

Kayla Newkirk

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EDUCATION

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

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 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 conducted experiment 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

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 attendance to receive continuing education credit.
- 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*, 2023.

HONORS & AWARDS

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

Association for Counselor Education and Supervision (ACES)	2024-Present
International Association for Resilience and Trauma Counseling (IARTC)	2023-Present
Chi Sigma Iota Honor Society Member	2022-2024
American Counseling Association	2021-Present
Association of Child and Adolescent Counseling (ACAC)	2021- 2025
American Psychological Association	2018-2020
Phi Theta Kappa Honor Society Member	2015-2016

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
Clinical Mental Health Counselor Intern

Fayetteville, AR
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
Clinical Mental Health Counselor Intern

Fayetteville, AR
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
Clinical Mental Health Counselor Intern

Syracuse, NY
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
Crisis Line Counselor and Shift Lead

Syracuse, NY
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

Looking at my CV, I would like to gain more experience in social justice, teaching, and in the clinical aspect of counselor education and supervision. The social justice aspect of counseling is one of my favorite aspects of what we do because it gives us the opportunity to address the needs of marginalized populations through initiatives that are incorporated in our practices. More specifically, I would like to begin by joining more committees that not only encourage research and connections but offer learning opportunities with different presentations and lectures. I believe that this could help me immerse myself into different

areas of interest and could give me a different perspective on how I could become a better advocate, ally, counselor, professor, and overall counselor educator. I believe that teaching the next generation of counselors and counselor educators is a privilege that I need more experience in. Having the experience with co-teaching an undergraduate course, I want to become a better leader in the classroom that can inspire, teach, and mentor students that also want to learn and grow in the counseling field. I would like to start with co-teaching counseling classes at a master's level and eventually teaching a class on my own. I would also like to become a supervisor and mentor that counseling students can feel comfortable with and can feel safe learning and growing with. The process of becoming a counselor is not only a privilege, but a challenging journey that requires support, encouragement, and helpful feedback. I aim to become a supervisor that can provide a healthy environment to foster this critical aspect of the counseling field. I hope to learn about this through my own supervisory experiences both as a student and a limited permit holder. I am hoping to learn about different ways I can hone these skills throughout my journey as a Ph.D. student and will continue to reflect on ways that I can improve skills that I possess and gain new ones.