

Julie Tilsen, PhD

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EDUCATION

Ph.D. 2010 Social Sciences, Tilburg University-Taos Institute, The Netherlands, Cum Laude
Concentration: Queer Studies

M.A. 1993 Counseling and Psychological Services, Saint Mary's University, Minnesota

B.S. 1987 Therapeutic Recreation, University of North Texas, Cum Laude

LICENSE/CERTIFICATION

Board Approved Supervisor, Minnesota Board of Behavioral Health Therapy

Licensed Psychologist (Minnesota), #LP3522

APPOINTMENTS/AFFILIATIONS

Fairfield University: Core Faculty for Certificate in Sexual and Gender Minority Mental Health

Taos Institute: Associate

University of Minnesota: Community Faculty, Youth Studies

AWARDS

2022 Book of the Year Award, American Association of Sexuality Educators, Counselors and Therapists

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
- Counseling Queer and Trans Youth
- Counseling Theories
- Foundations of Family Therapy
- Human Sexuality
- Individual and Relational Counseling
- Social and Cultural Foundations of the Family (cultural competence)

Undergraduate courses

- Conversational and Relational Practices with Young People
- Experiential Group Processes
- Youthwork Internship

PUBLICATIONS

- Tilsen, J.** (2021). *Queering Your Therapy Practice: Queer Theory, Narrative Therapy, and Imagining New Identities*. New York: Routledge. (Winner AASECT Book Award)
- McNamee, S. & **Tilsen, J.** (2021). Relational responsibility: Ethics and power in supervision. In O. Ness, S. McNamee & O. Kvello (Eds.), *Relational Processes in Counseling and Psychotherapy Supervision*, 55-76. Cham, Switzerland: Palgrave Macmillan
- Tilsen, J.** (2019). Winter Stories: Therapeutic Conversations from the Land of Ice and Snow. *International Journal of Narrative Therapy and Community Work*, 2, 11-20.
- Tilsen, J.** (2018). *Narrative Approaches to Youth Work: Conversational Skills for a Critical Practice*. New York: Routledge.
- Tilsen, J.** (2017). Re-methodologizing research: Queer considerations for just inquiry. In E. Pinderhughes, V. Jackson, & P. Romney (Eds.), *Understanding Power: An Imperative for Human Services*, 235-250. Washington, DC: NASW Press.
- Chesworth, B., Filipelli, A., Nylund, D., **Tilsen, J.**, Minami, T., & Barranti, C. (2017). Feedback informed treatment with LGTB clients: Social justice meets evidence based practice. In S. Miller, D. Prescott & C. Maeschalck (Eds.), *Reaching for Excellence: Feedback-Informed Treatment in Practice*. Washington, D.C: APA Press.
- Tilsen, J.**, & Nylund, D. (2016). Cultural studies methodologies and narrative family therapy: Therapeutic conversations about pop culture. *Family Process*, 55(2), 225-237.
- 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 Youth: 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 Trans-theoretical Approach*, 158-162. Calgary, AB: Family Therapy Press.
- Tilsen, J.**, Maeschalck, C., 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*

(Publications, continued)

of Progressive Human Services, (18) 1, 71-87.

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.

Professional Training Videos

Tilsen, J. (2017). *A Conversation with Gender Non-binary Youth*. Alexandria, VA:

Microtraining/Alexander Street Press.

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

2018 Los Angeles Post Modern Conference, L.A., CA: *Is That Unethical or Just Queer? Postmodern Ethics, Queer Theory & Narrative Practice*

2018 NCFR Feminism & Family Studies Special Section Speaker, San Diego, CA: *Therapeutic conversations with Queer Youth: Queer Theory in Action*

2017 Narrative Practice Conference, Hong Kong Baptist University, Hong Kong: *Therapeutic Conversations about Popular Culture Conversations about Gender & Sexuality: Some Straight Talk*

2015 Keynote International Psychology Congress, Maringa State University, Parana, Brazil: *Exposing the Politics of Normativity: Practices of Resistance of Queer & Transgender Communities*

2015 Federal University of Santa Catarina, Florianopolis, Brazil: *Queer Theory & Healthcare*

2015 Therapeutic Conversations 12, Vancouver, BC: *Conversations on Non-Normativity*

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

(Presentations, continued)

- 2013 MAMFT St. Paul:** *iYouth: Kids, Counseling & Pop Culture*
2012 Therapeutic Conversations 10, Vancouver, BC: *Bye-Bye Binary: Queer Theory in Action*
2011 MAMFT Minneapolis: *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: *Families in Transition: Transgender Youth In Context*
2008 Intl. Narrative Therapy Conference, Adelaide, AU: *Queer Theory, Queer Therapy*
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 Keynote MFBSA Conference, St. Cloud: *Thriving in the Age of So-Called Evidence Based Practice*
2006 Keynote MAMFT Conference, Minneapolis: *Don't Shoot Your TV Yet: Leveraging Pop Culture in Therapy with Youth*
2006 Therapeutic Conversations 7, Vancouver, BC: *Not Gay Enough*

Interviews/Panels

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| 2018 Reclaiming Queer Youthwork | Liberation Based Healing Conference, St. Louis |
| 2012 Gender, Race, & Queer | TC10, Vancouver |
| 2012 Narrative Therapy & Couples | TC10, Vancouver |
| 2010 Conversations on Masculinity | TC9, Vancouver. |
| 2007 History of Change: Queer Theory | TC8, Toronto & Vancouver. |
| 2005 Reconciling the Erotic & the Domestic | TC6, Vancouver |

PRACTICE

Clinical supervision/consultation

- Provided clinical supervision for therapists, addiction counselors and graduate students
- Completed documentation required for licensure and evaluation of supervisees
- Recruited, interviewed, hired, and trained staff and graduate interns
- Provided clinical consultation to medical, psychotherapy, residential & shelter care staff, and youthwork professionals

Client care

- Provided individual, family, group, and relationship therapy for children, youth, and adults with areas of focus including:
 - Gender and sexuality
 - Addictions & substance mis-use
 - Sexual health & HIV/AIDS
 - Effects of racism, poverty, homelessness, and other systems of oppression
 - Family, relationship, and parenting concerns
- Designed, implemented, and facilitated retreats for families in addictions treatment

(Practice, continued)

- Worked at all levels of client care including: inpatient, residential, day treatment, public school, community-based, university counseling center, and private practice

TRAINING, PROGRAM CONSULTATION AND PROGRAM DESIGN

Community and mental health

- Trained and consulted youth workers serving unhoused youth & youth in risky contexts
- Consulted social service agencies and clinical programs regarding issues of: cultural responsiveness, queer & transgender clients, and socially just practices
- Designed and facilitated variety of workshops for professionals in the areas of:
 - Narrative therapy & dialogical practices
 - Serving queer and transgender communities
 - Feedback Informed Treatment
 - Socially just, anti-oppressive practices
 - Anti-burnout & sustainable practice

School-based programs

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

University communities

- Directed, designed, and implemented Positive Space Campaign
- Provided training, consultation, and on-going support for university residential life staff in:
 - Conflict resolution and difficult situation conversation skills
 - Crisis response and debriefing skills
 - Cultural responsiveness 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, Youth Studies: 2013-present

Faculty, Fairfield University Sexual & Gender Minority Mental Health: 2020-present

Director of Ethics & Practice, International Center for Clinical Excellence: 2015-2018

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

Adjunct Faculty, Saint Mary's University, Minneapolis: 2001-2007; 2012-2013

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

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

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

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

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

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

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

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