**Kayla Newkirk**

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**EDUCATION**

**Waynesburg University**

Ph.D., Counselor Education and Supervision Waynesburg, PA

January 2025-December 2027

**University of Arkansas**

Ph.D., Counselor Education and Supervision Fayetteville, AR

Completed first year of studies August 2023-May 2024

**Saint Bonaventure University** St. Bonaventure, NY

M.A., Clinical Mental Health Counseling, *magna cum laude* August 2023

**State University of New York at Geneseo** Geneseo, NY

B.S., Psychology December 2019

Minor: Human Development

**Cayuga Community College** Auburn, NY

A.A., Liberal Arts with a concentration in Education, *cum laude* December 2016

**RESEARCH EXPERIENCE**

**Research Collaboration** Liverpool, NY

*Peer’s Ph.D. Dissertation Research, Counselor Education and Supervision* May 2025

* Assisted with qualitative data analysis by applying thematic coding techniques to identify emergent themes and patterns within a dataset of over 60 post-incarceration statements
* Identified and organized recurring themes and sub-themes, effectively communicating findings to the research team for further analysis

**University of Arkansas** Fayetteville, AR

*Research Assistant, Counselor Education and Supervision* December 2023

* Collaborated with other team members for research-specific tasks including coding qualitative data for gaming addiction research
* Individually coded over 250 gaming posts for research-specific tasks and assisted with over 500 gaming posts with team members

**Saint Bonaventure University** St. Bonaventure, NY

*Graduate Research Assistant, Clinical Mental Health Counseling* January 2022 – August 2023

* Responsible for research-specific contributions include locating and examining literary articles, writing literature reviews post-dissection, and co-writing an article with faculty
* Collaborate with various faculty members to assist with individual and department-wide projects for 300 hours throughout graduate studies

**State University of New York at Geneseo** Geneseo, NY

*Research Assistant, Psychology* September 2017 – December 2019

* Primarily examined the experiment conducted and dissected the literature into assertive and affiliative language categories to further navigate an understanding of interpersonal dynamics between children and their siblings and friends
* Observed videos, calculated language utilized by participants, and calculated it with other research assistants before presenting at various conferences

**TEACHING EXPERIENCE**

**University of Arkansas** Fayetteville, AR

*Teaching Assistant, Counselor Education and Supervision* August -December 2023

* CNED 3053- The Helping Relationship
* Co-taught In-person undergraduate elective course for students interested in professions within the “helping field” such as counseling, teaching, coaching, etc.
* Highlighted skills and attributes that enhance student learning within the helping field
* Students in this course practiced skills such as patience, empathy and mindfulness engaged in activities such as mock interviews, individual reflections on skills, and group presentations

**University of Arkansas**

*REBT Guest Lecturer, Counselor Education and Supervision* Fayetteville, AR

* CNED 6013- Advanced Counseling Theory and Methods April 2024
* Delivered comprehensive lecture on Rational Emotive Behavior Therapy (REBT) for a CACREP accredited doctoral-level class in person
* Created research-based lecture materials on REBT by incorporating current theoretical foundations and clinical applications
* Facilitated peer learning through multimedia instruction incorporating both historical context and contemporary application
* Peer-level instruction of advanced counseling concepts

**SUPERVISION EXPERIENCE**

**University of Arkansas** Fayetteville, AR

*Doctoral Student Supervisor, Counselor Education and Supervision* January -May 2024

* Provided clinical supervision to four master’s-level counseling students (two practicum and two internship students), overseeing their development and clinical work.
* Facilitated weekly supervision sessions to review client cases, address ethical dilemmas, and foster a collaborative learning environment

Monitored supervisees’ progress toward competency in skills like case conceptualization, documentation, and the application of counseling theory

**Waynesburg University** Online

*Doctoral Student Supervisor, Counselor Education and Supervision* May 2025-August 2025

* Supervised two master's-level practicum students, guiding them in the development of foundational counseling skills
* Conducted individual online supervision sessions to provide targeted feedback and support for initial client interactions and therapeutic relationships
* Monitored supervisees' clinical hours and ensured compliance with program requirements and ethical guidelines

**Waynesburg University** Online

*Doctoral Student Supervisor, Counselor Education and Supervision* August 2025- Present

* Provided advanced clinical supervision to two master's-level internship students, focusing on professional identity, autonomy, and advanced intervention strategies
* Evaluated supervisees' clinical performance through direct observation, case presentation, and documentation review
* Assisted supervisees in navigating complex cases and integrating their personal and professional growth as they transitioned toward independent practice

**PRESENTATIONS**

* “Evaluation in Counseling Supervision: Enhancing Practice through Feedback” presented virtually with Jennifer Morris, LPC in the spring of 2024 with 20+ local practitioners in 66
* attendance to receive continuing education credit.
* “We Care on the Go” guided imagery exercise and psychoeducation presented at the University of Arkansas in GRAD 340, April 18th, 2024.
* Substance Education, Assessment, and Recovery Narcan Trainings with the SEAR Ambassadors at the Alpha Chi Omega Sorority House, Fayetteville, AR., 2023.
* “Implementing Evidence-Based Wellness Practices for Counselors to Mitigate Long-Term Professional Burnout” Virtual 2022-2023 CSI Days Poster Session.
* “Mindfulness 101: Stress to Rest” virtual presentation and at the local Onondaga County Library, July 2023.
* “Stress Management” virtual presentation and at the local Onondaga County Library, July 2023.
* “Gender and Task in 7-Year Old’s Assertive and Afflictive Language with Siblings and Friend,” The Association for Psychological Science 31st Annual Convention, editor, and presenter. Washington D.C., 2019.
* “Gender and Task in 7-Year Old’s Assertive and Afflictive Language with Siblings and Friend,” SUNY Geneseo GREAT Day, editor, and presenter. Geneseo, NY., 2019.

**PUBLICATIONS**

* Henry, H., **Newkirk, K**., & Guggenberger, L. The Power of Choice: Comparing Asynchronous and Synchronous Learning. *Journal of Counselor Preparation and Supervision*, 2025.

**HONORS & AWARDS**

Chi Sigma Iota Honor Society Member, Rho Alpha Beta Chapter 2024

Chi Sigma Iota Honor Society Member, Phi Rho Chapter 2022-2023

Phi Theta Kappa Honor Society Member 2015

**ACADEMIC SERVICE**

**University of Arkansas** 2023-2024

*Calculus Academic Coach- Graduate Assistant*

* Responsible for a case load of 10-15 students per semester to assist with development and support of academic skills in one-on-one collaborative meetings
* Collaborate with various faculty to assist with individual and department-wide projects for 20 hours a week throughout graduate studies including creation of new course content and development and implementation of department projects

**University of Arkansas***Clinical Mental Health Counseling Program Group Facilitator* 2023

* Designed and implemented weekly processing group sessions for master’s students in the Clinical Mental Health Counseling Program
* Facilitated communication and constructive feedback, developed engaging and interactive activities for self-growth and reflection, and monitored group dynamics while providing support and guidance

**St. Bonaventure University***Graduate Assistant* 2021-2023

* Responsible for research-specific contributions include locating and examining literary articles, writing literature reviews post-dissection, and co-writing an article with faculty
* Collaborate with various faculty to assist with individual and department-wide projects for 300 hours throughout graduate studies

**Cayuga Community College** 2015-2016  *Academic Tutor*

* Built rapport and facilitated various tutoring techniques with several students to guide them on understanding their educational coursework.

**PROFESSIONAL AFFILIATIONS**

ACES Continuing Education Committee 2025-2026

Association for Creativity in Counseling (ACC) 2025

Association for Assessment and Research in Counseling (AARC) 2025

Association for Counselor Education and Supervision (ACES) 2024-Present

International Association for Resilience and Trauma Counseling (IARTC) 2023-Present

American Counseling Association (ACA) 2021-Present

Association of Child and Adolescent Counseling (ACAC) 2021- 2025

New York Mental Health Counselor Association (NYMHCA) 2021-Present

American Psychological Association (APA) 2018-2020

**PROFESSIONAL EXPERIENCE**

**True Talk Mental Health Counseling** Manhasset, NY

*Limited Permit Mental Health Counselor* August 2024-Present

* Provide individual counseling services to clients dealing with a wide range of mental health concerns, including anxiety, depression, stress management, and life transitions, using telehealth platforms
* Document all client interactions and progress notes, adhering to state and federal regulations for confidentiality

**University of Arkansas Online Clinic** Fayetteville, AR

*Clinical Mental Health Counselor Intern* August 2023-December 2023

* Provided remote mental health services to college students through an online clinic platform, addressing various issues including anxiety, depression, stress management, and academic concerns
* Utilized evidence-based therapeutic approaches, such as cognitive behavioral therapy (CBT) and mindfulness-based techniques to support client progress

**Substance Education, Assessment, and Recovery** Fayetteville, AR

*Clinical Mental Health Counselor Intern* August 2023-December 2023

* Performed intake, evaluation, orientation, treatment planning, and documentation to develop individualized treatment plans for substance use and addiction
* Developed, initiated, and provided mental health services to clients of diverse backgrounds

**Branches of Growth** Syracuse, NY

*Clinical Mental Health Counselor Intern* August 2022- Present

* 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

**Contact Community Services** Syracuse, NY

*Crisis Line Counselor and Shift Lead* May 2021- January 2023

* Provide support through reflection, active listening, empathy, and mobile crisis assistance and rescues to callers as needed on 11 different hotlines including the 988 Lifeline
* Update and maintain two resource databases within 17 local counties, correspond with community partners, and respond to crisis and resource calls
* Train, mentor, and guide new employees on all hotlines and the 211-resource database
* Provide monthly supervision to staff for quality assurance, skill improvement, and job satisfaction
* Offer support to staff throughout shift with difficult calls, maintain scheduling during shift, and remain on standby to help take calls when needed