

Alex Russell, Ph.D

Promoting Resilience in Children

Praise for Alex Russell's Workshops:

“Alex Russell’s words of wisdom resonated strongly with our parents. His advice to ‘put down the worry ball’, and ‘have your own life’ caused sighs of relief to echo around the room. Alex acknowledged how hard parenting is and his delightful sense of humor and powerful stories assisted our parents with strategies to deal with their anxiety and meet the challenge of raising resilient children.”

--Karrie Weinstock, Deputy Principal, Branksome Hall

“For the past several years we have valued Dr. Alex Russell’s contributions to our school. He has been a very effective consultant and advisor in helping our boarding staff and Health Centre professionals, as well as our parents and teachers. His thoughtful approach and his wealth of knowledge have made him a tremendous resource.”

--Jim Power, Principal, Upper Canada College

Parents struggle with common issues: battling over homework, communicating with teachers, establishing basic rules and expectations at home. At times it can feel like parents are more concerned about success than their children, who sometimes seem to lack initiative and a sense of personal responsibility.

At home, parents complain of children who lack respect for others in the family and for house rules, or of children who show a worrying level of avoidance, focusing on alternate realities like video games instead of their responsibilities out in the real world.

I help parents get perspective on these issues, and others, in order to better position themselves alongside their children as they go through the difficult process of growing up. Some of the goals of this work include finding ways to “drop the worry ball” so their children can pick it up for themselves, establishing a more authoritative position in the family’s shared life at home and, ultimately, returning to that enjoyable parental role of compassionate, supportive bystander.

Alex's Speaking Topics Include:

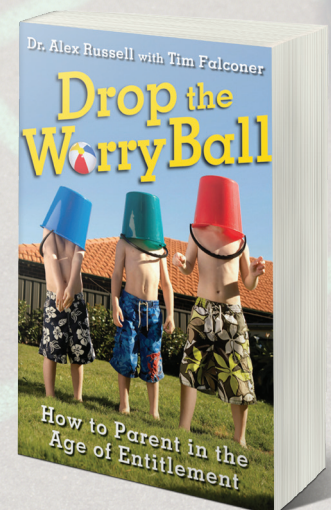
- How to play a positive role in your child's life so they experience you primarily as a supportive, interested by-stander, ready to step in and help whenever necessary
- Strategies for communicating with teachers and managing homework so that children develop their own relationship with school and achievement
- How to build a "village" of adults in children's lives so that you are not parenting in isolation and children learn to respect other external authorities
- How to support children with special needs such as learning disabilities, so that they don't fall behind and also learn to take on school for themselves
- How to respond to teenagers experimenting with drugs and alcohol or with sexual relationships so that they are safe and learn to be responsible



Alex Russell is a clinical psychologist who lives and works in Toronto. He provides assessments and psychotherapy to children and adults, and consultation and supervision to schools, teachers and psychologists. He is a popular speaker among parents' groups and educators, and has acted as an online mediator of a TV Ontario website focused on parenting and child development. He is a research affiliate with the Hincks-Dellcrest Institute where his activities include the development of an early intervention family therapy program serving families with children at risk, researching articles on children's emotional development, and serving on the editorial board of *Ideas: Emotional Well-Being in Child Care*, a national journal for early childhood educators. A father of two teenagers, he is an active parent in his community and an avid hockey player and coach.

About Alex's New Book:

Drop the Worry Ball deals with the issue of how contemporary parents feel increasingly obligated to meet all of their children's needs, causing an epidemic of emotionally immature children unconcerned about the real demands of the world. This book provides the perspective necessary to avoid the traps in today's stressful parenting culture, and shows parents how to put down the "worry ball" so children can pick it up for themselves, all the while helping parents maintain a positive place in their children's lives, one that fosters personal growth and close and affectionate relationships.



To book Alex as a speaker, please contact Ruth Butler at ruthbutler@russellpsychology.com, 416-972-1935 ext 3333 or visit www.russellpsychology.com.