# Kara Brita Wettersten

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## Education

| | | | |
|---|---|---|---|
| 2000 | Ph.D. | Counseling Psychology (APA accredited) | University of Kansas |
| 1996 | M.A. | Counseling | University of Kansas |
| 1991 | B.A. | Behavioral Science | North Central University |

## Professional Experience

Academic Appointments and Teaching Experience

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|---|---|
| 7/06 – present | Interim Co-Chair, Department of Counseling |
| 8/05 – present | Associate Professor<br>Department of Counseling, University of North Dakota |
| 8/00 – 8/05 | Assistant Professor<br>Department of Counseling, University of North Dakota |

Clinical Experiences

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|---|---|
| 3/06—present | Licensed Psychologist (ND #388)<br>Family Institute, Grand Forks, ND 58208 |
| 9/04 –3/06 | Psychology Resident,<br>Family Institute, Grand Forks, ND 58208 |
| 8/00 – 9/03 | Post Doctoral Associate<br>University Counseling Center, The University of North Dakota |
| 8/99-- 7/00 | Counselor (with faculty appointment)<br>Johnson County Community College Counseling Center, Overland Park, KS |
| 8/98 – 8/99 | Pre-doctoral Counseling Intern<br>University Counseling Center, Iowa State University, Ames, IA |

Courses Taught

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|---|---|
| Psychological Testing (MA) | Career Counseling (MA) |
| Practicum (MA) | Research Practicum (PhD) |
| Fieldwork (PhD) | Research Methods (MA) |
| Career Theory (PhD) | Advanced Psychological Testing (PhD) |
| Models of Brief Therapy (MA & PhD) | Domestic Violence Seminar (MA & PhD) |
| Research Issues in Counseling Psychology (PhD) | |

**Research and Scholarly Activities**

Professional Journal Publications (refereed)

Juntunen, C.L. & **Wettersten**, K.B. (2006). Work Hope: An initial evaluation of a measure. *Journal of Counseling Psychology, 53.*

**Wettersten**, K.B., Guilmino, A., Hunter, T., Kim, G., Jagow, D., Beecher, T., Faul, K., Baker, A., Rudolph, S., Ellenbecker, K., & McCormick, J. (2005). Predicting educational and vocational attitudes among rural high school students. *Journal of Counseling Psychology, 52.*

**Wettersten**, K.B., Lichtenberg, J.W., & Mallinckrodt, B. (2005). Relationship of working alliance to outcome in brief solution-focused and interpersonal therapy. *Journal of Psychotherapy Research, 15*, 35-43

**Wettersten**, K.B., Rudolph, S., Faul, K., Gallagher, K., Transgrud, H., Adams, K, Graham, S., & Terrance, C. (2004). Freedom through self-sufficiency: A qualitative examination of the impact of domestic violence on the working lives of women in shelter. *Journal of Counseling Psychology, 51(4)*, 447-462.

Chronister, K.M., **Wettersten**, K.B. & Brown, C. (2004). Vocational research for the liberation of battered women. *The Counseling Psychologist, 32(6)*, 900-922.

Krieshok, T.S., Ulven, J.C., Hecox, J.L., & **Wettersten**, K.B. (2000). Résumé therapy and vocational test feedback: Demonstrating intervention effectiveness with measures of self-efficacy. *Career Development Quarterly, 8*, 267-281

Krieshok, T.S., Hastings, S., Ebberwein, C., **Wettersten**, K.B., & Owen, A. (1999). Telling a good story: Using narratives in vocational rehabilitation with veterans. *Career Development Quarterly, 47*, 204-214.

Lopez, S.J., Gariglietti, K.P., Merkley, K.B., Reynolds, S.C., & **Wettersten**, K.B. (1999). Degree-granting institutions and characteristics of psychologists with both diplomate and fellow status in Counseling Psychology. *Psychological Reports, 84*, 969-972.

Lichtenberg, J.W., **Wettersten**, K.B., Mull, H., Moberly, R.L., Merkley, K. B., & Corey, A.T. (1998). Relational formation and relationship control as correlates of psychotherapy quality and outcome. *Journal of Counseling Psychology, 45*, 322-337.

Book Chapters (refereed)

Juntunen, C.L. & **Wettersten**, K.B. (2005). Broadening our understanding of work-bound youth: A challenge for career counseling. In S.R. Brown and R.W Lent's (Ed.) *Handbook of Vocational Psychology*. Wiley & Sons.

Whitcomb, D. H., **Wettersten**, K. B, &. Stolz, C. (in press). Career Counseling for Lesbian, Gay, Bisexual, and Transgender Clients. In D. Capuzzi & M. Stauffer (Eds.), *Career and Life Style Planning: Theory and Application.* Boston: Allyn & Bacon.

Other Publications

**Wettersten**, K.B. & Faul, K. (2004). *Psychological Aspects of Domestic Violence in North America: A Curriculum Model for North Dakota College Psychology Classrooms.* Curriculum sponsored by the Community Violence Intervention Center (CIVIC) in Grand Forks, as part of the collaborative North Dakotans Working in Education Against Violence project. The project is supported by Grant # 1999-WA-VX-0014 awarded by the office on Violence Against Women, Office of Justice Programs, U.S. Department of Justice. (Granter Reviewed)

Lopez, S.J., Oehlert, M., & **Wettersten**, K.B. (1997). Trends in the supply of and competition for APA-accredited internships: 1988-1997. *Association of Psychology Postdoctoral and Internship Centers (APPIC) Newsletter, 22,* 6-7.

**Wettersten**, K.B., & Lichtenberg, J.W. (1995). Relationship formation and change in psychotherapy. ERIC: *Resources in Education*, ED-38X6-668.

Research in Progress

Baker, A.; **Wettersten**, K.B.; Herrick, C.G.; Kim, G.; Hunter, P.J.; Guilmino, A; Jagow, D; Mach, B.; Naption, S.; Beecher, T.; Faul, K; McCormick, J.; Rudolph, S., & Ellenbecker, K. (In Submission). Development and Validation of the adolescent Perceived Parental Educational Attitudes and Behaviors Scales (PPEABS). **Submitted** to the journal *Professional School Counselor.*

Loewy, M.; Houston,E.; Ellenbecker, K.; Haynes, K.; Kim, G.Y., Messina, C. & **Wettersten**, K.B. (In Final Preparation). Body size prejudice in school: Testing an intervention. Planned submission to the *Journal of Counseling Psychology*.

**Wettersten**, K.B. Rudolph, S.; Guilmino, A.; Jagow, D.; Faul, K.; Gallagher, K.; Kahn, S.; & McCormick, J. (in data gathering stage). Assessing the work needs of domestic violence survivors. Planned submission to the *Journal of Counseling Psychology.*

**Professional Presentations (Refereed: National and International)**

Ransom, M. & **Wettersten**, K.B. (August, 2005). Graduate Student Attitudes regarding prescriptive authority. Poster presented at the 2005 Annual Convention of the American Psychology Association, Washington, D.C. August, 19, 2005.

**Wettersten**, K.B. Rudolph, S.; Guilmino, A.; Jagow, D.; Faul, K.; Gallagher, K.; Kahn, S.; & McCormick, J. (July, 2004). *Assessing the work needs of domestic violence survivors*. Poster presented at the 2004 Annual Convention of the American Psychology Association, Honolulu, Hawaii. July, 28, 2004.

**Wettersten**, K.B; Beecher, T.; Faul, K; Guilmino, A; Herrick, C.G., Hunter, P.J.; Jagow, D.; Kim, G.; Mach, B.; McCormick, J.; Naption, S.; Baker, A.; Rudolph, S., and Ellenbecker, K. (July, 2004). Predicting Educational and Vocational Attitudes in Rural High School Students. Presented at the 2004 Annual Convention of the American Psychology Association, Honolulu, Hawaii. July, 28, 2004. In D. Blustein (Chair), *Ties that bind—Internalizing connections between school and work.*

Bleess, J.A. & **Wettersten**, K.B. (August, 2003). *The relationship between delinquency and adolescents' perceptions of parenting.* Poster presented at the 2003 Annual Convention of the American Psychological Association, Toronto, Ontario, August 7, 2003.

**Wettersten**, K.B. & Juntunen, C.L. (August 2003). *Development and preliminary validation of a measure of work hope*. Poster presented at the 2003 Annual Convention of the American Psychological Association, Toronto, Ontario, August 7, 2003.

**Wettersten**, K.B. (June, 2003). *The prevalence and impact of domestic violence among TANF JOBS program participants.* Poster present at the 6th biannual conference of the society of vocational psychology, Quimbra, Portugal.

**Wettersten**, K.B., Rudolph, S, Slocombe, K, Transgrud, H., Gallagher, K., Adams, K, & Terrance, C. (August, 2002). Freedom through self-sufficiency: Vocational interventions for survivors of domestic violence. Presented at the 109th Annual Convention of the American Psychological Association, Chicago, IL, August 23, 2002. In K. Wettersten (Chair), *Community, Work, and Social Justice – Integrating Vocational Interventions and Research.*

Juntunen, C.L., Gray, J.S., & **Wettersten**, K.B. (August, 2001). *Developing American Indian Norms for the Kuder Career Search.* Poster presented to the 2001 annual meeting of the American Psychological Association, San Francisco, CA.

Magyar-Moe, J., Edwards, L., Lopez, S.J., & **Wettersten**, K.B. (August, 2001). *Predictors of therapy outcome: Explaining more of the variance.* Poster presented to the 2001 meeting of the American Psychological Association, San Francisco, CA.

**Wettersten**, K.B., Ebberwein, C., Sikute, J. & Rathburn, K. (March, 2001). *A construct validity analysis of the Career Transitions Inventory.* Poster presented at the 2001 Conference of the American Psychological Association's Division of Counseling Psychology, Houston, Texas.

**Wettersten**, K.B. & Lichtenberg, J.W. (August, 2000). *Solution focused brief therapy, the working alliance, and outcome: A comparative analysis.* Poster presented to the 2001 annual meeting of the American Psychological Association, Washington, D.C.

Clark, M.P., **Wettersten**, K.B., & Mason, T.W. (August, 1999). *The Quality of Life Inventory (QOLI) as a measure of therapeutic outcome and predictor of academic retention*. Poster presented at the annual meeting of the American Psychological Association, Boston, Massachusetts.

Ulven, J.C., Krieshok, T.S., & **Wettersten**, K.B. (August, 1998). *Résumé therapy: Using résumé preparation to highlight patients' skills and sense of self-efficacy*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Krieshok, T.S., Reynolds., S.C., Chiasson, M., **Wettersten**, K.B., Ulven, J.C., (August, 1998). *Outcomes of vocational rehabilitation in a V.A. Medical Center*. Poster presented at the annual meeting of the American psychological Association, San Francisco, CA.

Krieshok, T.S., Hastings, S., Ebberwein, C.A., **Wettersten**, K.B., & Owen, A. (August, 1997). *Telling a good story: Using narratives in V.A.M.C. vocational rehabilitation*. Poster presented at the annual meeting of the American Psychological Association, Chicago, IL.

Lopez, S.J., Gargilietti, K.P., Merkley, K.B., Reynolds, S., & **Wettersten**, K.B. (August, 1997). *Degree granting institutions and characteristics of prominent scientist-practitioners of counseling*. Poster presented at the annual meeting of the American Psychological Association, Chicago, IL.

Lichtenberg, J.W., & **Wettersten**, K.B. (August, 1996). *Relational control: Historical perspective and current empirical status*. Paper presented at the annual meeting of the American Psychological Association, Toronto, Ontario.

**Wettersten**, K.B., & Lichtenberg, J.W. (August, 1995). *Relationship formation and change in psychotherapy*. Poster presented at the annual meeting of the American Psychological Association, New York, NY.

Lichtenberg, J.W., Moberly, R., **Wettersten**, K.B., Corey, A.T., Merkley, K. B., & Mull, H. (August, 1995). *Relational control and relationship quality in psychotherapy*. Poster presented at the annual meeting of the American Psychological Association, New York, NY.

Lopez, S.J., & **Wettersten**, K.B. (August, 1995). *Clinical utility rankings of career counseling related journals and books*. Poster presented at the annual meeting of the American Psychological Association, New York, NY.

**Grants (external)**

7/04 **Wettersten**, K.B., Rudolph, S.; Guilmino, A.; Jagow, D.; Hunter, P.J.; & Kim, G. (July 2004). Project SOS: Self-Sufficiency of Survivors in Rural Communitites. Grant Under Review (passed preliminaries but not funded) by the Otto Bremer Foundation. Amount requested: $155,672.00

11/03 Juntunen, C.L., **Wettersten**, K.B., & Formatti, J. (November, 2003). "Advanced Psychology for the Rural, Underserved and Vulnerable" Grant approved but not funded by the U.S. Department of Health and Human Services Graduate Training Program. Amount requested: $156,437.

7/03 Juntunen, C.L., **Wettersten**, K.B. & Baysden, M. (July, 2003). "Behavioral and Mental Health Care for Rural Elders". Grant **funded** by U.S. Department of Health and Human Service, Health resources and services administration the for $128,570.

**Grants (internal)**

6/04 UND Travel Award Grant --$840: For Travel to the 2004 National Convention of the American Psychological Association, Honolulu, Hawai'i.

11/03 UND Office of Instruction Development Faculty Development Grant--$400 Career Counseling Theories Class.

8/02 UND Office of Instructional Development Course Development Grant (FIDC) --$440 "Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT)".

3/02 UND New Faculty Research Award-$5,000.
"Freedom through self-sufficiency: An initial examination of the effectiveness of vocational counseling interventions for women survivors of domestic violence."

9/01 UND Senate Scholarly Seed Money Grant –$ 6,953.
"Freedom through self-sufficiency: An initial examination of the effectiveness of vocational counseling interventions for women survivors of domestic violence."

3/01 UND Travel Award Grant--$400: For Travel to the 2001 Counseling Psychology Conference, Houston, TX

**Student Advising and Committee Activity**

Doctoral Committee Chair: Students/anticipated completion date and dissertation topics /status
***Gregory Gibson** (Completed 8/04). Emotional Intelligence and Performance in a Graduate School Counseling Program.
***Randall Smies** (Completed 7/02). Coping with Stressful Situations: The Use of Humor as a Preventative Coping Mechanism for Perceived Stress in Public Speaking Anxiety.
***Karissa Adams** (anticipated 12/04). A Qualitative Analyses of Clients' Covert Perceptions of the Therapeutic Process (proposed, in final write-up).
***Adam Guilmino** (anticipated 12/06). A qualitative investigation of career success among Northern Plains American Indians living on reservations (proposed, in data collection).
***Christen Herrick** (anticipated 8/05). A Single Subject investigation of the effectiveness of transitional objects in reducing self-injurious behaviors.
*__Susan Rudolph__ (anticipated 8/07). The impact of relationship training and violence awareness on welfare participants' critical consciousness of domestic violence.

Doctoral Student Advisor for:
Desiree Jagow (anticipated 8/07)
Kendra Ellenbecker (anticipated 8/07)
Michael Ransom (anticipated 8/07)
Allison Baker (anticipated 8/08)
Darcie Sell (anticipated 8/09)
Jessica Semler (anticipated 8/10)

Master Committee Chair: Student/anticipated completion date/thesis or independent study topic/status
***John Mizuer** (8/06). Relationship of at-risk adolescents and self-mutilation.
***Allison Baker** (8/06). Development and Evaluation of the Perceived Parental Pro-Educational Attitudes and Behaviors Scale.
*Christina Prom
*Amy Nordstrom
***Sherna Graham** (completed 2004). Self-concept of single African American women on a predominantly white campus: A qualitative assessment of the impact of a predominantly white environment on the self-concept of single African American women.
***Barbara Mach** (completed 2004). A relationship between support factors and school engagement in high school students with military families and high school students with non-military families.
***Cheryl Rogalla** (completed 2004). An investigation of the relation between experiences and attitudes with corporal punishment and individuals' propensity toward abusiveness
.***Costin Patrusco** (completed 2003). A qualitative analysis of depression in Romania.
*__Sarah Wallace__ (completed 2003). A correlational study between viewing violence and sexual aggression.
***Mary Eylands** (completed 2003). The relationship between emotional intelligence and vocational decision-making: An exploratory study.
*__Christen Herrick__ (completed 2003). The link between perfectionism, anxiety, and depression, with parental bonding as a moderating factor.

*__Erin Rooks__ (completed 2003). Self-concept and gender identity differences in children's cross-sex and same-sex friendships.
*__Jackie Bleess__ (completed 2002). The relationship between self-reports of delinquent behaviors and adolescents' perceptions of parental care and protectiveness.
***Cyd Goodman-Mccray** (completed 2002). The sugar wars: The effect of support groups on levels of stress and blood glucose in persons with diabetes.
*__Susan Rudolph__ (2002). The effect of disclosure and duration of abuse with self-esteem and interpersonal capabilities among adult survivors of childhood sexual abuse.
***Ellen Wilson** (anticipated 12/04). A qualitative inquiry into the career expectations and aspirations of Native American youth and parents.
***Jessica Einrem** (5/05). Culture in shelter: A survey of rural domestic violence shelters demographics and corresponding multicultural training.

Master of Arts advisor for:

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| Frankie Jo Azure | Kristen Sheffield | Brynn Luger | Bryan Klingberg |
| Meeghan Coash | Mary Horner | Milisa Mossett | Melissa Lima, |

Counseling Department Student Committee Member for:

| *Ph.D. Students* | *M.A. Students* |
|---|---|
| Angela Cavett | Heather Transgrud |
| Rhandi Clow | Robert Reis |
| Gennea Seibel | Patricia Pahl |
| Katie Rathburn | Kimberly Slocombe |
| Napolean Andriopulos | Daniel Cramer |
| Khalil Sakhala | Kay Ennis |
| Mohammed Khan | Michael Hill |
| Kathy Gallagher | Heather Taylor |
| Rachel Darrow | Carolyn Senchuk |
| Krislea Wagner | Kirsten Wilson |
| Jennifer Mueller | Kirsten Williams |
| Kiri Faul | |

Extra-departmental Student Committee Member for:

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| Jason MacCray (Clinical Psychology) | Austin Keith (Clinical Psychology) |
| Hanna Rue (Clinical Psychology) | Loren Sheer (Education) |
| Brian Moe (Clinical Psychology) | Betsie Little (Social Psychology) |

**Institutional Service & Curriculum Development Activities**

University
Full Member, Graduate Faculty (elected, 2001)
Chair, Institutional Review Board Committee (2005- present)
Vice Chair, Institutional Review Board Committee (2003 - 2005)
Member, Institutional Review Board Committee (2001 – 2003)
Member, Graduate Scholarship Committee (2001 - 2003)
Participant, Writing Across the Curriculum Faculty writing seminar (2002-2004)

College

EHD Technology Task Force
EHD Graduate Curriculum Committee
EHD Promotion and Tenure Committee

**Community Service**

Member, Board of Directors for Dress for Success, Grand Forks Chapter
Member, Delta Task Force for Prevention of Community Violence, State of North Dakota

**Professional Affiliations**

American Psychological Association (APA)
Society of Counseling Psychology, Division 17 of the APA
Society for Vocational Psychology, A section of Division 17
Section (Div. 17) for the Study of Psychotherapy Process and Outcome

**Ad Hoc Reviewer**

Journal of Counseling Psychology
Journal of Career Development

**Honors and Awards**

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| 06/04 | ***Summer Research Professorship (Research Topic: Predicting School Engagement and Work Role Attitudes Among Rural High School Students).*** University of North Dakota |
| 02/04 | ***Lydia and Arthur Saiki Prize for Graduate/Professional Teaching Excellence.*** University of North Dakota |
| 05/02 | ***Finalist, Lydia and Arthur Saiki Prize for Graduate/Professional Teaching Excellence.*** University of North Dakota |
| 05/01 | ***Outstanding Doctoral Dissertation, School of Education*** University of Kansas |
| 12/99 | ***Science Directorate Dissertation Support Award*** American Psychology Association |
| 10/98 | ***Richard Rundquist Outstanding Graduate Student in Counseling Psychology*** The University of Kansas |
| 05/91 | ***Minnesota Donor's Award (for scholarly achievement)*** North Central University |
| 10/90 | ***Silver and Gold Honorary Society (for academics and community service)*** North Central University |