



Curriculum Vitae

Stephen A. Russo, Ph.D.

Biographical

Date of Birth: 12/5/70
Birthplace: Philadelphia, Pennsylvania
Citizenship: United States of America

Work Address: Nova Southeastern University
3301 College Avenue
Room 1080, Maltz Building
Fort Lauderdale, FL 33314-7796

Office Phone: (954) 262-5807
E-mail: StepRuss@nsu.nova.edu
Website: www.drsteverusso.com

Education & Training

12/94–12/99 ***Doctoral Degree***
Nova Southeastern University, Center for Psych. Studies: Ft. Lauderdale, FL
Doctor of Philosophy; Degree Conferred on 12/31/99
Major: Clinical Psychology (APA Approved Program)
Cumulative GPA: 3.97

8/98–8/99 ***Pre-Doctoral Internship***
VA Pittsburgh Healthcare System: Pittsburgh, PA
Completion Date: 8/31/1999 (APA Approved Program)

8/93–12/94 ***Master's Degree***
Nova Southeastern University, Center for Psych. Studies: Ft. Lauderdale, FL
Master of Science; Degree Conferred on 12/31/94
Major: Clinical Psychology (APA Approved Program)
Cumulative GPA: 3.93

8/88–4/93 ***Bachelor's Degree***
University of Pittsburgh: Pittsburgh, PA
Bachelor of Science; Degree Conferred on 4/13/93
Major/Minor: Psychology/Behavioral Neuroscience
Cumulative GPA: 3.08

Certification and Licensure

5/08–Present Licensed, Clinical Psychologist for the State of Florida
License Number: PY 7729; Status: Active

11/03–Present Licensed, Clinical Psychologist for the State of South Carolina
License Number: 000868; Status: Active

11/01–Present Licensed, Clinical Psychologist for the Commonwealth of Pennsylvania
License Number: PS015087; Status: Active

Academic Appointments and Positions

- 8/07–
FL **Nova Southeastern University; Center for Psychological Studies: Ft. Lauderdale,**
- Title: **Assistant Professor; Director of Sport Psychology**
Courses: Development: Childhood and Adolescence; Assessment: Interviewing;
Psychobiology; Health Psychology; Sport Psychology
Responsibilities: Primary instructor for graduate-level psychology courses, with responsibility
for
for all aspects of the course including grading, developing tests, and preparing lecture materials.
Also charged with developing a sport psychology training program for doctoral students within
the NSU Sports Medicine Clinic and the South Florida community.
- 1/02–8/03 **University of Pittsburgh; Department of Psychology: Pittsburgh, PA**
Title: **Part-time, Associate Professor**
Courses: Special Topics: Sport & Exercise Psychology
Responsibilities: Primary instructor for the undergraduate psychology course and
responsible for all aspects of the course including grading, developing tests, and
preparing lecture materials.
- 8/00–12/00 **University of Pittsburgh; Department of Psychology: Pittsburgh, PA**
Title: **Teaching Assistant**
Course: Psychology of Personality
Responsibilities: Grading student exams, developing quizzes, preparing lecture
materials, and teaching one class.
Supervisor: Bonka Boneva, Ph.D.
- 12/99–6/01 **UPMC, Center for Overcoming Problem Eating (COPE): Pittsburgh, PA**
An interdisciplinary research unit for eating disorders within the UPMC Healthcare
System located at Western Psychiatric Institute & Clinic (WPIC).
Title: **Psychiatric Specialty Counselor I**
Responsibilities: Interview clinical research subjects and conduct diagnostic chart
reviews for several grant-funded eating disorder research projects.
Supervisors: Kathy Plotnicov, Ph.D.; COPE Senior Research Principal
Walter Kaye, MD; COPE Director of Research
- 8/98–8/99 **Veterans Administration Pittsburgh Healthcare System: Pittsburgh, PA**
An APA approved, pre-doctoral internship at a consortium of two VA Medical Centers.
Title: **Psychology Intern**
Rotations: Women's Comprehensive Health Care
Posttraumatic Stress Disorder Clinical Team
Primary Care Program
Sport Psychology Externship (University of Pittsburgh)
Responsibilities: Coordinate clinical evaluations, interventions, and case management
services for a variety of special populations within the Pittsburgh and VA communities.
Supervisors: Patricia Hayes, Ph.D.; Women Veterans Coordinator
Stephen T. Perconte, Ph.D.; Director, PTSD Clinical Team
Richard C. Reardon, Ph.D.; PRIME Director
Kevin Elko, Ed.D.; Director, The Bottom Line, Inc.
Angela D. Keen, Ph.D. (Director of Clinical Training)

- 8/95–7/98 **Nova Southeastern University (NSU) Community Mental Health Center, Trauma Resolution and Integration Program: Ft. Lauderdale, FL**
An NSU Community Mental Health Center specialty program.
Titles: **Clinic Coordinator & Psychological Trainee**
Responsibilities: Coordinate assessments, evaluations, interventions, and case management services for a special clinical population within the South Florida area. Additionally, was the clinical assistant to the TRIP director and was responsible for assigning cases and consultations; assuring the quality of patient care; reviewing clinicians' charts; and participating in the supervision of psychological trainees for a period of two years.
Supervisor: Steven N. Gold, Ph.D.; TRIP Director
- 7/94–8/96 **NSU Community Clinic for Older Adults: Ft. Lauderdale, FL**
A NSU Community Mental Health Center specialty program.
Title: **Psychological Trainee**
Responsibilities: Conducting clinical assessments, interviews, and diagnostic evaluations while coordinating individual, marital, and group psychological interventions with individuals aged 55 or above.
Supervisor: Michel Hersen, Ph.D., ABPP; NCCOA Director
- 8/94–12/94 **NSU; Center for Psychological Studies: Ft. Lauderdale, FL**
Title: **Teaching Assistant**
Course: Assessment I: Intelligence Testing
Responsibilities: Grading student exams, evaluating student reports, and examining assessment protocols for the Wechsler intelligence scales (WAIS-R & WISC-III). Also provided feedback on written reports and tutored students in writing more concise evaluations based on test findings and behavioral observations.
Supervisor: Mark Middlebrooks, Ph.D.
- 2/93–8/93 **Broward General Medical Center – Trauma Services: Fort Lauderdale, FL**
A hospital based unit serving physically traumatized children in the Ft. Lauderdale area.
Title: **Psychological Trainee**
Responsibilities: Interview clinical research subjects and conduct emotional, cognitive, and neuropsychological assessments for children and adolescents with head injuries.
Supervisor: Wiley Mittenberg, Ph.D.

Non-Academic Appointments and Positions

- 10/06–8/07 **MLCA Affiliates, LLC: Wayne, PA**
An outpatient psychological service center serving the Suburban Philadelphia community.
Title: **Director of Sport Psychology**
Responsibilities: Provide performance enhancement and psychological services for individuals of all ages, levels, cultures, and countries of origin.
- 8/03–7/06 **International Junior Golf Academy (IJGA): Hilton Head Island, SC**
A short-term & residential training facility for junior, high school, college, and professional golfers.
Title: **Director of Sport Psychology**
Responsibilities: Provide performance enhancement services in both individual and group formats for golfers of all ages, levels, cultures, and countries of origin. Also responsible for the coordination of training regimens for athletes and the technical coaches that served them in conjunction with the IJGA Director of Golf, Gary Gilchrist.

8/99–8/03 **University of Pittsburgh Medical Center (UPMC), Center for Sports Medicine: Pittsburgh, PA**
A specialty unit of the UPMC Healthcare System serving the Pittsburgh community.
Titles: **Director, Sport Psychology Program**
Performance Consultant, University of Pittsburgh Athletics
Performance Consultant, Robert Morris University Athletics
Responsibilities: Provide performance enhancement as well as general counseling services to high school, college, and professional athletes in the Pittsburgh area while also supervising a clinical intern and spearheading the marketing and promotion of the UPMC specialty program.
Supervisors: Mark Lovell, Ph.D.; Director, UPMC Sports Medicine Concussion Program
Tony McGroarty, Psy.D.; Sport & Licensed Clinical Psychologist
Kevin Elko, Ed.D.; Director, The Bottom Line, Inc.

12/96–7/98 **Outreach Broward, Inc.: Ft. Lauderdale, FL**
An interdisciplinary residential and in-home treatment provider based in Broward County, Florida for dysfunctional adolescents and their families.
Title: **In-Home Therapist**
Responsibilities: Provide individual and family counseling services for recent graduates of the Outreach Broward residential program. Therapeutic interventions were typically conducted at the client's school and/or family residence.
Supervisors: Sheri Knight, Psy.D.; Assistant Clinical Director
Sheri Abercrombie, Psy.D.; Clinical Director

12/94–12/96 **Park Place Therapeutic Center: Plantation & Tamarac, FL**
An outpatient physical rehabilitation center for individuals in Broward County, FL.
Title: **Behavioral/Biofeedback Therapist**
Responsibilities: Conduct diagnostic interviews and provide biofeedback-based intervention strategies for pain management and the other psychological sequelae of a variety of physical conditions.
Supervisor: Gina M. Del Gardo, Ph.D.; Director of Interdisciplinary Programs

Membership in Professional and Scientific Societies

Since 2000 Association for Applied Sport Psychology
Since 1995 American Psychological Association, Division 47 (Exercise and Sport Psychology)
Since 1994 American Psychological Association, Professional Member

Honors

1993 Undergraduate Term Paper Award: University of Pittsburgh, Department of Psychology

Publications & Professional Activities

Refereed Articles

1. Russo, S.A. & Quintana Marikle, S. (In Press). The psychological aspects of sports-related injuries. In R. Echemendia (Ed.). *Sport Psychology in Sports Medicine*. West Port, CT: Praeger Publishing.
2. Hernandez, D., Russo, S.A., & Schneider, B.A. (In Press). The Psychological Snapshot of a Rock Band: A Composite of Intellectual and Personality Measures and its Implications on Success. *Medical Problems of Performing Artists*.

3. Russo, S.A. (In Press). Coping with the psychological and emotional aspects of emergency situations. In K. Gorse & R. Blanc (Eds.). *Emergency care of sports injuries*. Philadelphia: F. A. Davis.
4. Angleman, A.J., Shinzato, Y., Van Hasselt, V.B. & Russo, S.A. (2009). Traditional Martial Arts versus Modern Self-Defense Training for Women: Some Comments. Aggression and Violent Behavior: A Review Journal, 2, 89-93.
5. Shamus, E., Russo, S.A., Fields, C., Peal, G., Quintana Marikle, S. & Butler, R. (2008). Exercise and mental health. Osteopathic Family Physician News, 8, 1-8.
6. Kontos, A.P., Russo, S.A., & Collins, M. (2004). An introduction to sport concussion for the sport psychology consultant. Journal of Applied Sport Psychology, 16, 220-235.
7. Russo, S. A., Hersen, M., & Van Hasselt, V. B. (2001). Treatment of reactivated PTSD: Imaginal exposure in an older adult with multiple traumas. Behavioral Modification, 25, 94-115.
8. Russo, S. A. & Lewis, L. E. (1999). The cross-cultural applications of the KAIT: Case studies with 3 differentially acculturated females. Cultural Diversity and Ethnic Minority Psychology, 5, 76-85.
9. Lucenko, B. A., Gold, S. N., Elhai, J. E., Russo, S. A., & Swingle, J. M. (2000). Relations between coercive strategies and MMPI-2 scale elevations among women survivors of childhood sexual abuse. Journal of Traumatic Stress, 13, 169-177

Poster Presentations

1. Russo, S.A., DuBois, C., Ritchie D., Galindo, V., Quintana Marikle, S., & Wharton, A. C. (2009, September). Baseline neuro-cognitive functioning in a university athletic department. Presented at the Annual Conference for the Association for Applied Sport Psychology, Salt Lake City, Utah.
2. Russo, S.A. & Fields, C. (2009, August). Perceptions of disordered eating patterns among Division-I athletes. Presented at the 117th Annual Meeting for the American Psychological Association, Toronto, Ontario, Canada.
3. Kontos, A.P., Russo, S.A., & Collins, M. (2003, August). An introduction to sport concussion for the sport psychology consultant. Presented at the 111th Annual Meeting for the American Psychological Association, Toronto, Ontario, Canada.
4. Gold, S. N., Russo, S. A., Lucenko, B. A., & Vermont, P. (1998, November). Sexual Abuse Survivors' Family Environments: Intra- and Extra- Group Comparisons. Poster presentation at the 14th Annual Meeting for the International Society for Traumatic Stress Studies, Washington, DC.
5. Gold, S. N., Lucenko, B. A., Elhai, J. E., Swingle, J. M., & Russo, S. A. (1997, November). Relations between coercive strategies and symptomatology among sexual abuse survivors. Poster presentation at the 13th Annual Meeting for the International Society for Traumatic Stress Studies, Montreal, Quebec, Canada.
6. Roberts, J. E., Kassel, J. E., & Russo, S. A. (1994, May). Negative cognition, negative affect, and history of depression. Poster presentation at the Midwestern Psychological Association Annual Meeting, Chicago, IL.
7. Kassel, J. E., Roberts, J. E., & Russo, S. A. (1994, April). Self-awareness, life stress, and substance use among college students. Poster presentation at the Society of Behavioral Medicine Annual Meeting, Boston, MA.

Symposia & Workshops

1. Russo, S. A., (July, 2008). Concussion and Sport Psychology. Presented as part of New Development in Sports-Related Concussion Conference for the University of Pittsburgh Medical Center, Pittsburgh, PA.

2. Russo, S. A., (June, 2008). Dealing with Injury and Death Outside the Athletic Arena. Presented at the 59th Annual Meeting & Clinical Symposia for the National Athletic Training Association, St. Louis, MO.
3. Russo, S. A. (October, 2006). Developing the mind of a champion. Presented at the 2nd World Conference on Junior Golf hosted by the Danish Golf Union, Copenhagen, Denmark.
4. Russo, S. A., (September, 2006). Psychological reactions to head injury. Presented as part of Current Concepts in Concussion Management: An Athletic Training Series for the Cooper Bone & Joint Institute, Cherry Hill, NJ.
5. Russo, S. A., (June, 2006). Strategies for helping athletes cope with psychological trauma. Presented at the 57th Annual Meeting & Clinical Symposia for the National Athletic Training Association, Atlanta, GA.
6. Fish, J., & Russo, S. A. (June, 2006). Psychological challenges in sports medicine: Dealing with chronic pain and recognizing depression in athletes. Presented at the 57th Annual Meeting & Clinical Symposia for the National Athletic Training Association, Atlanta, GA.
7. Russo, S. A., Hill, S., & Gilchrist, G. (2006, January). Coaching for peak performance. Presented as part of a golf instructional course hosted by the Columbian Golf Federation in Bogotá, Columbia.
8. Russo, S. A., (2002, November). Sport psychology for the performing arts. Presented as part of the UPMC Mind, Body, & Voice Conference, Pittsburgh, PA
9. Russo, S.A. (2002, April) Intrinsic Motivation and Exercise Adherence. Presented as part of the UPMC Trends in Nutrition & Exercise Seminar, Pittsburgh, PA
10. Carter, J., Petrie, T., & Russo, S. A., (2002, August). Eating disorder policy and prevention for college student-athletes. Presented at the 110th Annual Meeting for the American Psychological Association, Chicago, IL.
11. Gold, S. N. & Russo, S. A. (1997, February). A Case of Multiple Personality Disorder: Moving Toward Integration. Grand round presentation for Nova Southeastern University, Center for Psychological Studies (NSU-CPS) on the treatment of Dissociative Identity Disorder (DID).

Invited Lectures & Public Speaking Engagements

- 5/05 · Columbian Golf Federation: Mental Training for Peak Performance
- 12/02 · South Fayette School District Teacher's Association: Stress Management
· UPMC/City of Pgh. Marathon Runner's Series (2): Goal Setting; Performance
- 11/02 · Beaver Area High School: Healthy Athlete Night
- 10/02 · Mt. Lebanon HS Wrestling Booster Club: Sport Psychology & Performance
· UPMC Shadyside Primary Care Fellowship: Sport Psychology in Sport Medicine
- 9/02 · University of Pittsburgh Student Counseling Center: Sport Psychology
- 8/02 · N. Allegheny HS Women's Field Hockey Boosters: Sport Psychology & Performance
- 7/02 · Pittsburgh Ballet Theatre School: Sport Psychology & Performance for Dancers
- 6/02 · Pittsburgh Dietetic Association: Eating Disorders and College Athletes
- 3/02 · Fox Chapel Girls Athletic Booster Assoc.: Sport Psychology and the female athlete
· Western Penna. Olympic Development Team: Sport Psychology and Coaching
· West Virginia University, Sport Psychology Program: The UPMC Sport Psychology Program

- 2/02 · UPMC/City of Pgh. Marathon Runner's Series (2): Goal Setting; Performance
- Robert Morris University Athletic Department: Sport Psychology and the RMU Teams
- Blackhawk High School: Sport Psychology and Performance
- 1/02 · Baldwin HS Track & Field Coaching Seminar: Sport Psychology and Coaching
- 11/01 · Bethel Park HS Hockey Boosters: Sport Psychology and Performance
- 2/01 · Baldwin HS Track & Field Coaching Seminar (Keynote): Sport Psychology and Coaching
- UPMC/City of Pgh. Marathon Runner's Series: The Mental Challenges of a Marathon

Appearances in Print Media

- 12/06 · Golf Week: Mental Game Gives Uribe Edge
- 2/03 · USA Today: In Focus: 10 Hardest Things to do in Sports
- 12/02 · In Pittsburgh Magazine: Sport Psychology
- 5/02 · Pittsburgh Tribune Review: Marathon Runners Tackle the Wall
- 2/02 · University Times (Feature article): Performance Enhancement and the UPMC Sport Psychology Program
- Pennsylvania Athletic Training Society Newsletter: Sport Psychology & Performance
- 1/02 · Pittsburgh Tribune Review: Mind Games: Steelers Still Don't Feel Respect They Deserve
- 12/01 · Pitt Campaign Chronicle: UPMC Sport Psychology Program.
- Valley News Dispatch: Mental Athletic Training Important for Success at Any Level
- Pittsburgh Post Gazette: Winning Isn't Everything – Keeping Sports Fun
- 11/01 · Pittsburgh Post Gazette: Age and the Edge
- 9/01 · Investor's Business Daily: 10 Secrets to Success – How to Overcome Trip-ups
- 2/01 · USA Today: In Focus: NFL Scouting Combines
- Pittsburgh Post-Gazette: UPMC Prepares 8 Elite Athletes for Pro Football Combine

Appearances on Television and Radio

- 2/06 · Super Golf (NHK-TV; Japan Broadcasting Corporation): Ask the Doctor: The Sport Psychology Minute (13 segments conducted for the Gary Gilchrist golf instructional series)
- 11/02 · Inside Penguins Hockey (Fox Sports Network, Pittsburgh): Superstitions (1); Visualization (1)
- 10/02 · Athletic Training Network: Body Image (1); Stress Management (1)
- 1/02 · WPXI-TV & PCNC (NBC, Pittsburgh): Pilot for cable access: Sport Psychology & Swimming
- 12/01 · KDKA High School Sports Show (ABC, Pittsburgh): Various Sport Psychology Topics (2 segments in 2001 and 3 segments in 2000)
- WTAE-TV 5:00 O'clock News (CBS, Pittsburgh): Marilyn Brooks: Sport Psychology & Injury
- 10/01 · The Thor Tolo Radio Show: September 11 attacks and sports: Stress and Injury

Volunteer Services

- 4/01 Sport Psychology presenter for the UPMC Sports Medicine Athletic Training Spring Seminar.
- 2/00 Presenter at the University of Pittsburgh Job Fair, Sponsored by the University of Pittsburgh Athletic Department and the University Of Pittsburgh Career & Placement Services.

- 7/99 Served as a "Crisis Counselor" at Woodstock '99 in Rome, New York.
- 2/97 Volunteer at the Dan Marino Celebrity Golf Tournament at Weston Hills Country Club in Weston, Florida to support the United Way and Outreach Broward, Inc.
- 1/97 Volunteer at a Ladies Professional Golf Association event at Weston Hills Country Club in Weston, Florida to support the United Way and Outreach Broward, Inc.
- 4/96 In-service presentation on sexual abuse for an undergraduate class in women's issues at Florida International University in Miami, Florida.
- 3/96 Lead interviewer for applicants to Nova Southeastern University's Center for Psychological Studies' Ph.D. and Psy.D. Clinical Psychology programs.
- 1/95 Volunteer at Super Bowl XXIX to support the Lighthouse for the Blind in Ft. Lauderdale, FL.
- 1- 7/93 Volunteer on Dual-Diagnosis Unit at the Western Psychiatric Institute and Clinic in Pittsburgh, PA.

References

Steven N. Gold, Ph.D.

Professor of Psychology
Nova Southeastern University
Center for Psychological Studies
(954) 262-7514

Hugh Royer

Director of Golf
Hugh Royer Champions Golf Academy
(843) 399-1551

Rob Blanc, ATC

Head Athletic Trainer
University of Pittsburgh Athletics
(412) 648-8705

Tony Salesi, ATC

Dir. of Athletic Training for Olympic Sports
University of Pittsburgh Athletics
(412) 648-8351

Freddie H. Fu, M.D.

Chairman, Department of Orthopaedic Surgery
Head Team Physician, University of Pittsburgh Athletics
UPMC Center for Sports Medicine
(412) 605-3265

Mark Lovell, Ph.D., ABPN

Director, UPMC Sports Medicine Concussion Program
University of Pittsburgh Physicians
(412) 432-3670

David Stone, M.D.

Associate Team Physician, University of Pittsburgh Athletics
UPMC Center for Sports Medicine
(412) 432-3640

Michael Collins, Ph.D.

Neuropsychologist, UPMC Sports Performance Complex
UPMC Center for Sports Medicine
(412) 432-3668