

## 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**

2010      Certificate Training Motivational Interviewing

- 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**

- 2002-present Board Member, Minnesota State Stearing committee  
Minnesota Diabetes Program
- 2010 AADE Newsletter Editorial Board
- 2010 Mind, Body, Spirit: Meditation Sessions 8/4, 8/5 AADE Annual Meeting, San Antonio, Tx.
- 2010 Panel Presentation: Mindful Diabetes Management  
70<sup>th</sup> ADA Scientific Sessions, Orlando, Fl
- 2010 Author: Problem Solving chapter and Healthy Coping chapter in  
The Art and Science of Diabetes Management, 2<sup>nd</sup> edition
- 2010 TCOYD Harnessing the Interpersonal Power of Diabetes and  
co-ordination of Health Professional Program New Orleans, La
- 2010 Using Motivational Interviewing to Move to the Next Stage  
International Diabetes Center, Minneapolis, MN
- 2009 Symposia on Problem Solving – AADE
- 2009 Symposia on Healthy Coping - AADE
- 2008 Panel Presentation Low Testosterone in Men with Diabetes
  
- 2008 Series of three presentations on behavior change  
Wellmark Blue Cross Blue Shield of Iowa

- 2007 TCOYD The Ten Psychological Secrets of Managing Diabetes, and coordination of Health Professional Program Milwaukee Wisconsin
- 2008 TCOYD The Ten Psychological Secrets of Managing Diabetes, and coordination of Health Professional Program, Indianapolis In.
- 2006 -2010 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 Presenter

Lunch General Session  
Scaling the mountail of diabetes meditation  
Minneapolis Convention Center  
Minneapolis, Minnesota

2003 TCOYD  
Presenter  
General Session  
The Wild Card in Diabetes  
Emotional Issues that Affect All of Us.  
Minneapolis Convention Center  
Minneapolis, Minnesota

2003 TCOYD  
Presenter  
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- Present  
Presenter  
Understanding and Using the Stages of change and  
Motivational Interviewing in Working with Health  
Professionals  
International Diabetes Center Industry Program

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  
Prensenter  
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**

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

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