

KAYLA NEWKIRK

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EDUCATION

Ph.D., Counselor Education and Supervision | **Waynesburg University, Waynesburg, PA** Jan 2025 – Dec 2027

M.A., Clinical Mental Health Counseling, magna cum laude | **St. Bonaventure University, St. Bonaventure, NY** Aug 2023

B.S., Psychology; Minor: Human Development | **SUNY Geneseo, Geneseo, NY**

Dec 2019

PROFESSIONAL EXPERIENCE

Limited Permit Mental Health Counselor | **True Talk Mental Health Counseling, Manhasset, NY** Aug 2024 – Present

- Provide individual telehealth counseling for anxiety, depression, stress management, and life transitions
- Maintain clinical documentation in compliance with state and federal confidentiality regulations

Clinical Mental Health Counselor Intern | **University of Arkansas Online Clinic, Fayetteville, AR** Aug – Dec 2023

- Provided remote counseling to college students using CBT and mindfulness-based approaches

Clinical Mental Health Counselor Intern | **SEAR, Fayetteville, AR**

Aug – Dec 2023

- Performed intake, assessment, treatment planning, and documentation for substance use and addiction

Crisis Line Counselor & Shift Lead | **Contact Community Services, Syracuse, NY** May 2021 – Jan 2023

- Provided crisis intervention across 11 hotlines including the 988 Lifeline; trained and supervised new staff

TEACHING EXPERIENCE

Teaching Assistant, Research Design & Program Evaluation | **Waynesburg University, Online** Aug – Dec 2025

- Co-taught CNS 518 for master's-level CMHC students; delivered synchronous and asynchronous instruction

Teaching Assistant, The Helping Relationship | **University of Arkansas, Fayetteville, AR** Aug – Dec 2023

- Co-taught CNED 3053 undergraduate elective; facilitated skill-building in empathy and active listening

SUPERVISION EXPERIENCE

Doctoral Student Supervisor | **Waynesburg University, Online**

May 2025 – Present

- Provide clinical supervision to master's practicum and internship students; evaluate performance via observation and documentation review

Doctoral Student Supervisor | **University of Arkansas, Fayetteville, AR**

Jan – May 2024

- Supervised four master's-level counseling students; facilitated weekly sessions on ethics and case conceptualization

SELECTED PUBLICATIONS & PRESENTATIONS

- Henry, H., Newkirk, K., & Guggenberger, L. (2025). The Power of Choice: Comparing Asynchronous and Synchronous Learning. *Journal of Counselor Preparation and Supervision*
- "Virtual Vitality: Bridging the CSI Counselor Wellness Competencies and the CHANGES Model for Accessible Telehealth Supervision" — 30-minute in-person slide presentation, IAWC 2026 World Conference, Dallas, TX
- "Evaluation in Counseling Supervision: Enhancing Practice through Feedback" — Virtual CE presentation, Spring 2024
- "Implementing Evidence-Based Wellness Practices for Counselors to Mitigate Long-Term Professional Burnout" — CSI Days Virtual Poster, 2022–2023

PROFESSIONAL SERVICE & LEADERSHIP

- Co-President, IAWC Doctoral Student Committee (2026–Present) — plan committee meetings and develop DOC-to-Master's mentorship program
- Resource Page Coordinator, IAWC (2026–Present) — coordinate Resource Managers and review submissions against rubrics/templates
- New York (Upstate) Ambassador, IAWC (2026–Present) — regional point of contact and promoter of IAWC initiatives
- Continuing Education Committee, ACES (2025–2026)
- Professional Development Committee, ACAC (2025–2026)

PROFESSIONAL AFFILIATIONS

IAWC • ACES • ACA • NYMHCA • ACC • AARC • IARTC

HONORS & AWARDS

- JCPS Outstanding Journal Article Award, NARACES (2025)
- Chi Sigma Iota Honor Society — Rho Alpha Beta Chapter (2024–Present)