

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

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New York State Licensed Mental Health Counselor with experience in telehealth outpatient care, 988 crisis intervention, substance use treatment, and college counseling. Trained in CBT, mindfulness-based, and trauma-informed approaches, with documented strength in crisis assessment, safety planning, and culturally responsive care.

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

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

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.

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.

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.

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.

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

New York (Upstate) Ambassador | IAWC | 2026 to Present

Peer Reviewer, 2025-2026 Webinar Series | Association for Counselor Education and Supervision (ACES) | 2025 to 2026

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