

# **Ruthellen Josselson, PhD**

**Doctoral Faculty - School of Psychology at Fielding Graduate University**

Baltimore, MD, US

Psychodynamic and an existential psychotherapist

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## **Description**

Dr. Ruthellen Josselson is Professor of Clinical Psychology at Fielding Graduate University and a psychotherapist in practice. She was formerly a professor at The Hebrew University of Jerusalem and Harvard University and a Visiting Fellow at Cambridge University.

Her research focuses on women's identity and on human relationships. She received both the Henry A. Murray Award and the Theodore R. Sarbin Award from the American Psychological Association, as well as a Fulbright Fellowship.

Dr. Josselson has been active in group relations work for many years, consults to organizations, and lectures and conducts workshops both nationally and internationally. She is co-director of the Irvin D. Yalom Institute of Psychotherapy. She is also the editor of the APA journal "Qualitative Psychology."

On her approach to therapy, she says: "I work from a psychodynamic and existential therapist perspective. I think of psychotherapy as a project that two people undertake together to try to better understand the problems of living in order to make changes that serve growth and personal fulfillment. I work primarily with conflicts concerning relationships, work and identity, and these often underlie symptoms of anxiety and depression."

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## **Industry Expertise**

Education/Learning, Mental Health Care, Research, Training and Development

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## **Topics**

Life Span Development, Theories of Relationship, Group Dynamics and Group Therapy, Individual Psychotherapy, Narrative and Life History Research, Qualitative Research Methods, Psychology of Women, Psychology of Adolescence, Personality Theory, Human Relationships, Women's Development, Narratives of Life History, Group Dynamics, Individual and Group Psychotherapy Practice and Supervision, Group Process Consultation

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## **Affiliations**

American Psychological Association : Fellow (Divisions 5 and 35), A.K. Rice Institute for the Study of Social Systems : Fellow, American Group Psychotherapy Association : Member, Society for Personology

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## **Past Talks**

**Individual, Interpersonal, and Systemic Implications of Developing Group Psychotherapy in China**  
(August, 2014) Division 49, American Psychological Association

**Accumulating Knowledge in Qualitative Inquiry**  
(August, 2014) Division 5, American Psychological Association

**The Sum of Stories**  
(June, 2014) Narrative Matters

**Accumulating Knowledge in Qualitative Inquiry**  
(March, 2014) Mofet

**Interviewing for Qualitative Research**  
(August, 2013) CE workshop for American Psychological Association

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## **Education**

**University of Michigan (APA Approved)**  
PhD Clinical Psychology

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## **Accomplishments**

**Theodore R. Sarbin Award**  
(2009) Awarded by the American Psychological Association.

**Diplomate in Group Psychology**  
(2004) Conferred by the American Board of Professional Psychology.

**Fellowship**  
(2001) Conferred by the Institute for Advanced Study, The Hebrew University of Jerusalem.

**Fellowship**  
(2000) Conferred by the A.K. Rice Institute.

**International Educator's Award**  
(1997) Awarded by Delta Kappa Gamma.

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