

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

Liverpool, New York 13090 | (315) 414-7962 | kayla.newkirk@student.waynesburg.edu

New York State Licensed Mental Health Counselor and doctoral candidate in Counselor Education and Supervision with clinical, crisis, teaching, and supervision experience across telehealth, community mental health, and higher education. Direct experience in 988 Lifeline crisis response, substance use treatment, and clinical supervision of master's-level counselors in training.

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.

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.

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.

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.

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*.

Selected 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

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