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Professor of Counseling
Sul Ross State University Rio Grande College
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Last updated: February 2017

EDUCATION

Doctor of Philosophy in Counseling Psychology, 1987, University of Oregon
Master of Science in Counseling Psychology, 1982, University of Oregon
Bachelor of Science with Honors in Psychology, 1978, University of Oregon

PROFESSIONAL EXPERIENCE

Sul Ross State University Rio Grande College, 1999 to date
Texas A & M International University, 1994 to 1999
California State University at Stanislaus, 1991 to 1994
Eastern Washington University, 1987 to 1991
University of Oregon, 1984 to 1987
Malheur County School District Adrian, Oregon, 1980 to 1984
Huntington School District, Oregon, 1978 to 1980

PROFESSIONAL ASSOCIATIONS

Texas Counseling Association
Texas Association for Counselor Education and Supervision
Texas Association for Multicultural Counseling and Development
Texas Mental Health Counselor Association
Texas School Counselor Association
American Counseling Association
Association for Counselor Education and Supervision

HONORS, AWARDS, AND LISTINGS

Rio Grande College Counseling Program, Class of 2013, *Special Recognition Award for Outstanding Teaching and Mentorship*, May 2013

PILLAR – People with Ideas of Love, Liberty, Acceptance and Respect – Laredo, Texas, *PILLAR of the Community Award*, April 2013

Rio Grande College Counseling Program Students and Alumni, *Distinguished Teaching and Mentor Award*, April 2006

The City of Eagle Pass, Texas, *Proclamation of Outstanding Community Service in Mental Health*, October 2004

Texas A & M International University, *Scholar of the Year*, May 1998

Laredo Chamber of Commerce, *School Bell Award*, May 1998

Texas A & M International University, *Scholar of the Year in the College of Arts & Humanities*, December 1997

Stop Child Abuse and Neglect Counseling Agency, *Outstanding Service and Contribution Award*, April 1995, April 1996, April 1998

American Association for Counselor Education and Supervision, *Appreciation Award*, April 1991, March 1992, March 1995, April 1996

Western Association for Counselor Education and Supervision, *Professional Leadership Award*, November 1994; *Appreciation Award*, November 1990, September 1992, November 1993; *Special Service Award*, November 1990

Oregon Counseling Association, *Distinguished Service Award*, October 1984, October 1987

PUBLICATIONS

Books and Book Chapters

- Wood, J. A., Russell, T. T., Wilson, B., & Ireton, E. J. (Eds.). (2006). *Teaching Latino students: Effective strategies for educating America's minorities*. New York: The Edwin Mellen Press.
- Wood, J. A., Russell, T. T., & Wilson, B. (2006). Importance of multicultural education in myriad strands of United States society. In J.A. Wood, T.T. Russell, B. Wilson, & E.J. Ireton (Eds.), *Teaching Latino students: Effective strategies for educating America's minorities* (pp. 5-29). New York: The Edwin Mellen Press.
- Salazar, G., & Russell, T. T. (2006). Understanding the motivation of rural Hispanic college students: A worldview. In J.A. Wood, T.T. Russell, B. Wilson, & E.J. Ireton (Eds.), *Teaching Latino students: Effective strategies for educating America's minorities* (pp. 115-126). New York: The Edwin Mellen Press.
- Russell, T. T., Wood, J. A. & Wilson, B. (2006). Higher education in rural America: A new paradigm for a new century. In J.A. Wood, T.T. Russell, B. Wilson, & E.J. Ireton (Eds.), *Teaching Latino students: Effective strategies for educating America's minorities* (pp. 127-148). New York: The Edwin Mellen Press.
- Wood, J. A., & Russell, T. T. (2006). Spanish and English language use: Comparing attitudes of South Texas educators. In J.A. Wood, T.T. Russell, B. Wilson, & E.J. Ireton (Eds.), *Teaching Latino students: Effective strategies for educating America's minorities* (pp. 213-234). New York: The Edwin Mellen Press.
- Wood, J. A., Russell, T. T., & Wilson, B. (2006). Verbal ability as an indicator of cognitive flexibility among Hispanic, bilingual, college, and university students. In J.A. Wood, T.T. Russell, B. Wilson, & E.J. Ireton (Eds.), *Teaching Latino students: Effective strategies for educating America's minorities* (pp. 269-280). New York: The Edwin Mellen Press.
- Russell, T. T., & Madrigal, J. F. (2002). Reducing violence and aggression in at-risk Mexican American youth: Enhancing emotional intelligence. In D. Rea & J. J. Bergin (Eds.), *Safeguarding our youth: Successful school and community programs* (pp. 107-114). New York: McGraw-Hill.

Refereed Journal Articles

- Russell, T. T., Wood, J. A., & Muniz-Quiz, M. (2004). Traditional folk healing practices among Mexican Americans. *National Forum of Multicultural Issues Journal*, 2(1), 3-18.
- Villegas, P., & Russell, T. T. (2004). Ethnic minorities and schizophrenia: Discrepancies, dilemmas, and divergence. *National Forum of Multicultural Issues Journal*, 2(1), 19-25.
- Wood, J. A., Russell, T. T., & Wilson, B. (2004). Verbal ability as an indicator of cognitive flexibility Hispanic bilingual college and university students. *National Forum of Teacher Education Journal*, 14(1), 36-42.
- Russell, T. T., & Craddock, C. S. (2003). Health and safety in the south Texas border region: A culturally relevant health risk prevention program for Hispanic

- youth and their families. *National Forum of Multicultural Issues Journal*, 1(1), 68-79.
- Wood, J. A., Russell, T. T., & Wilson, B. (2003). Importance of multicultural education in myriad strands of United States society. *National Forum of Multicultural Issues Journal*, 1(1), 3-18.
- Russell, T. T., Wood, J. A., & Wilson, B. (2003). Higher education in rural America: A new paradigm for a new century. *National Forum of Teacher Education Journal*, 13(3), 5-18.
- Russell, T. T., & Faseler, R. (2003). Let's go to the movies! Enhancing case conceptualization in rural counseling students. *National Forum of Teacher Education Journal*, 13(3), 30-46.
- Salazar, G., & Russell, T. T. (2003). Understanding the motivation of rural Hispanic college students: A worldview perspective. *National Forum of Teacher Education Journal*, 13(3), 96-102.
- Russell, T. T., & Cardenas, Y. (2002). Language preferences in counseling-related situations among Spanish-English bilinguals. *National Forum of Applied Educational Research Journal*, 15(4), 24-33.
- Wood, J. A., & Russell, T. T. (2002). Spanish and English language use: Comparing attitudes of South Texas educators. *National Forum of Applied Educational Research Journal*, 15(4), 3-23.
- Russell, T. T., Salazar, G., & Negrete, J. M. (2000). A Mexican American perspective: The relationship between self-esteem and family functioning. *Texas Counseling Association Journal*, 28, 86-92.
- Russell, T. T., & Tijerina, M. G. (2000). Culturally sensitive affective education: Enhancing the emotional intelligence of Mexican American elementary students. *Texas Teacher Education Forum*, 25, 36-44.
- Russell, T. T., & Flores, L. E. (1996). Consejeria en la frontera: Counseling on the border in the twenty-first century. *Arizona Counseling Journal*, 21, 2-7.
- Ribak-Rosenthal, N., & Russell, T. T. (1994). Dealing with religious differences in December: A school counselor's role. *Elementary School Guidance and Counseling*, 28, 295-301.
- Laselle, K. M., & Russell, T. T. (1993). To what extent are school counselors using meditation and relaxation techniques? *The School Counselor*, 40, 178-183.
- Freund, R. D., Russell, T. T., & Schweitzer, H. S. (1991). Influence of length of delay between intake session and initial counseling session on client perceptions of counselors and counseling outcomes. *Journal of Counseling Psychology*, 38, 3-8.
- Russell, T. T., & Morrill, C. M. (1989). Adding a systemic touch to rational-emotive therapy for families. *Journal of Mental Health Counseling*, 11, 184-192.
- Morse, C. L., & Russell, T. T. (1988). How elementary counselors perceive their roles: An empirical investigation. *Elementary School Guidance and Counseling*, 14, 137-145.
- Morse, C. L., Russell, T. T., & Kranzler, G. D. (1985). The role of elementary school counselor with parents. *Oregon Counseling Association Journal*, 8, 22-24.
- Russell, T. T. (1983). Taking RET into the primary classroom. *Oregon Personnel and Guidance Journal*, 6, 21-25.

Book Reviews

- Russell, T.T. (1996). Ties that stress: a book review. *The Family Journal: Counseling and Therapy for Couples and Families*, 4, 88.
- Russell, T.T. (1994). Not better . . . not worse . . . just different: a book review. *The Family Journal: Counseling and Therapy for Couples and Families*, 2, 85.

Research Reports and Other Professional Publications

- Russell, T. T., & Madrigal, J. F. (1998). *Counseling in the U.S.-Mexico border region*. (Report No. CG028659). Greensboro, NC: Counseling and Student Services Clearinghouse. (ERIC Document Reproduction Service No. ED 422 552)
- Pérez, G. L., & Russell, T. T. (1998). *Self-esteem and self-in-relation identity among Mexican American adolescents*. (Report No. CG028660). Greensboro, NC: Counseling and Student Services Clearinghouse. (ERIC Document Reproduction Service No. ED 422 553)
- Russell, T. T., & Russell, D. K. (1996). *The relationship between childhood depression, perceptions of family functioning, and perceptions of classroom social climate*. (Report No. CG027068). Greensboro, NC: Counseling and Student Services Clearinghouse. (ERIC Document Reproduction Service No. ED 396 197)
- Russell, T. T. (1983). RET: How low can you go? *RETwork*, 2, 2-4.
- Russell, T.T. (1996). ACES business: Minutes for the delegate/general assembly meetings 1995-1996. *Counselor Education and Supervision*, 36, 170-188.
- Russell, T.T. (Fall, 1995). ACES bylaws revisions and official ballot. *ACES Spectrum*, 56(1), 9-16, 29-38.
- Russell, T.T. (Spring, 1995). Proposed ACES bylaws revisions. *ACES Spectrum*, 55(3), 3.
- Russell, T.T. (Fall, 1991). The flavor of the west. *ACES Spectrum*, 52(1), 6.
- Russell, T.T. (Fall, 1991). Russell's ramblings I: A trip through time. *WACES Wire*, 30(1), 1-2.
- Russell, T.T. (Winter, 1992). Russell's ramblings II: Happy new year. *WACES Wire*, 30(2), 1-3.
- Russell, T.T. (Spring, 1992). Russell's ramblings III: The last, but not lost, article. *WACES Wire*, 30(3), 1-2.

RESEARCH AND PROFESSIONAL PRESENTATIONS

The Authentic Counseling Practice: Embracing Cultural Richness and Integrity, Annual Texas Counseling Association Professional Growth Conference November 2015

The Future of Cutting-Edge Counseling: A Survey of Mindfulness-Based Approaches, Annual Texas Counseling Association Professional Growth Conference November 2015

PTSD and Clients of Mexican Descent, Annual Texas Counseling Association Professional Growth Conference November 2015

Language Choice as a Therapeutic Intervention: Strategies for Effective Bilingual Counseling and Supervision, Annual Texas Counseling Association Professional Growth Conference November 2014

Empowering Hispanic Youth: Relationship Violence Among Adolescents of Mexican Descent, Annual Texas Counseling Association Professional Growth Conference November 2014

Implications of DSM-5 on Diagnosing and Treating Children and Youth, Annual Texas Counseling Association Professional Growth Conference November 2013

Secret Illness – Hidden Wounds: Diagnosing and Treating Male Clients of Mexican Descent with PTSD, Annual Texas Counseling Association Professional Growth Conference November 2013

Tribal Tribulation, Annual Texas Counseling Association Professional Growth Conference November 2013

Let's Get Out of the Office: Home Based Counseling for Special Needs Children in South Texas, Annual Texas Counseling Association Professional Growth Conference November 2013

Gay and Lesbian Life in the Mexican American Culture of South Texas: Implications for Counseling, Annual Texas Counseling Association Professional Growth Conference November 2012

Trauma-Informed Counseling of At-Risk Hispanic Youth in the Border Region, Annual Texas Counseling Association Professional Growth Conference November 2012

Counseling and Curanderismo: A Curious Collaboration, Annual Texas Counseling Association Professional Growth Conference November 2012

Texas Boom Towns of the 21st Century: Impact of the Eagle Ford Shale on Counseling and Mental Health, Annual Texas Counseling Association Professional Growth Conference November 2012

CONSULTING AND OTHER INVITED PROFESSIONAL PRESENTATIONS

Maximizing Therapeutic Effectiveness: Counseling Bilingual Clients, Southern Oregon Counseling Association Fall Gathering September 2015

Mindfulness Practices for Clients and Counselors, Southern Oregon Counseling Association Fall Gathering September 2015

Alcohol, Tobacco, and Other Drug Use Among Adolescents in the Border Region, Webb County Community Coalition October 2014

LGBT Issues in the Mexican American Communities of South Texas, Southwest Texas Junior College February 2014

Alcohol, Tobacco, and Other Drug Use Among Adolescents in the Border Region, Webb County Community Coalition November 2013

Self-Care for Caregivers: Mindfulness Strategies for Compassion Fatigue, Boys' and Girls' Clubs of Calgary October 2013

DSM-IV-TR to DSM-5: Highlights, Sociopolitical Influences, and the War on Nonclinical Applications, Mental Health Awareness Conference at Gateway Community Health Center October 2013

LGBT Issues in South Texas, Southwest Texas Junior College October 2013

Managing Anxiety and Stress with Mindful Self-Compassion, Mid-Columbia Medical Center July 2013

Riding the Tides of Change: Mindful Aging, Rossmoor Adult Community July 2013

Mindful Meditation Modeling: Calm Compassionate Counseling, Serving Children and Adults in Need, Border Region Mental Health Center and Tropical Texas Behavioral Health Center June 2013

The Many Applications of Mindfulness in Prevention, Intervention and Treatment, Serving Children and Adults in Need and Region One School Counselors May 2013

Preparing for the Arrival of the New DSM-5: Cultural Specifications, PILLAR Program April 2013

Bilingual Bibliotherapy: Applications to Children and Adolescents of Mexican Descent, PILLAR Program and Region One School Counselors March 2013

Mindfulness Practices and Counseling Strategies, PILLAR Program March 2013

Mindfulness-Based Counseling Strategies with Clients of Mexican Descent, Border Region Mental Health and Tropical Texas Behavioral Health Centers February 2013

Bilingual Bibliotherapy: Applications to Children and Adolescents of Mexican Descent, PILLAR Program March 2013

OTHER AFFILIATIONS AND INVOLVEMENT

Served as Coordinator of the Counseling Program in the Department of Education at Sul Ross State University Rio Grande College in Uvalde from August 2003 to date

Edited, Revised, Published and Distributed the *Counseling Program Handbook* each year in preparation for fall semester

Co-coordinated (with Counseling Student Committee and Dr. Monica Gutierrez) the *2013 Annual Counseling Fiesta for Counseling Students and Alumni, The Year of the Awe-Inspiring Counselor*, in San Antonio in August 2013

Co-coordinated (with Counseling Student Committee and Dr. Monica Gutierrez) the *2012 Counseling Fiesta for Counseling Students and Alumni* in San Antonio on July 2012

Established the Initial Funds for the *Pedro Carrillo Memorial Scholarship* which is currently at approximately \$6000 on September 2013

Served as Co-Advisor for the Counseling Graduate Student Club from September 2007 to date

Served on the Master's Degree Comprehensive Examination Committees of all Counseling Graduates (approximately eight students per calendar year)

Served as the master of ceremonies for the *2011 Launch Day* for graduating seniors at Rio Grande College on December 2011

Co-coordinated (with Counseling Student Committee) the *2011 Counseling Fiesta for Counseling Students and Alumni* in San Antonio, Texas, on August 6, 2011

Organized Graduate Student Attendance at the Texas Counseling Association Annual Professional Growth Conference to Austin, November 2009, 2010, 2011, 2012, 2013

Co-ordinated (with Barbara McFadden) a One-Day Professional Counseling Conference, *Counselors Building Bridges in the Borderlands*, at Rio Grande College in Uvalde for regional area counselors and therapists on Friday, April 9, 2010

Coordinated the *2010 Counseling Fiesta for Counseling Students and Alumni* in San Antonio, Texas, on August 21, 2010

Organized Graduate Student Attendance at the Texas Counseling Association Annual Professional Growth Conference to Dallas, November 2009

Provided Individual Consultation, Study Materials and a School Counseling TExES Practice Examination to all Students Preparing to Take the TExES Examination in School Counseling

Provided Individual Consultation, Study Materials and an NBCC Practice Examination to all Students Preparing to Take the NBCC Examination in Counseling for licensure as an LPC

Served as Director of Contemplative Arts for the San Antonio Shambhala Meditation Center, a nonprofit community service organization