., Kassan, A., Lund, D., Nutter, S., & Sesma Vazquez, M. (2016, June 9-11). *The controversy of a tweet #WeightBias discussed over Twitter* [Poster presentation]. Canadian Psychological Association Annual Convention, Victoria, BC, Canada. *Authors following are listed in alphabetical order to indicate equal contribution.

Russell-Mayhew, S., & Nutter, S. (2016, June 9-11). *Weight bias: What psychologists need to know* [Workshop presentation]. Canadian Psychological Association Annual Convention, Victoria, BC, Canada.

Russell-Mayhew, S. (2016, June 9-11). Examining weight as a social justice issue: What can be gained? [Paper presentation as part of a symposium]. *Why are we comparing apples and oranges? Improving our social justice efforts in counselling psychology*. (Kassan, A., Arthur, N., Nakamura, N., & Sinacore, A.). Canadian Psychological Association Annual Convention, Victoria, BC, Canada.

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Kirk, S., Cameron, E., Forhan, M., Russell-Mayhew, S., Alberga, A.S., & Ramos-Salas, X. (2016, June 13-16). *EveryBODY Matters: Addressing weight stigma in public health research, practice and policy* [Symposium]. Public Health, Toronto, ON, Canada.

Kirk, S., Cameron, E., Forhan, M., Russell-Mayhew, S., Alberga, A.S., & Ramos-Salas, X. (2016, June 1-4). *EveryBODY Matters: Addressing weight stigma in research, practice and policy* [Symposium]. European Obesity Summit, Gothenburg, Sweden.

Kirk, S., Cameron, E., Forhan, M., Russell-Mayhew, S., Alberga, A.S., & Ramos-Salas, X. (2016, May 1-4). *EveryBODY Matters: Addressing weight stigma in research, practice and policy* [Symposium]. International Congress on Obesity, Vancouver, BC, Canada.

Ross, S.B., & Russell-Mayhew, S. (2016, May). *Incorporating asset-building into a school-based obesity and eating disorder prevention program* [Poster presentation]. International Congress on Obesity (ICO), Vancouver, BC, Canada.

- Arthur, N., Russell-Mayhew, S., Lund, D., Kassan, A., Alberga, A., Nutter, S., Sesma-Vazquez, M., & Williams, E. (2016, May 3-5). *Polyethnography and weight bias: How far do you dare to go in collaborative research?* [Paper presentation]. International Qualitative Research Methods Conference, Glasgow, Scotland.
- Russell-Mayhew, S., & von Ranson. (2016, May 5-7). *Weight bias as a bridging construct between eating disorders and obesity: Challenges and opportunities.* [Workshop Presentation]. International Conference on Eating Disorders, San Francisco, CA, United States.
- Russell-Mayhew, S., Sesma-Vazquez, M. & Ireland, A. (2016, May 18-21). *Doing situational analysis as a collaborative research process: A relational and dialogical journey* [Paper presentation]. Twelfth International Congress of Qualitative Inquiry, Urbana-Champaign, IL, United States.
- 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]. 24th World Family Therapy Congress, International Family Therapy Association Annual Conference. Kona, HI, United States.
- 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 presentation]. Shaping the Future Conference, Kananaskis, AB, Canada.
- Alberga, A.S., Russell-Mayhew, S., Grace, A., & Ireland, A. (2016, January). *Practical strategies for promoting positive school environments for EveryBODY* [Workshop presentation]. aShaping the Future Conference, Kananaskis, AB, Canada.
- 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]. Shaping the Future Conference Kananaskis, Kananaskis, AB, Canada.
- 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]. Shaping the Future Conference, Kananaskis, AB, Canada.
- Alberga, A.S., Russell-Mayhew, S., von Ranson, K.M., McLaren, L. & Sharma, A.M. (2015, September 18-19). *Results of the Weight Bias Summit: A Canadian Perspective* [Oral presentation]. 3rd Annual Weight Stigma Conference, Reykjavik, Iceland.
- Cameron, E., Russell-Mayhew, S., Alberga, A., Nutter, S., & Haghghat, B. (2015, September 18-19). *Good teaching for EveryBODY: Highlighting current and future research in education – based weight stigma* [Symposium]. T 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 18-19). *Referring to "Fat/Obese" Persons in Research and Practice: Watch Your Language* [Poster presentation]. 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. (2015, June 22-25). *Piloting professional development in health education for BEd students: A call to action* [Paper presentation]. International Conference on Health Promoting Universities & Colleges, Kelowna, BC, Canada.

Russell-Mayhew, S., Ireland, A., & Alberga, A.S. (2015, June 22-25) *Canadian BEd curricula: Are Health and Wellness Topics Addressed in Teacher Training Programs?* [Interactive poster presentation]. International Conference on Health Promoting Universities & Colleges, Kelowna, BC, Canada.

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

Williams, E., & Russell-Mayhew, S. (2015, June 4-6). *Disclosing an eating disorder anonymously online: A therapeutic release?* [Poster presentation]. 76th Annual Canadian Psychological Association Convention, Ottawa, ON, Canada.

Williamson, M. E. & Russell-Mayhew, S. (2015, May 19-22). *The weight of conversation: Tensions in eating- and weight-related discourses* [Poster presentation]. Canadian Counselling and Psychotherapy Association Annual Conference, Niagara Falls, ON, Canada.

Balsden, K., & Russell-Mayhew, S. (2015, May 19-22). *How do women maintain positive embodiment in Western culture?* [Poster presentation]. 50th Annual Canadian Counselling and Psychotherapy Association Conference, Niagara Falls, ON, Canada.

Tkachuk, M., Salvisberg, W., Loewen, J., Kassan, A., Walji, S., & Russell-Mayhew, S. (2015, May 19-22). *Evaluation of a multi-disciplinary weight management program* [Poster presentation]. 50th Annual Canadian Counselling and Psychotherapy Association Conference, Niagara Falls, ON, Canada.

Russell-Mayhew, S., Alberga, A., Ireland, A., & Nutter, S. (2015, April 28 – May 2). *Weight bias: What do we know and where can we go from here?* [Workshop presentation]. 4th Canadian Obesity Summit, Toronto, ON, Canada.

Alberga, A., Russell-Mayhew, S., von Ranson, K., MacLaren, L., & Sharma, A. (2015, April 28 – May 2). *Finding Ways to Reduce Weight Bias in Education, Healthcare and Public Policy: Results of the Weight Bias Summit* [Workshop presentation]. 4th Canadian Obesity Summit, Toronto, ON, Canada.

Salvisberg, W., Tkachuk, M., Loewen, J., Kassan, A., Walji, S., & Russell-Mayhew, S. (2015,

- April 28 – May 2). *A multi-method evaluation of a weight management program for the treatment of obesity* [Paper presentation]. 4th Canadian Obesity Summit, Toronto, ON, Canada.
- Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2015, April 28 – May 2). *From thigh gaps to fit moms: Analyzing media presentations of weight-related topics* [Poster presentation]. 4th Canadian Obesity Summit, Toronto, ON, Canada.
- Drefs, M., Wilcox, G., Strong, T., Alberga, A., Zwiers, M., Climie, E., Russell-Mayhew, S., Koh, K., & Lailey, L., (2015, February 26 – March 1). *Targeting what matters in mental health: Shifting the focus from program to process* [Panel presentation]. National Association of School Psychologists Annual Convention, Orlando, FL, United States.
- 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 presentation]. Shaping the Future Conference, Kananaskis, AB, Canada.
- Russell-Mayhew, S., Ireland, A., & Alberga, A. (2015, January). *Health and wellness curriculum in teacher training programs*. [Workshop presentation]. Shaping the Future, Kananaskis, AB, Canada.
- 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 presentation]. Shaping the Future Conference, Kananaskis, AB, Canada.
- Williamson, M. E. & Russell-Mayhew, S. (2014, October 23). *Disordered eating and stigma – contrasting views* [Poster presentation]. Canadian Mental Health Association National Conference, Calgary, AB, Canada.
- Russell-Mayhew, S. (2014, October 6-7). *Integrating eating disorder and obesity prevention: research challenges and opportunities* [Workshop presentation]. Eating Disorders Association of Canada 4th Biennial Conference, Vancouver, BC, Canada.
- Russell-Mayhew, S., Ireland, A., Tkachuk, M., Nutter, S., Peat, G., Gabriele, T., & Sunada, J. (2014, October 6-7). *Efficacy of a professional development workshop on undergraduate education students' beliefs toward health and weight* [Poster presentation]. Eating Disorders Association of Canada 4th Biennial Conference, Vancouver, BC, Canada.
- Balsden, K., & Russell-Mayhew, S. (2014, October 6-7). *Women's experiences of embodiment* [Poster presentation]. Eating Disorders Association of Canada 4th Biennial Conference, Vancouver, BC, Canada.
- Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2014, September). *Family matters! Navigating weight-related discourses in the media* [Poster presentation]. Campus Alberta Annual Student Conference on Health, Banff, AB, Canada.
- Nutter, S. & Russell-Mayhew, S. (2014, July 1-2). *Ideology, thin-ideal internalization and social*

comparison: An examination of the predictive qualities of weight bias [Poster presentation]. Appearance Matters Conference, Bristol, UK.

Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2014, June 5-7). *A situational analysis of family interactions pertaining to eating, weight, and appearance* [Poster presentation]. 75th Annual Canadian Psychological Association Convention, Vancouver, BC, Canada.

Nutter, S., & Russell-Mayhew, S. (2014, June 18-21). *Ideology, thin-ideal internalization and social comparison: An examination of the predictive qualities of weight bias* [Poster presentation]. 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 5-7). *Professional development for pre-service teachers in the area of health and weight: Efficacy and follow-up* [Poster presentation]. Canadian Psychological Association's 75th Annual Convention, Vancouver, BC, Canada.

Nutter, S., & Russell-Mayhew, S. (2014, June 5-7). *Ideology, thin-ideal internalization and social comparison: An examination of the predictive qualities of weight bias* [Poster presentation]. Canadian Psychological Association's 75th Annual Convention, Vancouver, BC, Canada.

Alberga, A., Pickering, B., Hayden, K., MacKean, G., GermAnn, K., ... & Russell-Mayhew, S. (2014, June 18-21). *Weight bias in health care: one size fits all?* [Oral presentation]. 4th Canadian Obesity Student Meeting, Waterloo, ON, Canada.

Russell-Mayhew, S. (moderator), Hutchinson, T., Bardick, A., Poirier, C., Balsden, K., Ireland, A., & Alberga, A. (2014, May 7-9). *Body image, embodiment, and weight bias in education and health care* [Symposium]. Canadian Counselling and Psychotherapy Association Annual Conference, Victoria, BC, Canada.

Russell-Mayhew, S., Sesma-Vazquez, M., Samuels, S., Strong, T., & Salvisberg, W. (2014, May 7-9). *Weight-related issues and families: From family therapy to psycho education* [Conversation Café]. Canadian Counselling and Psychotherapy Association Annual Conference, Victoria, BC, Canada.

Bardick, A., Ireland, A., & Russell-Mayhew, S. (2014, May 7-9). *Why NOT weight? What every counsellor needs to know about client's weight-related issues* [Round table]. Canadian Counselling and Psychotherapy Association Annual Conference, Victoria, BC, Canada.

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 presentation]. Shaping the Future Conference, Kananaskis, AB, Canada.

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 presentation]. Mental Health Symposium, Edmonton, AB, Canada.

Russell-Mayhew, S. (2013, October). *Body image and wellness: The links between weight-related issues* [Workshop presentation]. International Wellness Symposium, Lake Louise, AB, Canada.

Dangenais, F., Manceau, M., Russell-Mayhew, S. (moderator), Paquette, M. C., Morency, G., Coniglio, C., Ishmael, K., & Korf-Uzan, K. (2013, May 1-4). *Changing social norms associated with weight and body image* [Workshop presentation]. 3rd Canadian Obesity Summit, Vancouver, BC, Canada.

Russell-Mayhew, S. (2013, May 1-4). *Interventions for the concurrent prevention of eating disorders and obesity: Challenges, opportunities and implications* [Paper presentation]. 3rd Canadian Obesity Summit, Vancouver, BC, Canada .

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 presentation]. Academy for Eating Disorders International Conference on Eating Disorders, Montreal, QC, Canada.

Saraceni, R., & Russell-Mayhew, S. (2013, May). *The efficacy of acceptance and commitment therapy for women with eating disorders and eating problems* [Poster presentation]. Academy for Eating Disorders International Conference on Eating Disorders, Montreal, QC, Canada.

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 presentation]. Shaping the Future Conference, Kananaskis, AB, Canada.

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 presentation]. Canadian Psychological Association Annual Convention, Halifax, NS, Canada.

Bardick, A., & Russell-Mayhew, S. (2012, June). *Why not weight? Counselling psychologists' roles in addressing client's weight-related issues* [Workshop presentation]. Canadian Psychological Association Annual Convention, Halifax, NS, Canada.

Russell-Mayhew, S., Saraceni, R., & Bardick, A. (2012, May 24-27). *Innovative approaches to weight-related issues* [Panel presentation]. Canadian Counselling and Psychotherapy Association Annual Conference, Calgary, AB, Canada.

Ireland, A., & Russell-Mayhew, S. (2012, May 24-27). *Weight-related issues: A rural school case study* [Poster presentation]. Canadian Counselling and Psychotherapy Association Annual Conference, Calgary, AB, Canada.

- Moule, E. & Russell-Mayhew, S. (2012, May 24-27). *Eating disorder and obesity prevention aimed at five shared risk factors: Does order matter?* [Poster presentation]. Canadian Counselling and Psychotherapy Association Annual Conference, Calgary, AB, Canada.
- Moule, E. & Russell-Mayhew, S. (2012, May 29 – June 1). *Eating disorder and obesity prevention aimed at five shared risk factors: Does order matter?* [Poster presentation]. Society for Prevention Research Annual Meeting, Washington, DC, United States.
- Ross, S. & Russell-Mayhew, S. (2012, May 29 – June 1). *Integrating asset-building and prevention efforts in a school-based intervention: Complementary or complicated?* [Poster presentation]. Society for Prevention Research Annual Meeting, Washington, DC, United States.
- Moule, E. & Russell-Mayhew, S. (2012, May). *Eating disorder and obesity prevention aimed at five shared risk factors: Does order matter?* [Poster presentation]. Academy for Eating Disorders International Conference for Eating Disorders, Austin, TX, United States.
- Russell-Mayhew, S. (2011, October). *Integrating eating disorder and obesity prevention through shared risk factors* [Paper presentation]. National Eating Disorder Association Conference, Hollywood, CA, United States. (1 of 25 presentations accepted worldwide from 165 submissions).
- Powis, S. & Russell-Mayhew, S. (2011, June 2-4). *Is help just a click away?* [Poster presentation]. Canadian Psychological Association Annual Convention, Toronto, ON, Canada.
- Russell-Mayhew, S., Ross, S., Whitefield, N. & Mohle, E. (2011, June 2-4). *Prevention of eating disorders and obesity: A developmental assets approach* [Poster presentation]. Canadian Psychological Association Convention, Toronto, ON, Canada.
- Russell-Mayhew, S., Ross, S., & Whitefield, N. (2011, April). *Evaluating a shared risk factor approach to prevention in a school community* [Poster presentation]. Academy of Eating Disorders International Conference on Eating Disorders, Miami, FL, United States.
- 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 presentation]. Academy of Eating Disorders International Conference on Eating Disorders, Miami, FL, United States.
- 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 presentation]. Council of University Researchers & Professors' Physical & Health Education Canada 2010 National Conference, Toronto, ON, Canada.

- Lalande, V., & Russell-Mayhew, S. (2010, June 3-5). *A final project exit procedure for a master of counselling program: The portfolio course* [Conversation presentation]. Canadian Psychological Association Annual Convention, Winnipeg, MB, Canada.
- Bardick, A. & Russell-Mayhew, S. (2010, June 3-5). *The history of (mis)treatment of anorexia nervosa* [Paper presentation]. Canadian Psychological Association Annual Convention, Winnipeg, MB, Canada.
- Russell-Mayhew, S., Godley, J. & Scott, C. (2010, June 3-5). *Interprofessional practice in the obesity field* [Poster presentation]. Canadian Psychological Association Annual Convention, Winnipeg, MB, Canada.
- McVey, G., Walker, K., Russell-Mayhew, S., Beyers, J., Simkins, S., Scythes, C., Cowie-Bonne, J., Westland, J., & Murkin, E. (2010, June 1-4). *Integrating mental health promotion in the prevention of chronic disease: Lessons learned from a participatory approach to changing professional practice* [Poster presentation]. Society for Prevention Research, Denver, CO, United States.
- von Ranson, K. M., Russell-Mayhew, S., & Masson, P. C. (2010, June). *Eating disorder psychopathology among Overeaters Anonymous members: A preliminary study* [Poster presentation]. 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 12-13). *Interprofessional mental health and addictions education initiative* [Poster presentation]. Interprofessional Care for the 21st Century: Redefining Education and Practice Conference, Philadelphia, PA, United States.
- Russell-Mayhew, S. (2010, January). *Integrating eating disorder and obesity prevention in school communities through shared risk factors* [Workshop presentation]. Shaping the Future Conference, Edmonton, AB, Canada.
- Russell-Mayhew, S. Masson, P., & von Ranson, K. (2009, September). *Overeaters Anonymous: A qualitative study of the evolving belief systems of attendees* [Poster presentation]. Annual Eating Disorders Research Society, New York, NY, United States.
- Russell-Mayhew, S. (2009, June 11-13). *Integrating eating disorder and obesity prevention through shared risk factors* [Workshop presentation]. Canadian Psychological Association Annual Convention, Montreal, QC, Canada.
- Russell-Mayhew, S., Scott, C., Carter, R. Cullingham, C. & Godley, J. (2009, May). *A snapshot of interprofessional practice in the field of obesity* [Paper presentation]. National Obesity Summit, Kananaskis, AB, Canada.
- Thompson, C. & Russell-Mayhew, S. (2009, May). *Evaluating a peer-support model of eating disorder prevention* [Paper presentation]. Canadian Counselling Association Annual Conference, Saskatoon, SK, Canada.

- Ekong, J., Arthur, N., & Russell-Mayhew S. (2009, May). *Type 2 Diabetes: Exploring how counsellors can make significant contributions* [Paper presentation]. Canadian Counselling Association Annual Conference, Saskatoon, SK, Canada.
- Russell-Mayhew, S. & McLaren, L. (2009, February 2-6). *Body weight and social justice* [Workshop presentation]. Hungry for Social Change Conference: Transcending Feast, Famine and Frenzy, Edmonton, AB, Canada.
- Arthur, N., & Russell-Mayhew, S. (2008, October). *Interprofessional supervision: Implications for counsellors* [Paper presentation]. University of Ottawa Symposium of Counsellor Supervision Research, Ottawa, ON, Canada.
- Saraceni, R. & Russell-Mayhew, S. (2008, June 9-11). *Images and ideals: Counselling girls and women in a 'thin-is-in' culture* [Poster presentation]. Canadian Psychological Association Annual Convention, Halifax, NS, Canada.
- 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 presentation]. Academy of Eating Disorders International Conference, Seattle, WA, United States.
- 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 presentation]. Academy of Eating Disorders International Conference, Seattle, WA, United States.
- Russell-Mayhew, S. (February 2008). *The girl with the weight of the world in her hands: Eating disorders as social justice issues?* [Poster presentation]. Eating Disorder Association of Canada. Calgary, AB, Canada.
- Renert, H., & Russell-Mayhew, S. (2008, February). *The visibly invisible: The experience of eating problems among women from visible minority groups* [Poster presentation]. Eating Disorder Association of Canada Conference, Calgary, AB, Canada.
- Saraceni, R. & Russell-Mayhew, S. (2008, February). *Images and ideals: Counselling girls and women in a 'thin-is-in' culture* [Poster presentation]. Eating Disorder Association of Canada Conference, Calgary, AB, Canada.
- 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 presentation]. Eating Disorder Association of Canada Conference, Calgary, AB, Canada.
- 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 presentation]. Eating Disorder Association of Canada Conference, Calgary, AB, Canada.

- Saraceni, R. & Russell-Mayhew, S. (2007, November). *Images and ideals: Counselling girls and women in a 'thin-is-in' culture* [Poster presentation]. School of Public Health Symposium, Edmonton, AB, Canada.
- Bardick, A., Ryder, S., & Russell-Mayhew, S. (2007, October). *Mirror mirror: Helping young children like what they see* [Workshop presentation]. Saskatchewan Institute of Prevention's Prevention Matters Conference, Saskatoon, SK, Canada.
- Russell-Mayhew, S. (2007, June 7-9). *Why 'weight? Preventing eating disorders and obesity in schools* [Workshop presentation]. Canadian Psychological Association Annual Convention, Ottawa, ON, Canada.
- Russell-Mayhew, S. (2007, June 7-9). *Weight of the world: Eating disorders and obesity as social justice issues* [Workshop presentation]. Canadian Psychological Association Annual Convention, Ottawa, ON, Canada.
- Russell-Mayhew, S. (moderator), Courbasson, C., McVey, G., & McLaren, L. (2007, June 7-9). *Innovative approaches to eating disorders: Theory, research and practice* [Symposium]. Canadian Psychological Association Annual Convention, Ottawa, ON, Canada.
- Russell-Mayhew, S. (2007, May). *Eating disorders and obesity as social justice issues? Implications for Canadian counsellors* [Paper presentation]. Canadian Counselling Association Annual Conference, Vancouver, BC, Canada.
- Russell-Mayhew, S. (2006, November). *Worth the weight? Body image and disordered eating in the school context* [Workshop presentation]. Alberta Teacher's Association Guidance Council Conference, Banff, AB, Canada.
- 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 presentation]. Annual National Pediatric Obesity Conference, Vancouver, BC, Canada.
- Russell-Mayhew, S. & Arthur, N. (2006, June). *Guess who is coming to dinner? Interprofessional practice in the field of eating disorders* [Workshop presentation]. Canadian Psychological Association Annual Convention, Calgary, AB, Canada.
- Saraceni, R. & Russell-Mayhew, S. (2006, April). *Images, icons and ideals: Implications for counselling girls and women* [Paper presentation]. Canadian Counselling Association Annual Conference, Montreal, QC, Canada.

- Russell-Mayhew, S. (2005, October). *One size fits all? The role of mental health in the prevention of weight-related disorders* [Workshop presentation]. National School Health Association Annual Conference, Burbank, CA, Canada.
- Arthur, N., Russell, S., Ewashen, C., & Wouts, P. (2003, February). *Health promotion and prevention of eating disorders in schools*. [Workshop presentation]. World Federation for Mental Health Biennial Congress, Melbourne, Australia.
- Russell, S. (2002, May). *Body Image Resource Collection: A mental health promotion tool*. [Workshop presentation]. Canadian Counseling Association Annual Conference, Ottawa, ON, Canada.
- Russell, S., & Arthur, N. (2002, May). *A school based eating disorder prevention program* [Workshop presentation]. Canadian Counseling Association Annual Conference, Ottawa, ON, Canada.
- Russell, S., & Arthur, N. (2002, May). *Why wait for eating disorders? A school based eating disorder prevention program* [Workshop presentation]. Canadian Psychological Association Annual Conference, Vancouver, BC, Canada.
- Russell, S. (2002, April). *Results of school-based eating disorder prevention research program* [Workshop presentation]. Eating Disorder Education Organization Annual Conference, Jasper, AB, Canada.
- Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2002, April). *Focus group methodology in a health promotion research project in schools* [Workshop presentation]. Qualitative Health Research Conference, Banff, AB, Canada.
- Russell, S. & Wouts, P. (2001, June). *Promotion of healthy body image, personal attitudes and eating in a school project* [Workshop presentation]. Alberta Public Health Association Conference, Red Deer, AB, Canada.
- Russell, S., & Arthur, N. (2001, May). *The mental health continuum and eating disorder prevention: BRIDGING service delivery* [Workshop presentation]. Psychological Association of Alberta: Promoting Health and Well-Being in the 21st Century, Edmonton, AB, Canada.
- Russell, S. (2001, May). *“BRIDGING” service delivery: Promotion, prevention and treatment of eating disorders* [Workshop presentation]. Eating Disorder Education Organization Annual Conference, Edmonton, AB, Canada.
- Russell, S., & Arthur, N. (2001, March). *Bridging the prevention, promotion and treatment of eating disorders* [Workshop presentation]. American Psychological Association Annual Convention, Houston, TX, United States.
- Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2001, March). *Promoting resilient school communities* [Workshop presentation]. Canadian Counselling Association Annual Conference, Vancouver, BC, Canada.

- Russell, S. & Ryder, S. (2001, February). *Promoting positive body image without addressing eating disorders: An overview of new strategies and useable ideas* [Workshop presentation]. Calgary City Teachers' Convention, Calgary, AB, Canada.
- Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2000, November). *Promoting resilient school communities* [Workshop presentation]. 2nd Annual Children's Mental Health Conference, Calgary, AB, Canada.
- Russell, S. & Wouts, P. (2000, November). *Promoting resilient school communities* [Workshop presentation]. Alberta Teacher's Association Annual Guidance Counsellor Conference, Banff, Alberta, Canada.
- 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 presentation]. Mental Health Interventions for the 21st Century Conference, Calgary, AB, Canada.
- Russell, S., & Ryder, S. (2000, June). *Body image resources for the classroom: An overview* [Workshop presentation]. Comprehensive School Health Conference, Calgary, AB, Canada.
- 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 presentation]. Annual Health and Physical Education Conference, Calgary, AB, Canada.
- Russell, S. (2000, April). *Provincial panel presentation: An update on eating disorders and obesity treatment and research* [Workshop presentation]. Eating Disorder Education Organization Annual Conference, Edmonton, AB, Canada.
- Russell, S. (2000, April). *An overview of the continuum of care for eating disorders: "Bridging" prevention, early identification, and treatment of eating disorders* [Workshop presentation]. Eating Disorder Education Organization Annual Conference, Edmonton, AB, Canada.
- Russell, S. (2000, February). *Building a body-positive environment in schools: A session in the awareness and prevention of eating disorders* [Workshop presentation]. Calgary City Teachers' Convention, Calgary, AB, Canada.
- Russell, S. (2000, February). *Building a body-positive environment in schools: A session in the awareness and prevention of eating disorders* [Workshop presentation]. Palliser District Teachers' Convention, Calgary, AB, Canada.
- Russell, S. (1999, May). *Reflections from women in group therapy for eating disorders* [Workshop presentation]. Canadian Guidance and Counselling Association Annual Conference, Calgary, AB, Canada.
- Russell, S. (1999, March). *Reflections from women in group therapy for eating disorders* [Poster presentation]. Gender Research Symposium, Calgary, AB, Canada.

Russell, S. (1998, June). *Group themes: Reflections from group therapy for eating disorders* [Poster presentation]. Canadian Psychological Association Annual Convention, Edmonton, AB, Canada.

INVITED PRESENTATIONS

Russell-Mayhew, S., Kell, S., Balderson, D., Morrison, H., Wright, E., & Hordal-Hlewka, K. (2020, January 30-February 1). *Shaping our Teachers of Tomorrow*. [Keynote Panel]. Shaping the Future 2020, Lake Louise, AB.

Russell-Mayhew, S., Brun, I., Nutter, S., McClelland, L., & Murray, K. (2019, October 17-18). *Case Studies as Teaching Tools: Bringing comprehensive school health to life* [Conference session]. National Forum on Wellness in Postsecondary Education 2019, Vancouver, BC.

Russell-Mayhew, S., Brun, I., Saunders, J. F., Nutter, S., McClelland, L., & Murray, K. (2019, October 17-18). *Impact of a comprehensive school health course on pre-service teachers* [Conference session]. National Forum on Wellness in Postsecondary Education 2019, Vancouver, BC.

Russell-Mayhew, S. (2019, June). Panel Member. *Mental Health Education: Promising Practices from Canadian Faculties of Education*. Hosted by The Association of Canadian Deans of Education. Congress 2019. The Canadian Society for the Study of Education. Vancouver, BC.

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://werklund.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 55+)

Russell-Mayhew, S. (2018, Dec). *Weight bias in postsecondary settings*. Keynote presentation for Be Fit for Life Conference (provincial partner). Calgary, AB.

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 (7)

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

Wilson-Boutilier, Katrina (MSc). Healthy weight discourses among students in university professional graduate education programs.

Vos, Sally (MSc). Increasing efficacy of The Body Project by targeting negative affect. SSHRC funded.

Morhan, Janelle (MSc). Fitspiration and social media: How do adolescents make sense of media images and messages? SSHRC funded.

Waldmann, Kristina (MSc.) Examining weight and mental illness self-stigma: Toward an intersectional stigma framework.

Kim, Benjamin (MSc.). Sociocultural attitudes, eating pathology, and health behaviors in men. AGES funded.

Plante, Maureen (MSc. Fall 2020) Motivation, goal attainment, and disordered eating.

Herman, Hillary (MSc. Defer until 2021 start). SSHRC funded.

Current Doctoral Students (5)

Williams, Emily (PhD Candidate). The process of discovering a family member has anorexia nervosa: A hermeneutic study. Dissertation defended May 30, 2019. SSHRC funded. Awarded CPA Certificate of Academic Excellence.

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

Glazer, Melissa (PhD). The experiences of children in large bodies testifying in court about abuse.

Nieborowska, Victoria (PhD). Rumination, body image, and aging women. SSHRC funded

Lefebvre, Danielle (PhD). Transgender folks and body euphoria. SSHRC funded.

Postdoctoral Scholar Supervisees

Nutter, Sarah (PDS). WSE Postdoctoral Scholar. *Health, wellness and weight bias*.

September 2019 – August 2021.

Saunders, Jessica (PDS). WSE Postdoctoral Scholar. *Social complexities of weight*. Co-supervisors: Drs. Anusha Kassan, WSE and Nancy Moules, Faculty of Nursing July 2019-June 2021.

Ireland, Alana (PDS). WSE Postdoctoral Scholar. *Teachers of tomorrow*. April 2018-December 2018. (Parental leave Sept-Dec 2018)

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

Albrecht, Kelly. (MSc. supervisory committee). Supervisor: Dr. Meadow Schroeder
Taylor, Lisa. (PhD supervisory committee). Comprehensive School Health and the accountability pillar. Supervisor: Dr. Michele Jacobsen
Buote, Lauren. (PhD supervisory committee). Medically assisted dying. Supervisor: Dr. Kaori Wada
Green, Amy. (PhD Candidate - supervisory committee). Experiences of embodiment and newcomer women. Supervisor: Dr. Anusha Kassan
Suehn, Megan. (PhD Candidate - supervisory committee). LGBTQ newcomers and counselling psychology. Supervisor: Dr. Anusha Kassan
Smith, Alyssa (PhD supervisory committee). Weight Stigma, Weight Bias, and Personality in Men with Binge-Eating Disorder. Supervisor: Dr. Kristin von Ranson (dept of psychology)

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 (20)

- 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.
- McPhee, Kyla (MSc). (June 2019). The "yummy mummy" phenomenon: How does celebrity representation of postpartum women in the media influence eating attitudes? SSHRC funded.
- Lambert, Angela. (MSc). (August 2019). An Interpretative Phenomenological Investigation of the Experiences of Physically Active Women Living in Large Bodies. SSHRC funded.
- Nieborowska, Victoria (MSc). (August 2019). Rumination as a Psychological Risk Factor for Body Dissatisfaction in Middle-Aged Women. SSHRC funded.
- Lefebvre, Danielle (MSc). (March 2020). Transgender women and the male gaze: Body image and the pressure to conform. SSHRC funded.

Completed Doctor of Philosophy Students (10)

- 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. SSHRC funded.
- Dittrick, Crystal (March 2018). Feeling red about bullying! An application of the stress process model to the relationship among bullying, emotional agitation, peer social support, and self-esteem. Co-supervisor with Dr. Tanya Beran, Community Health Sciences.
- Klinge, Kirsten (August 2019). Self-compassion and Body Shame: A Hermeneutic Study. SSHRC funded. Awarded CPA Certificate of Academic Excellence.
- Nutter, Sarah (August 2019). Weight Bias as a Social Justice Issue in an Unjust World. Werklund Doctoral Award 2016/SSHRC funded 2018
- Tkachuk, Michelle (August 2019). The Phenomena of Couple Therapy where Weight-Related Concerns are Present: Feminist Considerations and Implications. Eyes High Doctoral Recruitment Award 2015-2019

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 Masefeller
- 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

Lacroix, Emilie. (September 2017 - MSc. supervisory committee examiner – Dept. of Psych.). A comparison of eating and food addiction. Supervisor: Dr. Kristin von Ranson

Sapacz, Mackenzie. (November 2019 – MSc. Thesis examiner). *“Mostly symbiotic but partly parasitic”*: Constructions of cell phone use. Supervisor: Dr. Tom Strong.

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, Athabasca University). #Fitspo: Adolescent Girls' and Mother's Narratives on the Impact of Fitspiration via Social Media. Supervisor: Dr. Gina Wong.
- David, Lauren A. (June 2018 – PhD dissertation: Department of Psychology, Ryerson University). The impact of cognitive restructuring and self-compassion strategies on negative body image among women who are overweight or obese: An experimental investigation. Supervisor: Dr. Stephanie Cassin
- Dobbin-Williams, Karen. (March 2019 – PhD dissertation: Faculty of Nursing, UCalgary). Understanding the experiences of mothers of teenaged children with life-threatening food allergies: A philosophical hermeneutic inquiry. Supervisor: Dr. Nancy Moules
- Patterson, Michelle (July 2019 – MSc; Faculty of Kinesiology, UCalgary). Experiences of body image and social support in physical activity programs in older adult women. Supervisor: Dr. Meghan McDonough
- Frayn, Mallory. (August 2019 – PhD dissertation: Department of Psychology, McGill University). Addressing the relationship between emotional eating and weight: A series of studies designed to improve emotional eating. Supervisor: Dr. Knaeuper Baerbel Agnes
- Patel, Shruti (August 2019 – MN – Faculty of Nursing, UCalgary). A mixed studies systematic review evaluating the effectiveness of adolescent inpatient eating disorder treatment. Supervisor: Dr. Carol Ewashen.
- McBride, Hillary (September 2019 – PhD dissertation: Faculty of Education, UBC). Menopause as metamorphosis: The meaning and experience for women of doing well during the menopausal transition. Supervisor: Dr. Judith Daniluk.
- Coulter, Anne (September 2019 – PhD candidacy exam: Faculty of Education, UCalgary). Supervisor: Shelleyann Scott.
- Andersen, Slywia (December 2019 – PhD candidacy exam: Faculty of Nursing, UCalgary). Supervisor: Dr. Kathryn King-Shier.
- Monroe, Karena (December 2019 – PhD candidacy exam: Werklund School of Education, UCalgary). Supervisor: Dr. Michele Jacobson.
- Baraskewich, Jessica (January 2020 – PhD candidacy exam: Werklund School of Education, UCalgary). Supervisor: Dr. Carly McMorris.
- Khaka, Anita (June 2020 – MEd. Thesis exam: Department of Educational Policy Studies, Faculty of Education, University of Alberta). An intersectional feminist analysis towards students body image dis/satisfaction in Alberta schools. Supervisor: Dia Da Costa
- Andersen, Slywia (June 2020 – PhD candidacy exam: Faculty of Nursing, UCalgary).

Supervisor: Dr. Kathryn King-Shier.

Tingle, Elizabeth (June 2020 – MA thesis exam). Graduate Program in Educational Research, Werklund School of Education, UCalgary. Voices of women who have overcome internalized weight bias through transformative learning. Supervisor: Dr. Janet Groen

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

Vyas, Krooti (2018). MDSC 408 Final Research Project – Community Health Sciences, UCalgary. Economic cost of weight bias. Supervisor: Dr. Lindsay McLaren

TEACHING RECORD

Course Instruction

EDUC 551: Comprehensive School Health and Wellness (2018, 2019, 2020) – 22 sections (~590 BEd students) Course Coordinator and 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 (2015-2021)

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

SERVICEPeer- 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

PlosOne

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 2005-2020 (except 2011 RSL)
Nominator for CPA Award	Fall 2015, Fall 2018
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

Search Committee Research Chair in High Ability Studies (2020)	
Committee Werklund Research Professor (2020)	
Search Committee Counselling Psychology (2 positions assistant and associate/full) (2018)	
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- December 2019)	
Research Administration Release Subcommittee (2016-2018)	
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, 2018)	
Quality Supervision Committee (2014-2018)	
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

External Reviewer (August 2020): Application for Full Professor (Faculty of Education Western University)
URGC Mentor (February 2020). Carly McMorris
Thought Leader Child Health and Wellness Cross Cutting Research (2018- current)

Department of Medicine Hiring Committee (Fall 2018-Spring 2019) Assistant Professor,
Cumming School of Medicine, Department of Medicine in the Section of Endocrinology &
Metabolism

Conjoint Faculties Research Ethics Board (CFREB) (June 2010-February 2020; September
2021)

Faculty of Graduate Studies Awards Oversight Committee (September 2016-May 2019)

Department of Psychology Strategic Planning Committee (external representative) (September
2017-August 2018)

ADP-Project software tester for IT, UCalgary (April-May 2018)

External Reviewer: Application for Promotion for Associate Professor (School of Public Health
at the University of Alberta)

External Reviewer: Application for Promotion to Full Professor (Educational Psychology and
Special Education at the University of Saskatchewan)

Unit Review: Internal Reviewer for Faculty of Kinesiology (ProVost office) (Spring 2017)

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, 2017, 2018)

Nominator for UCalgary Teaching Award (2017, 2018)

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

Ollie Club Advisory Board (January 2015- present)

Host and organizer of the National Forum on Wellness in Postsecondary Education. 2018,
Edmonton, AB.; 2019 Vancouver, BC.

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.

Canadian Obesity Network – Student and New Professional Mentorship Program – Invited
Mentor (2018)

PolicyWise Grant Reviews (Fall 2017)

EveryBody Matters Collaborative (CON/OC) (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) (2016-2018)

Eating Disorder Support Network of Alberta (EDSNA) (2015-2017)

Eating Disorder Program (AHS) – referral service to the Body Image Research Lab for
prevention programming requests (2014-current)

Calgary Silver Linings Foundation (2015) –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 60+)

EdCan Network. Well at Work Podcast: July 2020. How should we be talking about weight in schools? <https://www.edcan.ca/articles/weight-in-schools/>

EdCan Network. Well at Work Podcast: July 2020. It takes a village: A comprehensive school health approach to well-being. <https://www.edcan.ca/articles/it-takes-a-village/>

Obesity Canada. Weight bias, mental health, and COVID-19 Webinar: July 2020.

[YouTube Channel](#)

<https://obesitycanada.ca/snp/upcoming-oc-snp-covid-19-webinar/>

https://drive.google.com/file/d/1JPL_SisSjL2AMd1yUT7tvBqUK3AvUROs/view?usp=sharing

A magazine article where many of my manuscripts are referenced. May 2020:

<https://www.edcatalogue.com/nine-truths-eating-disorders-recovery/>

U Today. September 2019. Town all sparks outpouring of ideas on ways to improve child health.

https://ucalgary.ca/news/town-hall-sparks-outpouring-ideas-ways-improve-child-health?mkt_tok=eyJpIjoiWldWa05XSTBZaU0WXPBMyIsInQiOiJaVFdmdjhXS0ZBZ0ZJcTJyMDRscmc4WjAxVjQ3S3haTHI3T1wvbnZBrOTBNXC8xUVhMQUhtK1h3c2lWMFwvZ1NpQ0dVckdFbTFjWHRxeFczV0RabHNod1VsVDZ1NG

The Conversation. January 2019. How weight bias is harming us all.

<https://theconversation.com/how-weight-bias-is-harming-us-all-107352>

(also linked to UToday January 9, 2019).

UToday. August 2018. UCalgary researcher dissects the complexity and bias around weight and body image: Shelly Russell-Mayhew conducts impactful study with funding from Social Science and Humanities Research Council <https://www.ucalgary.ca/utoday/issue/2018-08-20/ucalgary-researcher-dissects-complexity-and-bias-around-weight-and-body-image>

Weighty Matters: Guest Post. July 2018. What happens to weight bias when obesity is labeled a disease? <http://www.weightymatters.ca/2018/07/guest-post-what-happens-to-weight-bias.html>

Focus on wellness, not weight. Spring/Summer 2018. UCalgary Alumni Magazine: Mental health and the things we carry.

Corus 770 CHQR Radio. February 2018. Weight watchers is targeting teens with new free program. Live Radio Interview with Jock Wilson.

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.todayparent.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 100s of conferences attended)

Canadian Psychological Association Accreditation Panel Site Visitor Training Workshop (2018).

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.