

CURRICULUM VITAE

Joseph B. Nelson MA, LP, CST

EDUCATION

- 1985 Licensure LP 0592
Minnesota State Board of Psychology
- 2006 AASECT Certified Sex Therapist
- 1983 M.A. Counseling Psychology
St. Mary's College
Winona, Minnesota
- 1980 BS Social Work
University of Minnesota
Minneapolis, Minnesota

PROFESSIONAL EXPERIENCE

- 2002 – 2003 Health Psychologist
International Diabetes Center
Minneapolis Minnesota
- 2002 – Present Private Practice Psychologist
Golden Valley Psychotherapy Associates
Golden Valley, Minnesota
- 2002 – 2008 Consulting Psychologist
Sexual Health Center
Park Nicollet Medical Center
Minneapolis, Minnesota
- 1991 - 2003 Director, Behavioral Medicine Services
International Diabetes Center
Minneapolis, Minnesota
- 1996 - 2003 Co-Leader, Mindfulness Based Stress Reduction Class
Park Nicollet Medical Center,
International Diabetes Center
- 1984 - 2002 Family Counselor/Licensed Psychologist

	International Diabetes Center Minneapolis, Minnesota
1987 - 2002	Psychologist, Sexual Health Center Park Nicollet Medical Center Minneapolis, Minnesota
1986 - 1988	Psychologist, Park Nicollet Mental Health Dept Park Nicollet Medical Center Minneapolis, Minnesota
1981 - 1984	Director of Social Services American Diabetes Association Minnesota Affiliate Minneapolis, Minnesota
1978 - 1981	Psychotherapist Adult Mental Health Mercy Medical Center Minneapolis, Minnesota
1975 - 1978	Lead Child Care Worker Bar None Residential Treatment Center Minneapolis, Minnesota
1973 - 1975	Group Worker DuPage County Youth Home DuPage, Illinois

PROFESSIONAL ORGANIZATIONS

American Psychological Association
 Minnesota Clinical Hypnosis Society
 Minnesota Psychological Association
 American Diabetes Association - Professional Section
 American Association of Diabetes Educators
 Minneapolis St. Paul Diabetes Educators
 American Association of Sex Educators, Counselors, and Therapists

CONTINUING EDUCATION

- ASSECT annual meetings
 - 2008 - New Orleans
 - 2007 - Charlotte NC
 - 2006 - St Louis, Mo
- 2005 Mindfulness Meditation, Jon Kabat-Zinn
- 2005 World Congress of Sexology, Montreal
- 2004 ASSECT Annual Meeting, Chicago
- 2004 Using Imagery to Heal Trauma, Belleruth Naparstek, LISW
- 2004 Partners in Liberation: Buddhism and Psychotherapy
- 2003 Intensive Training "Energy Healing" ; Fred Gallo PhD
- 2003 Male Survivors of Sexual Abuse
- 2002 Coaching for Clinicians
- 2002 Minnesota Clinical Hypnosis annual Meeting
- 2002 Intensive Training "The Soul of Practice" Joan Klagsbrun
- 2001 Intensive Training "Fire in the Soul" : Joan Borysenko, PhD
- 1998 Intensive training in Imagey and Healing: Jeanne Acterberg, PhD and Frank Lawlis, PhD
- 1997 Workshops presented by James Prochaska Ph.D. on Stages of Change

- 1997 The Sacred Ways of the Lakota: The Sacred Pipe and the Stonepeople Lodge

- 1996 Training workshop with Jon Kabat-Zinn in Mindfulness Meditation

- 1995 Certificate in Alternative Medicine approaches

PROFESSIONAL ACTIVITIES

- 2009 TCOYD Amarillo, Tx. Harnessing the Interpersonal Power Of Diabetes, and Making the Connection health professional program

- 2009 TCOYD Raleigh, NC "Harnessing the Interpersonal Power of Diabetes" and "Making the Connection" health professional program.

- 2002-2008 Board Member, Minnesota State Diabetes Stearing committee

- 2008 Wellmark; Three telephone presentations given to providers relating to facilitating behavior change

- 2008 TCOYD Des Moines Ia. Making the Connection Health Professional Program

- 2008 TCOYD The Ten Psychological Secrets of Managing Diabetes,

and coordination of Health Professional Program, Indianapolis In.

- 2007 TCOYD Indianapolis In "Top Ten Psychological Secrets to Managing Diabetes
- 2007 Perham Mn, "Tipping Points In Diabetes Care"
- 2007 Marriage and Family Therapy Dept Bethel University, " Soma and Psyche, introduction to integrative care in psychotherapy"
- 2007 Marshfield, Wi. Behavior Change to Improve Diabetes Outcomes.
- 2007 Mt Rushmore Diabetes Educators, "Depression and Diabetes; Understanding Behavior Change; Working with Challenging Patients and Maintaining Your Sanity"
- 2007 TCOYD Milwaukee, Wi. "Top Ten Psychological Secrets in Diabetes"
- 2006 -current AADE Committee for Professional Practice
- 2006 TCOYD Santa Clara Ca. MDs, Professional Ed program
- 2006 TCOYD Key Note lunch presentation "Emotions the wild card in Diabetes"
- 2006 TCOYD Virginia Beach Virginia, "Emotional issues in treating diabetes"
- 2006 Duluth Minnesota, University of Wisconsin, Superior Wi. "Depression and Diabetes, "Unraveling the interactive effect"
- 2006 Mayo Clinic second year Medical Students "Understanding and Treating Adult Sexuality"
- 2006 TCOYD Des Moines "Emotions, The Wild Card in Diabetes"
- 2005 Respecting Sex; "The Rodney Dangerfield of Complications" AADE annual Meeting Washington DC
- 2005 Diabetes + Stress + Depression =? ADA Expo Minneapolis
- 2005 Psychological Aspects of the Metabolic Syndrome Des Moines area Hospital, Annual Meeting
- 2005 The Psychological Aspects of Sexual Dysfunction

Park Nicollet Physician Symposia

- 2005 Standing Rock Reservation ,All Day Program for community Health workers
- 2004 Northern Great Plains Native Heart and Diabetes Conference
Key Note
“You’re not a failure, You’re already Changing.”
Shakopee, Minnesota
- 2004
TCOYD Presentor
Lunch General Session
Scaling the mountail of diabetes meditation
Minneapolis Convention Center
Minneapolis, Minnesota
- 2003 TCOYD
Presentor
General Session
The Wild Card in Diabetes
Emotional Issues that Affect All of Us.
Minneapolis Convention Center
Minneapolis, Minnesota
- 2003 TCOYD
Presentor
Break Out Session
Sexual Health is a Couples Issue.
Minneapolis, Minnesota
- 2003 Presenter
Sex, Lies and Infusion sets
Pump Support Group
St. Paul, Minnesota
- 2002 Presenter
Sexuality Across the Life Span
Minnesota Psychological Association
St Paul, Minnesota
- 2002 Presenter
A triple Dilema: Depression Diabetes and Metabloic Syndrome
International Diabetes Center Annual Symposia
Minneapolis, Minnesota

- 2002
Presenter
Work, Life and Chronic Disease
3M Lunch and Learn
St. Paul, Minnesota
- 2002
Presenter
Lets Talk.
Break Out Session
Park Nicollet Diabetes Update for Primary Care Physicians
St. Louis Park, Minnesota
- 2001
Keynote Presenter
Stress and Depression In Diabetes
Medcenters One Annual Diabetes Workshop
Bismarck, ND
- 2001
Presenter
St Paul Heart Lipid Tutorial
Understanding and using the Stages of Change
Bloomington, Minnesota
- 2001
Presenter
Managing Problems You Can't Cure
Empowering Patients with Chronic Illness
Park Nicollet Medical Center,
Plymouth Minnesota
- 2000
Presenter
Diabetes Society of Santa Clara Valley
The relationship between Diabetes and Depression
San Jose , Ca
- 2001
Keynote Presenter
Summer Native American Institute
Diabetes - Do you get it?
Emotional and Behavioral issues in Diabetes
New Ulm, Minnesota
- 2001
Presenter
AADE annual meeting
Concurrent session

Diabetes and Depression
San Diego, California

- 2000 Presenter
National Kidney Foundation annual meeting
Stages of Change, concurrent session
Alanta, Georgia
- 1999 Presenter and Award Recipient
Institute for Research and Education, Healthsystem MN
Educator of the Year for 1998
- 1999 Presenter
Stages of change
Medstar program telecast
Grand Forks, ND
- 1999 Presenter
Counseling Adolescents with Diabetes
A Professional Symposium
IDC, Minneapolis, MN
- 1999 Guest Speaker
A Joint Endeavor: Addressing Chronic Disease in the Workplace
Park Nicollet Clinic, Minneapolis, MN
- 1999 Presenter
Depression and Diabetes
Health Professional Update
IDC, Minneapolis, MN
- 1999 Presenter
Stages of Change, and the Patient and Professional Relationship
Aberdeen Area Indian Health Service Multi-Discipline C.E.
Pierre, SD
- 1998-2000 Member
ADA Education Recognition Program Committee
- 1998 Presenter
Diabetes and Sexual Dysfunction
Aiming for Improvement Workshop
Grand Forks, ND

- 1998
Presenter
Zen and the Art of Diabetes Management
Professional Symposium
IDC, Minneapolis, MN
- 1999
Presenter
Stages of Change: A Model to Facilitate Change
Diabetes and Endocrine Update
Institute for Research and Education, Minneapolis, MN
- 1998
Presenter
Psychological Issues in Living with Chronic Illness
Northwest Personal Trainers Seminar
Health Education, IRE, Healthsystem MN
Minneapolis, MN
- 1998
Presenter
Stages of Change: A Model to Facilitate Change
Diabetes and Endocrine Update
IRE, Healthsystem, MN
- 1998
Presenter
Behavior Change in Diabetes
Iowa Diabetes Educators Association
Dubuque, IA.
- 1998
Presenter
Sexual Issues and Diabetes
Altru Diabetes Center Annual Meeting
Grand Forks, ND
- 1997
Presenter
Mindfulness Meditation for Patients and Educators Alike
Annual National Meeting Diabetes Educators
Denver, Co.
- 1997
Presenter
5 Day program, Counseling Native Americans using the Stages
of Change and Co-empowerment Models
Native American Health Professionals
Belcourt, ND
- 1997
Presenter
Depression and Diabetes

Annual Diabetes Symposia
Fargo, ND

- 1997
Presenter
Telephone Counseling Approaches
Student Interns Community Diabetes Prevention Program
MPLS, MN
- 1996
Presenter
Recognizing and Treating Depression in Diabetes
Annual Diabetes Symposium
Presented with C. Stepka-Tracey
Fargo, North Dakota
- 1996
Presenter
Diabetes: Meditation and Pain Control
Wellness 2000, The University of St. Thomas
St. Paul, Minnesota
- 1996
Presenter
Alternative Therapies: Mindfulness Meditation
Annual Spring Symposium, International Diabetes Center
Minneapolis, Minnesota
- 1996
Presenter
The Dynamics of Family Adjustment to Chronic Disease
Valley Diabetes Symposium, MidMichigan Regional
Medical Center
- 1995
Presenter
Behavior Change and Co-Empowerment in Diabetes Management,
Annual Meeting of Minnesota
Psychological Association.
- 1995
Presenter
The DCCT and You. Skemp Clinic Wisconsin Annual Meeting with
patients and health professionals.
- 1995
Presenter
The Transtheoretical Model of Change, International Diabetes
Center Health Professional Symposia.

- 1995 Presenter
Conscious Goal Setting. Annual Nutrition Symposia, International
Diabetes Center.
- 1995 Presenter
The Psychological Aspects of Living with Chronic Illness,
International Diabetes Center. Lupus Support Group.
- 1995 Presenter
Family Adjustment to Asthma. Super Asthma Saturday.
International Diabetes Center.
- 5/19-21/94 Presenter
Psychosocial Issues In Diabetes From control to Complications
Continuing Education for Health Care Professionals
Health Professional Symposium
International Diabetes Center, Minneapolis, Minnesota
- 4-16-94 Presenter
New Diabetes Management for Children and Youth
School Nurse Organization of Minnesota,
Minneapolis, Minnesota
- 4-9-94 Presenter
Improving Your Quality of Life
Annual Diabetes Seminar
Diabetes Education Center of the Midlands - Omaha, NE
- 11/11-13/93 Presenter
Nutrition, Diabetes and the DCCT: Applications to Practice
A Professional Symposium
International Diabetes Center - Minneapolis, Minnesota
- 1992 Co-Empowerment
Annual Diabetes Symposium
Kansas City, KS
- 1992 Advisory Board Member
Estee Food Company
New York, New York
- 1991 Member of Consensus Panel
"Development of Practice Guidelines for Outpatient Nutrition
Care" International Diabetes Center, Minneapolis, Minnesota

- 1991 Presenter
 “Empowering Ourselves and Our Client Nutrition
 Symposium,
 International Diabetes Center, Minneapolis, Minnesota
- 1991 Co-presenter
 “Working with Adolescents “Nutrition Symposium,
 International Diabetes Center, Minneapolis, Minnesota
- 1991 Presenter
 “Emotional Aspects of Organic Impotence”
 Society of Scientific Study of Sex
 Annual Conference, New Orleans, Louisiana
- 1990 Co-Facilitator for New Direction Weight Loss Study
 International Diabetes Center, Minneapolis, Minnesota
- 1990 Lecturer
 “Team Management of Impotence”
 American Urological Association Annual Midwest Conference
- 1990 Presenter
 Wisconsin American Diabetes Association
 “Eating Disorders in Diabetes”
- 1990 Minnesota Diabetes and Youth Project Annual Workshops
 “Co-Dependency and Diabetes: Co-Diabetes”
- 1990 Minnesota ADA Annual Coping Workshop
 “Parenting the Child with Diabetes”
- 1990 EuClair ADA
 “Parenting the Child with Diabetes”
 All Day Workshop
- 1990 Behavioral Medicine in the Treatment of Diabetes
 Presentation/Discussion with Soviet Physicians
 Specialized Training
- 1984 Lecturer – Living Well with Diabetes Program
 “Family Adjustment”
 “Planning Behavior Change”
 “Psychological and Motivational Strategies”
 “Sexual Dysfunction and Diabetes”

- 1984 Development and Implementation of Psychosocial Programs
International Diabetes Center - Minneapolis, Minnesota
- 1987 Lecturer and Facilitator
"Adolescent Group Program"
International Diabetes Center - Minneapolis, Minnesota
- 1987 Co-Developed Sexual Health Center
Park Nicollet Medical Center - Minneapolis, Minnesota
- 1988 Developer and Facilitator
"Change About" Behavior Change Program
International Diabetes Center - Minneapolis, Minnesota
- 1988 Presenter
"Diabetes and Impotence"
AADE Annual Conference
Dallas, TX
- 1988 Presenter
"Behavior and Family Management in Chronic Illness"
Diabetes Update 1988
University of Wisconsin - Madison, WI
- 1989 Presenter and Facilitator
"Staying Motivated"
Diabetes Intensification Class
International Diabetes Center - Minneapolis, Minnesota

PUBLICATIONS

"Facilitating Behavior Change"
AADE Online Continuing Education course worth 6 CE's
Four (4) Modules 2008

Men's Health; Low Testosterone and Diabetes
Individualized Treatment and a Multi-disciplinary Approach"
The Diabetes Educator, Volume 34 Supplement 5, Nov/ Dec 2008

Body Scan and Sitting Meditation, Compact Disk
Mountain Meditation, Lake Meditation, Compact Disk
WWW.NORCOMTAPES.COM

"Overcoming the Macho Mindset"
Diabetes Self Management; April 2004

R.A. Rapaport publishing NY, NY

“Navigating Mental Health Care”
Diabetes Self Management; p30-33, September/October 2003
R.A. Rapaport publishing, NY,NY

“Depression and Diabetes” booklet
2002
International Diabetes Center
Park Nicollet Institute
Minneapolis, MN

“Aging and Depression, not a matched set”
Diabetes Self Management; p12-16, January/ February 2002
R.A. Rapaport publishing, NY, NY

“The Effect of Intensive Treatment of Diabetes on the Development and Progression of Long-Term Complications in Insulin-Dependent Diabetes Mellitus”, The New England Journal of Medicine; 329:977-986, Sept 30, 1993

“Psycho Social Aspects of Diabetes”, Journal of Home Health Care Practice, Vol. 4, No. 3: p. 72-90 1992: Aspen Publishers, Inc.

The DCCT Research Group: Diabetes Control and Complications Trial (DCCT): Results of Feasibility Study. DIABETES CARE, Vol. 10, No. 1, January-February 1987.

Impotence: Psychosocial Aspects. In: Blackard et al., Impotence Program Manual, International Diabetes Center, Minneapolis, 1988.

Hollander, Priscilla, MD, et al., Intensification Manual, “Introduction” and “Staying Motivated”, International Diabetes Center, 1989.

“A Multi-disciplinary Approach for the Treatment of Impotence”, Blackard et al, The Bulletin, Vol. 34, No. 2, 1990, p. 81-87.

“Using Pictures to Communicate with your Children”, Living Well With Diabetes, Spring 1991.

“Coping with Holiday Eating”, DCCT Newsletter, Dec. 1990, Castle and Nelson.

“Emotional Consequences of Organic Impotence”. Supported by a grant from D.R.E.F. 1991.

“Managing Type II Diabetes.”
International Diabetes Center.

A. Monk, J. Pearson, Dr. P. Hollander, and Dr. R. Bergenstal. 1995.

“Learning to Live Well with Diabetes”

Chapter 3 “Living with Diabetes,” Chapter 6 “Balancing Stress,” Chapter 12 “Learning how to Change.” Bergenstal, Franz, Etwiler, 1995

“Depression and Diabetes.”

International Diabetes Center, 2002