

Contact

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(LinkedIn)
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Top Skills

Longitudinal Research
behavioral observation
Qualitative Research

Certifications

Limited Permit Mental Health
Counselor (MHC-LP)

Honors-Awards

2025 Journal of Counselor
Preparation and Supervision (JCPS)
Outstanding Journal Article Award
Chi Sigma Iota International Honor
Society Member

Publications

The Power of Choice: Comparing
Asynchronous and Synchronous
Learning

Kayla Newkirk

Doctoral Candidate in Counselor Education & Supervision | Mental
Health Counselor (MHC-LP) | Committee Leader (IAWC) & Member
(ACES, ACAC, NARACES) | Program Evaluation & Qualitative
Researcher

Liverpool, New York, United States

Summary

I am a Ph.D. Candidate in Counselor Education and Supervision at Waynesburg University and a dedicated Mental Health Counselor (MHC-LP) specializing in the intersection of clinical excellence, database management, and systemic advocacy. My professional mission is grounded in disability justice, universal design, and evolving the way we support counselors and students with invisible disabilities. As an active researcher, I was deeply honored to receive the 2025 NARACES Outstanding Journal Article Award from the Journal of Counselor Preparation and Supervision for my co-authored work on inclusive pedagogical excellence. My background spans the entire continuum of care—from providing remote psychotherapy via telehealth to managing frontline crisis workflows and regional resource databases for the 988 and 211 Lifelines. # Current Focus Areas: • Instruction & Supervision: Delivering individualized, developmental supervision to Master's-level counseling students, emphasizing telehealth-based competencies and clinician burnout mitigation[cite: 1]. • Clinical Practice: Serving as a clinician at True Talk Mental Health Counseling, integrating an Adlerian framework with evidence-based practices to support clients through major life transitions. • Systemic Leadership & Service: Actively serving on national and international committees for ACES (Presidential Task Force), NARACES, and the Association of Child and Adolescent Counseling (ACAC)—peer-reviewing national proposals and managing competitive review pipelines with a 7% acceptance rate. I frequently present on "Virtual Vitality"—a framework for integrating wellness competencies into accessible, digital supervision models[. I am always looking to connect with fellow advocates, systems leaders, and researchers committed to fostering an inclusive, data-informed future for the counseling profession. Core Competencies: Counselor Education (CACREP Standards) | Clinical Supervision | Program Evaluation &

Experience

True Talk Mental Health Counseling

Clinical Mental Health Counselor Limited Permit

August 2024 - Present (1 year 11 months)

Manhasset, NY

-Clinical Practice: Provide individual psychotherapy to a diverse caseload, utilizing an Adlerian counseling framework to support clients through life transitions, identity development, and trauma recovery.

-Telehealth Expertise: Deliver high-quality, accessible care through secure telehealth platforms, maintaining "Virtual Vitality" by integrating evidence-based wellness practices into the therapeutic process.

-Clinical Documentation & Compliance: Manage all aspects of client care, including comprehensive intake assessments, individualized treatment planning, and ethical documentation in alignment with New York State licensure standards.

-Collaborative Care: Engage in regular clinical supervision and consultation to ensure the highest standard of inclusive excellence and evidence-based practice.

University of Arkansas

1 year 3 months

Calculus Coach

August 2023 - October 2024 (1 year 3 months)

Assisting calculus students with personalized time management, organization, and study skills for academic success.

Substance Education, Assessment & Recovery (SEAR) Intern

August 2023 - December 2023 (5 months)

Fayetteville, AR

- Addiction Specialist: Conducted comprehensive clinical intakes and assessments for individuals navigating substance use concerns and addiction recovery.

- Treatment Planning: Developed and implemented individualized, evidence-based treatment plans tailored to the unique needs of diverse client populations.

- Community Outreach & Harm Reduction: Facilitated Narcan training sessions and community education initiatives to enhance local crisis response and promote harm reduction.
- Clinical Documentation: Maintained high-quality, compliant clinical records in accordance with ethical standards and recovery-oriented care models.

BRANCHES OF GROWTH MENTAL HEALTH COUNSELING, PLLC

Master's Level Intern: Clinical Mental Health Counseling

August 2022 - August 2023 (1 year 1 month)

Cicero, NY

- Clinical Caseload Management: Provided individual psychotherapy to a diverse range of clients in a private group practice setting, addressing concerns such as anxiety, depression, life transitions, and interpersonal conflict.
- Comprehensive Assessment: Conducted initial clinical intakes and psychosocial assessments to identify client needs, diagnostic impressions, and level of care requirements.
- Collaborative Treatment Planning: Formulated and maintained individualized treatment plans in collaboration with clients, utilizing evidence-based interventions to support therapeutic goals.
- Professional Documentation: Managed clinical records within an Electronic Health Record (EHR) system, ensuring all progress notes (SOAP/DAP) and treatment plans met HIPAA standards and ethical guidelines.
- Clinical Supervision & Training: Participated in weekly individual and group supervision, presenting cases and integrating feedback to refine clinical skills and professional identity development.

Contact Community Services

Shift Lead / Crisis Line Worker / Community Resource Specialist

May 2021 - January 2022 (9 months)

Syracuse, NY

- Clinical Leadership: Provided high-level clinical consultation and leadership for a team of crisis counselors, ensuring the safety and stability of callers on the 988 Suicide & Crisis Lifeline and local crisis lines.
- Crisis Intervention & De-escalation: Managed high-risk calls involving active suicide ideation, self-harm, and mental health crises, utilizing evidence-based de-escalation techniques and safety planning.
- Emergency Coordination: Directed life-saving interventions, including coordinating with emergency services for involuntary rescues and deploying Mobile Crisis Teams (MCT) for on-site community support.

- Resource Navigation (211): Served as a Community Resource Specialist, assessing complex client needs and providing tailored referrals for housing, food security, and mental health services via the 211 system in 17 NYS counties.
- Mentorship & Training: Provided real-time feedback and mentorship to crisis line volunteers and staff, fostering professional growth and ensuring adherence to clinical protocols and ethical standards.

Coordinated Care Services, Inc. (CCSI)

Case Manager/Transition Facilitator

March 2020 - February 2021 (1 year)

Syracuse, NY

- Managed a case load of 20 youth ages 16-21 years old to help them build goals, build community connections, and help them achieve independence.
- Systems Navigation: Facilitated seamless transitions for individuals moving between levels of care, ensuring continuity of mental health services and community-based support.
- Interdisciplinary Collaboration: Acted as a primary liaison between clinical providers, social service agencies, educational institutions, and legal systems to provide holistic, cross-system care coordination.
- Individualized Service Planning: Developed and implemented comprehensive transition plans tailored to the specific strengths and needs of clients, focusing on long-term stability and wellness.
- Advocacy & Resource Management: Provided targeted advocacy to ensure client access to essential services, including housing, vocational training, and specialized mental health programs.
- Compliance & Assessment: Conducted detailed assessments to monitor progress and adjust care plans, maintaining high standards of documentation and data integrity within multi-agency databases.

Education

Waynesburg University

Doctor of Philosophy - PhD, Counselor Education and Supervision · (January 2025 - August 2027)

St. Bonaventure University

Master of Education - MEd, Clinical Mental Health Counseling · (January 2021 - August 2023)

SUNY Geneseo

Bachelor's degree, Psychology/Human Development · (January
2017 - December 2019)

Cayuga Community College

Associate's degree, Liberal Arts and Sciences/Liberal Studies · (September
2015 - May 2017)