

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

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

St. Bonaventure, NY

August 2023

State University of New York at Geneseo

B.S., Psychology

Geneseo, NY

December 2019

Minor: Human Development

Cayuga Community College

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

Auburn, NY

December 2016

RESEARCH EXPERIENCE

University of Arkansas

Liverpool, NY

Ph.D. Dissertation Research Collaborator, Counselor Education and Supervision May 2025

- *Prone to Prejudice: Trans Experiences and Structural Harm in the U.S. Prison System*
University of Arkansas (ProQuest Dissertations & Theses, 2025. 32166361)
- 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

PUBLICATIONS

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

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.
- “Virtual Vitality: Bridging the CSI Counselor Wellness Competencies and the CHANGES Model for Accessible Telehealth Supervision” presented at the IAWC 2026 World Conference, Dallas, TX. May 2026. 30-minute in-person slide presentation.

TEACHING EXPERIENCE

Waynesburg University

Online

Teaching Assistant, Counselor Education and Supervision

August -December 2025

- CNS 518- Research Design & Program Evaluation
- Co-taught online course for clinical mental health counseling students at master's level
- Co-taught and individually taught both synchronously and asynchronously the importance of research skills and methodologies, program evaluation measures, evidence-based practices
- Students in this course learned practical implementation of research skills and program evaluation to meet CACREP standards

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 and three master's level internship 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

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

2023

Clinical Mental Health Counseling Program Group Facilitator

- 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 members 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 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

VOLUNTEER EXPERIENCE

- Student Assistant, Association for Psychological Science (APS) Conference, Washington, D.C. | May 2019
 - Provided administrative and directional support to presenters and attendees during the annual international convention.
 - Facilitated the setup of poster sessions and monitored educational sessions to ensure technical and logistical success.

HONORS & AWARDS

- 2025 Journal of Counselor Preparation and Supervision (JCPS) Outstanding Journal Article Award by the North Atlantic Region Association for Counselor Education and Supervision (NARACES)
- Chi Sigma Iota Honor Society Member, Rho Alpha Beta Chapter 2024-Present
- Chi Sigma Iota Honor Society Member, Phi Rho Chapter 2022-2023
- Phi Theta Kappa Honor Society Member 2015

PROFESSIONAL AFFILIATIONS

- ACES Continuing Education Committee 2025-2026
- ACAC Professional Development Committee 2025-2026
- International Association for Wellness Counseling (IAWC) 2025-Present
- Association for Creativity in Counseling (ACC) 2025-Present
- Association for Assessment and Research in Counseling (AARC) 2025-Present
- 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 SERVICE & LEADERSHIP

Co-President, IAWC Doctoral Student Committee 2026-Present

Plans DOC committee meetings, purpose, goals, and member expectations; develops DOC-to-Master's mentorship program; recruits guest speakers and CE opportunities

Resource Page Coordinator, IAWC 2026-Present

Coordinates Resource Managers across wellness sections; reviews submissions against standardized rubric and template; ensures content aligns with IAWC mission and vision

New York (Upstate) Ambassador, IAWC 2026-Present

Local point of contact for IAWC in upstate New York; promotes association updates, certifications, and initiatives locally
