

KAYLA M. NEWKIRK, M.S.Ed., LMHC

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CURRICULUM VITAE

EDUCATION

Ph.D., Counselor Education and Supervision | Waynesburg University, Waynesburg, PA | Expected December 2027 | Coursework complete August 2026 | GPA 4.00

M.S.Ed., Clinical Mental Health Counseling | St. Bonaventure University, St. Bonaventure, NY | Conferred August 21, 2023 | GPA 3.93 | magna cum laude

B.A., Psychology | Minor: Human Development | SUNY Geneseo, Geneseo, NY | Awarded December 17, 2019

A.A., Liberal Arts, Education Concentration | Cayuga Community College, Auburn, NY | Awarded May 21, 2017 | cum laude

LICENSURE

New York State Licensed Mental Health Counselor (LMHC), licensed September 2026

New York State Limited Permit in Mental Health Counseling, August 2024 to September 2026

CLINICAL EXPERIENCE

Licensed Mental Health Counselor

True Talk Mental Health Counseling, Manhasset, NY | August 2024 to Present

- Provide individual telehealth counseling for adults presenting with anxiety, depression, stress management, and life transitions.
- Maintain clinical documentation in compliance with New York State and federal confidentiality regulations.
- Delivered care under limited permit from August 2024 through licensure in September 2026.

Crisis Line Counselor and Shift Lead

Contact Community Services, Syracuse, NY | May 2021 to January 2023

- Provided crisis intervention across 11 hotlines, including the 988 Suicide and Crisis Lifeline.
- Updated and maintained two resource databases spanning 17 Central New York counties and corresponded with community partners on resource and crisis calls.
- Trained, mentored, and guided new employees across all hotlines and the 211 resource database.
- Delivered monthly supervision to staff for quality assurance, skill development, and job satisfaction, and provided on-shift support for difficult calls.

Clinical Mental Health Counselor Intern

Branches of Growth, Syracuse, NY | August 2022 to August 2023

- Performed intake, evaluation, orientation, treatment planning, and documentation to develop individualized treatment plans.
- Developed, initiated, and provided mental health services to clients of diverse backgrounds.

Clinical Mental Health Counselor Intern

University of Arkansas Online Clinic, Fayetteville, AR | August to December 2023

- Provided remote counseling to college students addressing anxiety, depression, stress management, and academic concerns.
- Applied evidence-based approaches including cognitive behavioral therapy and mindfulness-based techniques.

Clinical Mental Health Counselor Intern

Substance Education, Assessment, and Recovery (SEAR), Fayetteville, AR | August to December 2023

- Performed intake, evaluation, orientation, treatment planning, and documentation for substance use and addiction.
- Developed and delivered mental health services to clients of diverse backgrounds.

TEACHING EXPERIENCE

Teaching Assistant, Assessment

Waynesburg University, Online | Spring 2026, Summer 2026

- Co-taught a master's-level assessment course across two terms, including two sections of Ethics in Summer B.
- Taught class sessions independently on IQ testing, IEP and 504 plan reading, and case conceptualization.
- Produced asynchronous instructional video modules on intake, mental status examination, suicide assessment and safety planning, personality and projective measures, and IEP/504 accommodation processes.
- Ran weekly skills-practice office hours using role play and popcorn role play for intake, MSE, and suicide assessment, and moderated live class chat.
- Graded discussion boards and written work, wrote weekly student announcements, and maintained attendance records.

Teaching Assistant, Research Design and Program Evaluation (CNS 518)

Waynesburg University, Online | August to December 2025

- Co-taught and independently taught synchronous and asynchronous sessions on research methodology, program evaluation, and evidence-based practice aligned to CACREP standards.

Teaching Assistant, The Helping Relationship (CNED 3053)

University of Arkansas, Fayetteville, AR | August to December 2023

- Co-taught an in-person undergraduate elective for students entering counseling, teaching, and coaching professions.
- Facilitated skill-building in empathy, active listening, and mindfulness through mock interviews, individual reflection, and group presentations.

Guest Lecturer, Rational Emotive Behavior Therapy

University of Arkansas, Fayetteville, AR | April 2024

- Delivered a lecture on REBT for CNED 6013, Advanced Counseling Theory and Methods, a CACREP-accredited doctoral course.
- Built research-based lecture materials connecting theoretical foundations to contemporary clinical application.

Academic Coach, Calculus

University of Arkansas, Fayetteville, AR | 2023 to 2024

- Carried a caseload of 10 to 15 students per semester in one-on-one academic skill-building.
- Collaborated with faculty on course content development and department projects at 20 hours per week.

CLINICAL SUPERVISION

Doctoral Student Supervisor

Waynesburg University, Online | May 2025 to Present

- Provide advanced clinical supervision to master's-level internship students, focusing on professional identity, autonomy, and advanced intervention strategies.
- Evaluated supervisees through direct observation, case presentation, and documentation review.
- Guided supervisees through complex cases and the transition toward independent practice.
- Previously supervised two practicum and three internship students, monitoring clinical hours and program compliance.

Doctoral Student Supervisor

University of Arkansas, Fayetteville, AR | January to May 2024

- Supervised four master's-level counseling students, two practicum and two internship.
- Facilitated weekly supervision on client cases, ethical dilemmas, and case conceptualization.
- Monitored supervisee progress toward competency in documentation and application of counseling theory.

RESEARCH EXPERIENCE

Dissertation Research Collaborator

University of Arkansas | *Prone to Prejudice: Trans Experiences and Structural Harm in the U.S. Prison System* | May 2025

- Applied thematic coding to more than 60 post-incarceration statements to identify emergent themes and sub-themes.
- Organized findings and communicated results to the research team for further analysis.

Research Assistant, Counselor Education and Supervision

University of Arkansas, Fayetteville, AR | December 2023

- Individually coded more than 250 gaming posts and assisted with more than 500 additional posts for a study of gaming addiction.

Graduate Research Assistant, Clinical Mental Health Counseling

St. Bonaventure University, St. Bonaventure, NY | January 2022 to August 2023

- Located and analyzed literature, wrote literature reviews, and co-authored a peer-reviewed article with faculty.
- Contributed 300 hours across individual and department-wide research projects.

Research Assistant, Psychology

SUNY Geneseo, Geneseo, NY | September 2017 to December 2019

- Coded assertive and affiliative language in observed child and sibling interactions and calculated reliability with other research assistants.
- Presented findings at the Association for Psychological Science 31st Annual Convention and SUNY Geneseo GREAT Day.

PUBLICATIONS AND PRESENTATIONS

Peer-Reviewed Publication

Henry, H., Newkirk, K., & Guggenberger, L. (2025). The power of choice: Comparing asynchronous and synchronous learning. *Journal of Counselor Preparation and Supervision*.

Presentations

Virtual Vitality: Bridging the CSI Counselor Wellness Competencies and the CHANGES Model for Accessible Telehealth Supervision. *IAWC 2026 World Conference, Dallas, TX* | 30-minute in-person session | May 2026

Evaluation in Counseling Supervision: Enhancing Practice through Feedback. *Virtual continuing education presentation* | Spring 2024 | 20+ practitioners in attendance

We Care on the Go: Guided Imagery and Psychoeducation. *GRAD 340, University of Arkansas* | April 2024

Mindfulness 101: Stress to Rest | Stress Management. *Onondaga County Public Library* | July 2023

Implementing Evidence-Based Wellness Practices for Counselors to Mitigate Long-Term Professional Burnout. *CSI Days Virtual Poster Session* | 2022 to 2023

Gender and Task in 7-Year-Olds' Assertive and Afflictive Language with Siblings and Friends. *Association for Psychological Science 31st Annual Convention, Washington, DC* | 2019

PROFESSIONAL SERVICE AND LEADERSHIP

Co-President, Doctoral Student Committee

International Association for Wellness Counseling (IAWC) | 2026 to Present

- Plan committee meetings, purpose, goals, and member expectations.
- Develop the doctoral-to-master's mentorship program and recruit guest speakers and continuing education opportunities.

Resource Page Coordinator

IAWC | 2026 to Present

- Coordinate Resource Managers across wellness sections and review submissions against a standardized rubric and template.

New York (Upstate) Ambassador

IAWC | 2026 to Present

- Serve as regional point of contact for upstate New York and promote association updates, certifications, and initiatives locally.

Peer Reviewer, 2025-2026 Webinar Series

Association for Counselor Education and Supervision (ACES) | 2025 to 2026

- Reviewed continuing education webinar proposals against a scoring rubric as part of the ACES Continuing Education Committee.

Continuing Education Committee | ACES | 2025 to 2026

Professional Development Committee | Association for Assessment and Research in Counseling (ACAC) | 2025 to 2026

PROFESSIONAL AFFILIATIONS

IAWC | ACES | ACA | NYMHCA | ACC | AARC | IARTC | Chi Sigma Iota, Rho Alpha Beta Chapter

HONORS AND AWARDS

JCPS Outstanding Journal Article Award, NARACES, 2025 | Chi Sigma Iota, Rho Alpha Beta (2024 to Present) and Phi Rho (2022 to 2023) | Phi Theta Kappa, 2015

Updated October 20, 2026.