

Stephen Robert Wester, Ph.D.

Associate Professor

APA Approved Counseling Psychology Doctoral Training Program
Department of Educational Psychology, University of Wisconsin-Milwaukee

Contact

Department of Educational Psychology
753 Enderis Hall
University of Wisconsin-Milwaukee
P.O. Box 413, Milwaukee, Wisconsin 53201-0413
414-229-4774 SRWester@UWM.EDU

Education

- Ph.D. Counseling Psychology (August 2000). Department of Psychology, University of Florida (APA Approved Training Program). Gainesville Florida.
Phi Beta Kappa
Focus: Developmental Psychology
- M.A. Clinical Psychology (August 1994). Department of Psychology, Xavier University. Cincinnati Ohio.
Focus: Psychometric Assessment
- B.A. Psychology (May 1992). Department of Psychology, University of Toledo. Toledo Ohio.
Focus: Research Methodology

Awards

American Psychological Association's Division 51, *Society for the Psychological Study of Men and Masculinity*, Researcher of the Year. 2006

Research Interests

Psychology of Men and Masculinity; Male Gender Role Conflict;
Gender and Emotion; Multicultural Masculinity; Counseling Men;
Counseling Supervision and Training; Multicultural Counseling

Publications¹

- 32) Vogel, D.L., **Wester, S.R.**, & Larson, L.M. (in press). Avoidance of counseling: Psychological factors that inhibit seeking help. *Journal of Counseling and Development*.
- 31) **Wester, S.R.** (in press). Thinking complexly about men: Gender role conflict and counseling psychology. *The Counseling Psychologist*.
- 30) **Wester, S.R.** (in press). Multicultural advances in the psychology of men: Implications for counseling psychology. *The Counseling Psychologist*.

¹ "*" refers to publication with students as coauthors

- 29) ***Wester, S.R.**, Christianson, H.F., Fouad, N.A., & Santiago-Rivera, A.L. (in press). Information processing as problem solving: A collaborative approach to dealing with students exhibiting insufficient competence. *Training and Education in Professional Psychology*.
- 28) ***Wester, S.R.**, McDonough, T.A., White, M., Vogel, D.L., & Taylor, L., (in press). The use of gender role conflict theory in counseling Male-to-Female transgendered individuals. *Journal of Counseling and Development*.
- 27) ***Wester, S.R.**, Christianson, H.F., Vogel, D.L., & Wei, M. (2007). Male gender role conflict and psychological distress: The role of social support. *Psychology of Men and Masculinity*.
- 26) *Vogel, D.L., Wade, N.G., **Wester, S.R.**, Larson, L.M., & Hackler, A.H. (2007). Seeking help from a mental health professional: The influence of one's social network. *Journal of Clinical Psychology*, 63, 233-245.
- 25) *Boysen, G., Vogel, D.L., Madon, S., & **Wester, S.R.** (2006). Mental health stereotypes of gay males. *Sex Roles: A Journal of Research*, 54, 69-82.
- 24) *Vogel, D.L., **Wester, S.R.**, Heesacker, M., Boysen, G.A., & Seeman, J. (2006). Gender differences in emotional expression: Do mental health trainees overestimate the magnitude? *Journal of Social and Clinical Psychology*, 25, 305-332.
- 23) Vogel, D.L., **Wester, S.R.**, Larson, L.M., & Wade, N.G. (2006). An information-processing model of the decision to seek professional help. *Professional Psychology: Research and Practice*, 37, 398-406.
- 22) **Wester, S.R.**, Kuo, B., & Vogel, D.L. (2006). Multicultural coping: Chinese Canadian adolescents, male gender role conflict, and psychological distress. *Psychology of Men and Masculinity*, 7, 87-104.
- 21) ***Wester, S.R.**, Vogel, D.L., Wei, M. & McLain, R. (2006). African-American men, gender role conflict, and psychological distress: The role of racial identity. *Journal of Counseling and Development*, 84, 419-429.
- 20) *Vogel, D.L., **Wester, S.R.**, Wei, M., & Boysen, G.A. (2005). The role of outcome expectations and attitudes on decisions to seek professional help. *Journal of Counseling Psychology*, 52, 459-470.
- 19) ***Wester, S.R.**, Pionke, D., & Vogel, D.L. (2005). Male gender role conflict, gay men, and same-sex romantic relationships. *Psychology of Men and Masculinity*, 6, 195-208
- 18) ***Wester, S.R.**, & Lyubelsky, J. (2005). Supporting the thin blue line: Gender sensitive therapy with male police officers. *Professional Psychology: Research and Practice*, 36, 51-58.
- 17) **Wester, S.R.** (2005, October 5). The Circle is Now Complete: Anakin Skywalker, relationships, and the psychology of men (Part 2) [Review of the motion picture *Star Wars, Episode III: Revenge of the Sith*]. *PsycCRITIQUES-Contemporary Psychology*:

- APA Review of Books*, 50 (No. 40), Article 15.
- 16) **Wester, S.R.** (2005, September 28). The Circle is Now Complete: Anakin Skywalker, relationships, and the psychology of Men (Part 1) [Review of the motion picture *Star Wars, Episode III: Revenge of the Sith*]. *PsycCRITIQUES-Contemporary Psychology: APA Review of Books*, 50 (No. 39), Article 15.
 - 15) Skrowron, E.A., **Wester, S.R.**, & Azen, R. (2004). Differentiation of self mediates college stress and adjustment. *Journal of Counseling and Development*, 82, 69-78.
 - 14) **Wester, S.R.**, Vogel, D.L., & Archer, Jr., J. (2004). Male restricted emotionality and counseling supervision. *Journal of Counseling and Development*, 82, 91-98.
 - 13) Vogel, D.L., Epting, F., & **Wester, S.R.** (2003). Counselors' perceptions of female and male clients. *Journal of Counseling and Development*, 81, 131-141.
 - 12) Vogel, D.L., & **Wester, S.R.** (2003). To seek help or not to seek help: The risks of self-disclosure. *Journal of Counseling Psychology*, 50, 351-361.
 - 11) Vogel, D.L., **Wester, S.R.**, Heesacker, M., & Madon, S. (2003). Confirming sex stereotypes: A social role perspective. *Sex Roles: A Journal of Research*, 48, 519-528.
 - 10) **Wester, S.R.**, & Vogel, D.L. (2002). The emperor's new clothes: Sociopolitical diversity in psychology [comment on Redding, 2001]. *American Psychologist*, 57, 295-296.
 - 9) **Wester, S.R.**, & Vogel, D.L. (2002). Working with the masculine mystique: Male gender role conflict, counseling self-efficacy, and the training of male psychologists. *Professional Psychology: Research and Practice*, 33, 370-376.
 - 8) **Wester, S.R.**, Vogel, D.L., Pressly, P.K., & Heesacker, M. (2002). Sex differences in emotion: A critical review of the literature and implications for counseling psychology. *The Counseling Psychologist*, 30, 629-651.
 - 7) Heesacker, M., **Wester, S.R.**, Vogel, D.L., Wentzel, J.T., Goodholm, Jr., C.R., & Mejia-Millan, C.M. (1999). Gender-based emotional stereotyping. *Journal of Counseling Psychology*, 46, 417-429.
 - 6) Vogel, D.L., Tucker, C.M., **Wester, S.R.**, & Heesacker, M. (1999). The impact of sex and situational cues on the endorsement of traditional gender role attitudes and behaviors in dating couples. *Journal of Social and Personal Relationships*, 16, 459-473.
 - 5) Vogel, D.L., **Wester, S.R.**, & Heesacker, M. (1999). Dating relationships and the demand/withdraw pattern of communication. *Sex Roles: A Journal of Research*, 41, 297-306.
 - 4) **Wester, S.R.**, Crown, C.L., Quatman, G.L., & Heesacker, M. (1997). The influence of sexually violent rap music on attitudes of men with little prior exposure. *Psychology of Women Quarterly*, 21, 497-508.
 - 3) Clark, T., Shriberg, A., & **Wester, S.R.** (1995). Preparing small businesses for Workforce 2000: A pilot study. *Journal of Small Business Strategy*, 6, 1-20.
 - 2) Shriberg, A., & **Wester, S.R.** (1994). Employment satisfaction among Catholic student affairs professionals at a Catholic college or university. *Journal of College Student*

Development, 35, 109-112.

- 1) Shriberg, A., & **Wester, S.R.** (1994). How senior administrators evaluate departments of recreational sports. *NIRSA Journal*, 18, 26-28.

Manuscripts in Progress²

- *Kantemeni, N., **Wester, S.R.**, Fouad, N., Smothers, M., & Christianson, H.F., & Fitzpatrick, M. (2008). *Men and career counseling: Can role induction be used to work with the masculine mystique?* Manuscript DEVELOPING for – Journal of Counseling Psychology.
- Vacha-Haase, T., **Wester, S.R.**, & Christianson, H.F. (2008). *Counseling elderly men*. Manuscript developing for Professional Psychology: Research and Practice, book proposal to follow.
- ***Wester, S.R.**, Kantemeni, N., Smothers, M., & Christianson, H.F. (2008). *The use of role induction in counseling men: Working with the masculine mystique?* Manuscript DEVELOPING for publication – Professional Psychology: Research and Practice.
- Wester, S.R.**, & Vogel, D.L. (2008). *Male gender role conflict and the act of seeking psychological help: The roles of public and self stigma as well as anticipated risk and anticipated benefits*. Manuscript DEVELOPING for publication - Journal of Counseling Psychology.
- ***Wester, S.R.**, Vogel, D.L., Arndt, D., Arndt, L. (2008). *Investigating the thin blue line: Male gender role conflict, stigma, anticipated risks and help seeking behaviors in male police officers*. Manuscript DEVELOPING for publication – Journal of Counseling Psychology.
- Wester, S.R.**, Vogel, D.L., & Dich, D. (2008). *African American men, gender role conflict, and help-seeking behaviors: The roles of stigma and cultural mistrust*. Manuscript DEVELOPING for publication - Journal of Counseling Psychology.
- ***Wester, S.R.** Waker, C., Christianson, H.F. (2008). *Differential item functioning of the Gender Role Conflict Scale across diverse samples of men*. Manuscript DEVELOPING for publication - Journal of Counseling Psychology.

Presentations, Posters, and Symposia³

- Kantamneni, N., Christianson, H.F., Smothers, M., **Wester, S.R.**, Fouad, N.A., & Fitzpatrick, M.E. (2007, August). *The use of role induction to overcome the masculine mystique*. Poster presented at the 115th annual convention of the American Psychological Association, San Francisco, CA.
- ***Wester, S.R.**, Dich, D.E., & Vogel, D.L. (2007, August). *African American men, gender role conflict, and help seeking: The role of cultural mistrust*. Poster presented at the 115th annual convention of the American Psychological Association, San Francisco, CA.
- *Fowell, H., & **Wester, S.R.** Vogel, D.L., & Wei, M. (2006, August). *Gender role conflict and psychological distress: The role of social support*. Poster presented at the

² “*” refers to works in progress with students as coauthors

³ “*” refers to presentations with students as coauthors

- 114th annual convention of the American Psychological Association, New Orleans, LA.
- ***Wester, S.R.**, Fowell, H., Fouad, N., & Santiago-Rivera, A. (2006, August). An information-processing model for faculty dealing with problematic students. In L. Forrest & N. Elman (Chairs), *Decisions about trainees with problems of professional competence: Systems/ecological perspectives*. Symposium conducted at the 114th annual convention of the American Psychological Association, New Orleans, LA.
- *White, M., **Wester, S.R.**, McDonough, T.A. (2006, August). Gender Role Conflict Research With Transgendered Individuals. In J. O'Neil & G. Good (Chairs), *Gender role conflict research and diversity: Sexual orientation, physical injuries, and nationality*. Symposium conducted at the 114th annual convention of the American Psychological Association, New Orleans, LA.
- Wester, S.R.** (2005, August). Multicultural advances in the psychology of men: Implications for counseling psychology. In S. Lease (Chair), *Cross cultural examinations of masculinity: Health behaviors, relationships, and coping*. Symposium conducted at the 113th annual convention of the American Psychological Association, Washington, DC.
- Wester, S.R.** Kuo, B.C.H., & Vogel, D.L. (2005, August). Multicultural coping: Asian men, gender role conflict, and psychological distress. In S. Lease (Chair), *Cross cultural examinations of masculinity: Health behaviors, relationships, and coping*. Symposium conducted at the 113th annual convention of the American Psychological Association, Washington, DC.
- *Rudroff, A.F., Young, S.K., Boysen, G.A., Vogel, D.L., **Wester, S.R.**, & Wei, M. (2004, August). *Should I seek counseling? The approach/avoidance conflict of seeking professional help*. Poster presented at the 112th annual convention of the American Psychological Association, Honolulu, HI.
- ***Wester, S.R.**, Pionke, D., & Vogel, D.L. (2003, August). *Male gender role conflict and gay men's relationship satisfaction*. Poster presented at the 111th annual convention of the American Psychological Association, Toronto, ON.
- ***Wester, S.R.**, Vogel, D.L., & McLain, R. (2003; August). *African-American men, gender role conflict, psychological distress, and racial identity*. Poster presented at the 111th annual convention of the American Psychological Association, Toronto, ON.
- Vogel, D.L., **Wester, S.R.**, Madon, S., & Heesacker, M. (2002; August). *Confirming sex stereotypes: A social role perspective*. Poster presented at the 110th annual convention of the American Psychological Association, Chicago, IL.
- Wester, S.R.**, Vogel, D.L., & Skowron, E.A. (2002; August). *Differentiation of self and the acceptance of family violence*. Poster presented at the 110th annual convention of the American Psychological Association, Chicago, IL.
- Wester, S.R.** (2001; August). *Genuinely valuing diversity: Training male counselors in the new millennium*. Poster presented at the 109th annual convention of the American Psychological Association, San Francisco, CA.

- Wester, S.R.** (2001, August). *Male restricted emotionality and counseling supervision*. Poster presented at the 109th annual convention of the American Psychological Association, San Francisco CA.
- Heesacker, M., **Wester, S.R.**, & Vogel, D.L. (Chairs), (2001, March). *Recent advances in gender, emotion, and counseling*. Symposium conducted at the 4th National Counseling Psychology Conference, Houston TX.
- ***Wester, S.R.**, Bowden, H.F., Vogel, D.L., Heesacker, M., & Weitzel, J. (2001, March). Sex-based emotional stereotypes and blame attribution. In M. Heesacker, S.R. Wester, and D.L. Vogel (Chairs), *Recent advances in gender, emotion, and counseling*. Symposium conducted at the 4th National Counseling Psychology Conference, Houston TX.
- Wester, S.R.**, & Vogel, D.L. (2001, March). *Male supervisee's restricted emotionality and counseling supervision*. Poster session presented at the 4th National Counseling Psychology Conference, Houston TX.
- Wester, S.R.**, & Vogel, D.L. (2000, February). *Genuinely valuing individual differences: Improving the training and supervisory experiences of male interns and practicum students*. Paper presented at the 2000 Big Ten Counseling Centers conference, Minneapolis MN.
- Vogel, D.L., & **Wester, S.R.** (1997, November). *The impact of talking about an emotional topic with a dating partner on the enactment of gender stereotypical behaviors*. Poster session presented at the 31st annual convention of the Association for the Advancement of Behavior Therapy, Miami Beach FL.
- ***Wester, S.R.**, Vogel, D.L., Kruse, S., & May, H. (1997, April). *Acculturation to sexually violent music and pre-existing attitudes toward women*. Poster presented at the 43rd annual Southeastern Psychological Association convention, Atlanta GA.
- Wester, S.R.**, & Crown, C.L. (1995, May). *The effects of sexually violent rap music on male's attitudes toward women*. Poster presented at the 67th annual Midwestern Psychological Association convention, Chicago IL.

Teaching Activities

Instructor; *Counseling Interventions* (Ph.D. level), *Psychometric Testing & Assessment: Intelligence and Personality* (Ph.D. level), *Counseling and Psychotherapy with Men* (Ph.D. level), *Counseling Practicum* (Ph.D. level), *Introduction to Counseling* (M.S. level), *Theories of Counseling* (M.S. level), *Techniques of Educational and Psychological Measurement* (M.S. level), *Essentials of Counseling* (M.S. level), *Counseling Fieldwork* (M.S. level), *Multicultural Counseling* (M.S. level).

Department of Educational Psychology, University of Wisconsin-Milwaukee, 2000-present.

Instructor; *Psychology of Personality* (B.A. level). Department of Psychology, University of Florida, 1998-1999.

Instructor; *Abnormal Psychology* (B.A. level). Department of Psychology, University of Florida, 1996-1998.

Professional Activities

Counseling Psychology Area Chair. APA Approved Counseling Psychology Training Program, Department of Educational Psychology, University of Wisconsin-Milwaukee. Fall 2006-Present.

Consultant, Police Officer Support Team. Milwaukee Police Department.

Assistant Professor, APA Approved Counseling Psychology Training Program, Department of Educational Psychology, University of Wisconsin-Milwaukee. Fall 2000-Present.

Editorial Board Member; *Training and Education in Professional Psychology*. 2006-Present

Editorial Board Member; *The Counseling Psychologist*. 2006-Present

Editorial Board Member; *Professional Psychology: Research and Practice*. 2002-2005, Renewed 2006- Present.

Ad Hoc Reviewer; *Psychology of Men and Masculinity*. Department of Educational Psychology, University of Wisconsin-Milwaukee, 2003-Present.

Ad Hoc Reviewer; *The Counseling Psychologist*. Department of Educational Psychology, University of Wisconsin-Milwaukee, 2001-2005.

Ad Hoc Reviewer; *Journal of Counseling Psychology*. Department of Educational Psychology, University of Wisconsin-Milwaukee, 2001-Present.

Ad Hoc Reviewer; *Professional Psychology: Research and Practice*. Department of Educational Psychology, University of Wisconsin-Milwaukee, 2001-2002.

Division 17 (Counseling Psychology) Membership Committee Member. Department of Educational Psychology, University of Wisconsin-Milwaukee, 2000-2003

Counseling Psychology Intern, University of Illinois at Urbana-Champaign Counseling Center, Champaign Illinois. 1999-2000.

Professional Affiliations

American Psychological Association, Member

-Member, Division 17 - Counseling Psychology,

-Member, Division 51 - Men and Masculinity