

Julie Tilsen, PhD

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EDUCATION

- Ph.D.** Social Sciences, Tilburg University, Taos Institute, The Netherlands, Cum Laude
Concentration: Constructionist Inquiry, Queer Studies, and Cultural Studies
- M.A.** Counseling and Psychological Services, Saint Mary's University, Minnesota
- B.S.** Therapeutic Recreation, University of North Texas, Cum Laude

LICENSE/CERTIFICATION

Licensed Psychologist (Minnesota), #LP3522
Board Approved Supervisor, Minnesota Board of Behavioral Health Therapy
Certified Trainer, International Center for Clinical Excellence

APPOINTMENTS/AFFILIATIONS

University of Minnesota: Community Faculty, Youth Studies
International Center for Clinical Excellence: Senior Associate
Taos Institute: Associate

AWARDS

2014 Intellectual Life Committee Visiting Scholar Grantee, California State University-San Bernardino
2011 Distinguished Service Award, Minnesota Association of Marriage & Family Therapy

TEACHING

Graduate courses & Post-graduate courses

- Advanced Family Therapy
- Multicultural Studies of the Family (cultural competence)
- Varieties of Family Patterns
- Counseling Theories
- Foundations of Family Therapy
- Group Processes
- Human Relations, Cultural Diversity and American Indian Culture
- Human Sexuality
- Individual and Relational Counseling
- Schools of Family Therapy
- Social and Cultural Foundations of the Family (cultural competence)
- Survey of Family Therapy Theories

Undergraduate courses

- Individual Youthwork
- Group Processes

PUBLICATIONS*Books, chapters & journal articles*

- Tilsen, J. (In press). In-queery: Re-methodologizing research through conversational engagement. In E. Pinderhughes & V. Jackson, (Eds.), *Understanding Power: 21st Century Human Services Imperative*. NASW Press.
- Tilsen, J., & Nylund, D. (In press). Cultural Studies Methodologies and Narrative Family Therapy: Therapeutic Conversations about Pop Culture. *Family Process*.
- Tilsen, J. and McNamee, S. (2015), Feedback Informed Treatment: Evidence-Based Practice Meets Social Construction. *Family Process*, 54: 124–137.
- Tilsen, J. (2013). *Therapeutic Conversations with Queer outh: Transcending Homonormativity and Constructing Preferred Identities*. Lanham, MD: Rowman & Littlefield.
- Tilsen, J. (2013). Friendly ghosts: Re-membering life after death. In J. Chang, (Ed.). *Creative Interventions with Children: A Transtheoretical Approach*, 158-162. Calgary, AB: Family Therapy Press.
- Tilsen, J., Miller, S.D., Seidel, J. (2012). *Feedback Informed Treatment Manual 5: Specific Populations*. Chicago: ICCE Press.
- Tilsen, J. & Nylund, D. (2010). Resisting normativity: Queer musings on politics, identity, and the performance of therapy. *The International Journal of Narrative Therapy and Community Work*, 3, 64-70.
- Tilsen, J. & Nylund, D. (2010). Homonormativity & queer youth resistance: Reversing the reverse discourse. In L. Moon, (Ed.), *Counselling Ideologies: Queer Challenges to Heteronormativity*. (93-104). Surrey: Ashgate Publishers.
- Tilsen, J. & Nylund, D. (2009). Popular culture texts & young people: Making meaning, honoring resistance, & becoming harry potter, *International Journal of Narrative Therapy and Community Work*, (2) 3-10.
- Tilsen, J. & Nylund, D. (2008). Psychotherapy research, the recovery movement, and practice-based evidence, *Journal of Social Work in Disability & Rehabilitation*, 7, 340-354.
- Tilsen, J, Nylund, D. & Grieves, L. (2007). The gender binary: Theory and lived experience. *International Journal of Narrative Therapy and Community Work*, 3, 47-56.
- Tilsen, J. (2007). We don't need no education: Parents are doing it for themselves. *Journal of Progressive Human Services*, (18) 1, 71-87.
- Tilsen, J. & Nylund, D. (2006). Queer theory goes dancing. *Therapeutic Conversations 8 Conference Papers*. Toronto, ON.

(Publications, continued)

Nylund, D. & Tilsen, J. (2006). Pedagogy and praxis: Postmodern spirit in the classroom. *Journal of Systemic Therapies*, (25) 4, 21-31.

Tilsen, J., Russel, S., and Michael. (2005). Nimble and courageous acts: How Michael became the boss of himself. *Journal of Systemic Therapies*, (24) 2, 29-42.

Tilsen, J. (1998). Vignettes from the doghouse: Tales of canine co-therapy. *Journal of Family Life*, (4) 4, 53-55.

Training Videos

Tilsen, J. (2015). *Therapeutic Conversations Beyond the Binary: Constructing Identities with Transgender Youth*. Washington DC: UPG Media.

Tilsen, J. (2015). *Beyond the Binary: Therapeutic Conversations with Queer Youth*. Washington, DC: UPG Media.

Miller, S.D. & Tilsen, J. (2014). *Feedback Informed Treatment Supervision*. Alexandria, VA: Microtraining/Alexander Street Press.

Tilsen, J. & Nylund, D. (2012). *iYouth: Therapeutic Conversations About Pop Culture*. Alexandria, VA: Microtraining/Alexander Street Press.

Tilsen, J. & Nylund, D. (2012). *Queer Theory 2*. Alexandria, VA: Microtraining/Alexander Street Press.

McNamee, S. & Tilsen, J. (2011). *Therapy as Social Construction*. Alexandria, VA: Microtraining/Alexander Street Press.

Miller, S.D. & Tilsen, J. (2011). *Feedback Informed Treatment*. Alexandria, VA: Microtraining/Alexander Street Press.

Tilsen, J. & Nylund, D. (2011). *Queer Theory in Action: Theoretical Resources for Therapeutic Conversations*. Alexandria, VA: Microtraining/Alexander Street Press.

SELECTED PRESENTATIONS

Keynotes, conference presentations, papers

2014 Therapeutic Conversations 11, Vancouver , BC: “*Narrative Therapy with Queer Youth: Transcending Homonormativity & Constructing Preferred Identities*”

2012 MAMFT Conference, Minneapolis, MN: “*Bringing Sexy Back: Desire, Pleasure & Resistance to Erotophobia*”

2012 Therapeutic Conversations 10, Vancouver, BC: “*Bye-Bye Binary: Queer Theory in Action*”

(Presentations, continued)

- 2011 MAMFT Conference**, Minneapolis, MN: *“Privileging Gender & Gendering Privilege: Moving Beyond the Binary with Transgender Youth & Their Families”*
- 2010 Keynote, Therapeutic Conversations 9**, Vancouver, BC: *“Resisting Normativity: Queer Musings on Politics, Identity, and the Performance of Therapy”*
- 2009 AAMFT Conference**, Sacramento, CA: *“Families in Transition: Transgender Youth In Context”*
- 2008 Intl. Narrative Therapy Conference**, Adelaide, AU: *“Queer Theory, Queer Therapy: Post Identities for the Post Modern World”*
- 2008 Intl. Narrative Therapy Conference**, Adelaide, AU: *“Don’t Shoot Your TV Yet Leveraging Pop Culture in Therapy with Youth”*
- 2007 Therapeutic Conversations 8**, Toronto, ON: *“One Stop Queer Shop”*
- 2007 MMFT Assn. Spring Fling**, St. Paul, MN: *“Q-Tips: Strategies for a Queer Friendly Practice”*
- 2007 Keynote MN Family Based Services Assn. Conference**, St. Cloud, MN: *“Thriving in the Age of So Called Evidence Based Practice”*
- 2006 Keynote MMFT Assn. Conference**, Minneapolis, MN: *“Don’t Shoot Your TV Yet: Leveraging Pop Culture in Therapy with Youth”*
- 2006 Therapeutic Conversations 7**, Vancouver, BC: *“Not Gay Enough: Bi-phobia, Policing Our Own, & the Struggle to be Queer in a Straight World”*
- 2006 Therapeutic Conversations 7**, Vancouver, BC: *“Organically Validated Treatments, Worst Practices, & Other Stuff That Works with Kids”*
- 2006 MN Assn. for Children’s Mental Health Conference**, Duluth, MN: *“Queer as Youth: Courageous Transgressions & Expanded Possibilities”*
- 2005 MMFT Annual Conference**, Minneapolis, MN: *“Couples Work Between the Binary: When One Partner is Transgender”*
- 2005 Keynote National Coming Out Day Observance**, University of Wisconsin-River Falls
- 2005 Therapeutic Conversations 6**, Vancouver, BC: *“Transgressing Sexual & Gender Boundaries”*
- 2003 St. Louis County Human Services Conference**, Duluth, MN: *“Homophobia, Heterosexism, & Me: Some Straight Talk”*
- 2003 MN Assn. for Runaway Youth**, St. Cloud, MN: *“Street Talk: Collaborative Conversations for the Office, Coffee Shop, or Squat”*
- 2002 St. Louis County Human Services Conference**, Duluth, MN: *“Beyond Diversity: An Experiential Exploration of Power & Privilege”*
- 2002 MN Psychological Assn.**, Brainerd, MN: *“Introduction to Narrative Therapy”*

INTERVIEWS/DISCUSSANT

- 2012** *“Gender, Race, and Queer”* Interviewed at Therapeutic Conversations 10, Vancouver.
- 2012** *“Narrative Therapy and Couples”* Interviewed Stephen Madigan at Therapeutic Conversations 10, Vancouver.
- 2010** *“Making Space for Ourselves: A Conversation on Trans Identities”* Discussant. Therapeutic Conversations 9, Vancouver.
- 2010** *“Conversations on Masculinity”* Interviewer. Therapeutic Conversations 9, Vancouver.

(Presentations, continued)

2007 “*History of Change: Queer Theory*” Interviewed by Stephen Madigan. Therapeutic Conversations 8, Toronto & Vancouver.

2007 “*Once He’s There: African American Men in Couples Therapy*” Discussant. Therapeutic Conversations 8, Toronto.

2005 “*Reconciling the Erotic & the Domestic*” Discussant. Therapeutic Conversations 6, Vancouver.

PRACTICE

Clinical supervision/consultation

- Provided primary clinical supervision for therapists, addiction counselors and graduate students
- Completed documentation required for licensure and evaluation of supervisees & staff performance
- Recruited, interviewed, hired, and trained staff and graduate interns
- Supervised staff and the overall clinical functioning of program
- Served as clinical consultant for mental health therapists, youth and outreach workers, residential care staff, and social service providers
- Provided consultation to medical, psychotherapy, residential & shelter care staff, and youthwork professionals in specialty areas of focus including:
 - Feedback Informed Treatment
 - Socially just practice
 - Work with youth in risky contexts
 - Work with queer and transgender communities
 - Narrative therapy and collaborative practices
 - Harm reduction

Client care

- Provided individual, family, group, and couples therapy for children, youth, and adults experiencing a variety of concerns including:
 - Depression, anxiety, lack of motivation, stress
 - Eating disorders
 - Addictions
 - Sexual health
 - HIV/AIDS
 - Poverty, homelessness, marginalization
 - Family, relationship, and parenting concerns
 - Behavior and school performance problems
 - Sexual and domestic abuse
- Designed, implemented, and facilitated experiential retreats for families in addictions treatment
- Worked at all levels of client care including: inpatient, residential, day treatment, public school, community-based, university counseling center, and private practice
- Interfaced and collaborated with collateral service providers from various disciplines, third-party payers, and school personnel

TRAINING, PROGRAM CONSULTATION AND PROGRAM DESIGN

Community and mental health

- Trained and consulted youthworkers serving homeless/street youth
- Consulted to social service agencies and clinical programs regarding issues of: cultural competence, work with GLBTQ clients, youth development & leadership, and clinical practice
- Designed and facilitated variety of workshops for professionals in the areas of:
 - Narrative therapy & collaborative practices
 - Queer and transgender communities
 - Social justice
 - Harm reduction
 - Anti-burnout & sustainable practice
 - Feedback Informed Treatment
- Advised professional organizations for purposes of political lobbying in healthcare reform

School-based programs

- Created, implemented, and facilitated youth mentorship program in inner-city high school
 - Demonstrated improved attendance, performance and retention
 - Increased participation in student leadership and extracurricular activities
- Designed and facilitated freshmen retention program in inner-city high school
 - Retention improved 30% after one year of program
- Provided training and consultation for inner-city high school teachers on relationship skills
- Facilitated teacher-parent visioning workshops
- Designed and led team of youth workers in facilitation of student leadership development
- Created and facilitated anti-oppression workshops for high school students

University communities

- Directed, designed and implementation of Positive Space Campaign
- Provided training, consultation, and on-going support for university residential life staff (Resident Assistants):
 - Conflict resolution and difficult situation conversation skills
 - Crisis response skills
 - Crisis debriefing
 - Cultural competency skills
 - Interpersonal team building
- Trained and provided consultation for student peer support workers
- Served as consultant to faculty and staff on issues regarding:
 - Effective relationship skills with students
 - Responding to student crisis
- Mentored university student organizations in peer support and positive climate initiatives
- Created and facilitated projects focused on:
 - Improving campus climate
 - Enhancing student-staff collaboration
 - Improving academic success

JOB HISTORY

Therapist/Consultant/Trainer, Private Practice: 1997-present

Community Faculty: University of Minnesota, School of Social Work, Youth Studies
Program: 2013-present

Director of Ethics & Practice, International Center for Clinical Excellence: 2015-present

Training Director, International Center for Clinical Excellence: 2010-2015

Assistant Professor, Saint Mary's University, Minneapolis, MN: 2001-2007; 2012-2013

Counselor, University of Winnipeg Student Services, Winnipeg, MB: 2008-2010

Clinical Supervisor, Downtown Community Health Centre, Vancouver, BC: 2007-2008

Adjunct Faculty, Argosy Univ., MFT Graduate Program, Eagan, MN: 2004-2007

Psychologist, Methodist Hospital Eating Disorders Institute, Minneapolis, MN: 1998-2000

Intern Supervisor, Domestic Abuse Project, Minneapolis, MN: 1998-2000

Adjunct Faculty, Mankato State Univ., Ed. Leadership Graduate Program, Mankato, MN,
1997

Family Therapist/Clinical Supervisor, Storefront/Youth Action, Richfield, MN: 1995-1997

Family Therapist, Family Networks Adolescent Day Treatment, Minneapolis, MN: 1994-1995

Family Therapist, Brown House Youth Residential Treatment, St. Paul, MN: 1993-1994

Adolescent Therapist, Gerard Day Treatment, Minnetonka, MN: 1990-1992