

Harmonics with Beth Behrs: Episode 6, Allison Russell

The intersections Canadian racism, female child sexual abuse, bi-racial heritage, music

[Harmonics](#)

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By [Beth Behrs](#) Oct 6, 2020

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Allison Russell is one half of acclaimed roots music duo [Birds of Chicago](#), with her husband JT Nero, and a member of Americana supergroup [Our Native Daughters](#).

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Editor's Note: This episode contains intense and honest descriptions of trauma that may be triggering to some listeners. While there is nothing directly explicit in the content, listener discretion is advised.

Born and raised in Quebec, Allison Russell survived a traumatic childhood, teaching herself various instruments as a way to cope before eventually finding her voice within the Vancouver music scene. On this episode of Harmonics, Russell talks with host Beth Behrs about those traumas, the healing power of music and artistic community, the history of the banjo, the intersectionality of the honest conversations currently being had in our culture, and much, much more.

In addition to her career with Birds of Chicago, Russell is one quarter of Americana supergroup, the Grammy-nominated [Our Native Daughters](#), with Rhiannon Giddens, Amythyst Kiah, and Leyla McCalla, and is preparing to release her first solo album. She and JT Nero live in Nashville with their daughter.

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