

Krystal Humphreys, Ph.D., LPC-S

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EDUCATION

Texas Tech University , Lubbock, TX Doctor of Philosophy in Counselor Education and Supervision	May 2017
Texas Tech University , Lubbock, TX Master of Education in Counseling	August 2013
Texas Tech University , Lubbock, TX Bachelor of Arts in Psychology	May 2007
Texas Tech University , Lubbock, TX Bachelor of Arts in Dance	May 2007

PROFESSIONAL CERTIFICATIONS & LICENSURE

Licensed Professional Counselor-Supervisor, 2022
Licensed Professional Counselor, 2017
Certified Teacher, English 8-12, 2007
Certified Teacher, Dance 8-12, 2007

PROFESSIONAL EXPERIENCE

Midwestern State University , Wichita Falls, TX Assistant Professor of Clinical Mental Health	2022-Present
Grace College , Winona Lake, IN Assistant Professor of Clinical Mental Health Counseling	2019-2022
Bethel University , St. Paul, MN Assistant Professor of Counseling	2017-2019
Midwestern State University , Wichita Falls, TX Adjunct Professor of Clinical Mental Health	2020-2022
Eastern New Mexico University , Portales, NM Adjunct Professor of Counseling	2017-2022
Bethel University , St. Paul, MN Adjunct Professor of Psychology	2017-2018
Texas Tech University , Lubbock, TX Campus Intervention Facilitator/Research Assistant, i3 Grant	2012-2017
Tarleton State University , Fort Worth, TX Doctoral Teaching Intern	2015-2016
Texas Tech University , Lubbock, TX Doctoral Teaching and Supervision Intern	2015-2016

Excel Center for Children and Adolescents , Lewisville, TX Licensed Professional Counselor Associate, Partial Hospitalization	2015-2017
Restored Hope Ministry , Dallas, TX Licensed Professional Counselor Associate, Human Trafficking Survivors	2015-2017
Roosevelt Independent School District , Lubbock, TX Counseling Intern, 6-12 th Grade	2011-2012
Heartline Women's Clinic , Lubbock, TX Counseling Intern for Group Counseling	2011-2012
Lubbock High School , Lubbock, TX Director of Dance Education	2007-2008

TEACHING RESPONSIBILITIES

Midwestern State University

COUN 6053 Internship II
 COUN 5283 Advanced Counseling Skills
 COUN 5273 Theories and Techniques
 COUN 5293 Practicum
 COUN 5103 Professional Orientation and Ethics
 COUN 2143 Human Diversity
 COUN 5503 Research and Program Evaluation
 COUN 6043 Internship I
 COUN 5513 Counseling Children and Adolescents
 COUN 5263 Diagnosis and Treatment Planning
 COUN 5363 Multicultural Counseling

Grace College

CPY 5350 Counseling Skills
 CPY 6350 Group Counseling
 CPY 5650 Addictions Counseling
 CPY 5250 Psychopathology
 CPY 5380 Psychotherapy with Children and Adolescents
 CPY 5700 Practicum
 CPY 5200 Personality and Counseling Theories
 CPY 5691 Assessment and Testing

Bethel University

COUN620 Multicultural Counseling and Social Justice
 COUN615 Worldview and Integration of Faith and Spirituality in Counseling
 COUN635 Lifespan Development
 COUN645 Individual and Family Assessment
 COUN650 Theories and Techniques of Counseling
 COUN665 Clinical Assessment and Intervention
 COUN670 Theories and Techniques of Career Counseling, Online
 HUSE460 Assessment and Treatment of Co-Occurring Disorders, Online

Other Institutions

Eastern New Mexico University, COUN517 Counseling Techniques
Eastern New Mexico University, COUN580 Child and Adolescent Counseling
Eastern New Mexico University, COUN575 Counseling Assessment
Eastern New Mexico University, COUN512 Trauma and Crises Counseling
Tarleton State University, CNSL 5353 Theories in Counseling
Tarleton State University, CNSL 5354 Group Counseling
Texas Tech University, EPCE 5360 Practicum in Counseling
Texas Tech University, EPCE 5094 Internship in Counseling

RESEARCH & SCHOLARLY ACTIVITY

Publications

Books

Humphreys, K. D. (2024). The right degree, license, liability insurance, PLLC, office location, and state laws, *Building a private counseling practice: Nuts and bolts of running an ethical and profitable business*. San Diego, CA: Cognella. In Press.

Humphreys, K.D., & Brown, D. (2021). Psychologically, sociologically, gender, and diverse based theories. *Career counseling: Theory, practice, and application*. San Diego, CA: Cognella.

Brown, D., & **Humphreys, K.D.** (2021). Counseling diverse populations. *Career counseling: Theory, practice, and application*. San Diego, CA: Cognella.

Hicks, J., Aimenoho, E., **Humphreys, K.,** & Brown, D. (2021). Cognitive, Happenstance, and social learning theories. *Career counseling: Theory, practice, and application*. San Diego, CA: Cognella.

Refereed Journals

Humphreys, K.D., Helmcamp, W., & Hicks, J. (2023). The power of career counseling: Preventing sex trafficking. *International Journal of Coercion, Abuse, and Manipulation*, 3(2022), 1-14.

Humphreys, K.D., Le Claire, B., & Froeschle-Hicks, J. (2019). Intersections between pornography and human trafficking: Training ideas and implications. *Journal of Counselor Practice*, 10(1), 19- 39.

Humphreys, K.D., Risner, W., Froeschle-Hicks, J., & Moyer, M. (2016). Non-suicidal self-injury: Cutting through the pain, *VISTAS*, 44,1-13.

Humphreys, K.D., & Zesiger, J. (2016). Guiding through life stressors: Utilizing solution-focused brief therapy and sand tray as a counseling approach with military teens. *Journal of Military and Government Counseling*, 4(1), 54-64.

Published Dissertation

Humphreys, K.D. *Discerning generational shifts in child and adolescent susceptibility to sex trafficking.* [Doctoral dissertation, Texas Tech University]. https://ttu-primo.hosted.exlibrisgroup.com/permalink/f/1boli6j/01TTU_DSPACE_ML2346/72696

Works Under Review

Humphreys, K., Helmcamp, W., & Moyer, M.(2024). The adolescent experience of Hispanics who participate in non-suicidal self-injury. Under Review *by Journal of Multicultural Counseling and Development*.

Waltz, M., **Humphreys, K.D.,** & Hicks, J. (2023). Career counseling and the restoration of sex trafficking survivors. Manuscript under review by Journal of Counselor Practice.

Works in Progress

Waltz, M., Hicks, J., Crews, C., Hughs, L., Satterwhite, C., & **Humphreys, K.D.** (n.d.). Advocating for victims of human trafficking in the United States. Manuscript under revision.

Humphreys, K.D., & Crews, C. (n.d.). Child and adolescent susceptibility to sex trafficking: A school counseling model for prevention and advocacy. Manuscript in preparation.

Presentations

Humphreys, K., & Helmcamp, W. (2025, March). *The adolescent experience of Hispanics who participate in non-suicidal self-injury: A model for Intervention.* The American Counseling Association Conference, Orlando, Florida. Under review.

Humphreys, K., & Helmcamp, W. (2024, November). *The adolescent experience of Hispanics who participate in non-suicidal self-injury.* Texas Counseling Association Professional Growth Conference, Dallas, Texas.

Helmcamp, W. & **Humphreys, K.** (2024, November). *Revolutionizing career counseling for gen z: Empowering resilience.* Texas Counseling Association Professional Growth Conference, Dallas, TX

Helmcamp, W., & **Humphreys, K.** (2023, November). *Preventing adolescent intimate partner violence: Implications for school counselors.* Texas Counseling Association Professional Growth Conference, Houston, Texas.

Helmcamp, W., & **Humphreys, K.** (2023, November). *Preventing adolescent intimate partner violence: Implications for school counselors.* Texas Counseling Association Professional Growth Conference, Recorded Virtual Session, Houston, Texas.

Humphreys, K. (2023, September). *Discerning generational shifts in child and adolescent susceptibility to sex trafficking: A prevention model.* The International Human Trafficking and Social Justice Conference.

Helmcamp, W., Sanders, K. Jackson, S, & **Humphreys, K.** (2024, February). *Empowering school counselors: Strengthening voices, nurturing minds*. Texas School Counselor Association Conference, San Antonio, Texas.

Humphreys, K. & Helmcamp, W. (2024, February). *Building resiliency among gen z in a social media driven world: Implications for school counselors*. Texas School Counselor Association Conference, San Antonio, Texas.

Helmcamp, W., **Humphreys, K.**, McClung, C., & Lucas, S. (2023, February). *Non-suicidal self-injury: Successful strategies*. Texas School Counselor Association Conference, Round Rock, Texas.

Humphreys, K. & Helmcamp, W. (2022, November). *Cyber power, control, & manipulation: Trends in adolescent intimate partner violence*. Texas Counseling Association Professional Growth Conference, Dallas, Texas.

Humphreys, K.D., & Earley, C. (2022, September). *The power of career counseling: A strategy in sex trafficking prevention and restoration*. Greenbelt Counseling Association Fall Conference, Wichita Falls, TX.

Humphreys, K.D. (2022, April). *Technology and sex trafficking: Implications for practice*. West Texas Counseling Association Conference Spring Conference, Lubbock, Texas.

Humphreys, K.D. (2021, November). *Technology and sex trafficking: Implications for practice*. Texas Counseling Association Professional Growth Conference, Galveston, TX.

Humphreys, K.D. (2021, November). *Technology and sex trafficking: Implications for practice*. Texas Counseling Association Professional Growth Conference, Recorded Virtual Session, Galveston, TX.

Helmcamp, W., **Humphreys, K.D.**, Midgett, P. (2021, November). *Connecting with igen adolescents*. Texas Counseling Association Professional Growth Conference, Galveston, TX.

Crews, C., & **Humphreys, K.D.** (2020, January). *Identifying sex trafficking on college campuses*. Texas Tech University Professional Development, Lubbock, TX.

Humphreys, K.D. & Crews, C. (2019, November). *Discerning generational shifts in child and adolescent susceptibility to sex trafficking: A prevention model*. Texas Counseling Association Professional Growth Conference, Fort Worth, TX.

Humphreys, K.D., Waltz, M., & Risner, W. (2019, November). *The power of career counseling: A strategy in sex trafficking prevention and restoration*. Texas Counseling Association Professional Growth Conference, Fort Worth, TX.

Humphreys, K.D., Waltz, M., & Brown, D. (2019, November). *The power of career counseling: A strategy in sex trafficking prevention and restoration*. Tennessee Counseling Association Conference, Nashville, TN.

Hicks, J., & **Humphreys, K.D.**, & Olson, L. (2018, November). *What can be done about school shootings?* Tennessee Counseling Association Conference, Nashville, TN.

Hicks, J., & **Humphreys, K.D.** (2018, November). *Cultural competency when counseling Hispanic Americans.* Tennessee Counseling Association Conference, Nashville, TN.

Waltz, M., Hicks, J., **Humphreys, K.D.**, & Brown, D. (2018, November). *Slavery in the 21st century: Ways counselors can combat sex trafficking, prostitution, and slavery.* Tennessee Counseling Association Conference, Nashville, TN.

Humphreys, K.D., & Le, L. (2017, April). *Mathematics Instructional coaching and how it effects teacher classroom performance.* Educational Research Association Conference, San Antonio, Texas.

Humphreys, K.D., & Risner, W. (2016, November). *Plugged in: Social media and the rise of bullying in our youth.* Texas Counseling Association Conference, Dallas, Texas.

Humphreys, K.D., & Risner, W. (2016, April). *Non-suicidal self-injury: Counseling treatment and intervention,* Texas Tech University Growth Conference, Lubbock, Texas.

Humphreys, K.D., & Crews, C. (2016, February). *Sex Trafficking: What is Your Role in Prevention?* Texas School Counseling Association Conference, Dallas, Texas.

Humphreys, K.D., & Risner, W. (2016, January). *Non-suicidal self-injury: Cutting through the pain,* Northern Metro Counseling Association Conference, Plano, Texas.

Humphreys, K.D., Risner, W., Froeshle-Hicks, J., & Moyer, M. (2015, November). *Non-suicidal self-injury: Cutting through the pain,* Texas Counseling Association Professional Growth Conference, Corpus Christi, Texas.

Humphreys, K.D., Penny, G., & Risner, W. (2015, April). *Poverty affecting children and adolescence,* Presented at Texas Tech University Growth Conference, Lubbock, Texas

Applied Research

Humphreys, K.D. (Principal Investigator), & Helmcamp, W. (Co-Investigator). *Understanding the Adolescent Experience of Hispanics who Participate In Non-Suicidal Self-Injury,* Midwestern State University Human Subjects In Research Committee, Project #23040401. (2023- Present).

Grant Research

Helmcamp, W. (Principal Investigator), **Humphreys, K.D. (Data Evaluator/CO-Investigator).** *Project School Mental Health,* Midwestern State University, Sponsored by the U.S. Department of Education, Project ##S184X230148, \$1.3 million (2023-2027).

Humphreys, K.D. (Co-Principal), Loi, L. (Co-Principal), *Mathematics Instructional Coaching and How it Effects Teacher Classroom Performance*, Texas Tech University i3 secondary research: Investing in Innovation, Sponsored by the U.S. Department of Education. (2016 – 2017).

Almager, I. (Principal), Valle, F. (Co-Principal), **Humphreys, K. D. (Research Assistant)**, Loi, L. (Research Assistant), “i3: Investing in Innovation,” Sponsored by the U.S. Department of Education, \$3.4 million. (2012 – 2017).

Professional Involvement

Humphreys, K.D. (2021). *The reclaiming families podcast: parenting generation z, technology and responsive parenting part 2*. Guest Expert for Podcast, Knoxville, TN.

Humphreys, K.D. (2021). *The reclaiming families podcast: parenting generation z, susceptibility to sex trafficking, part 1*. Guest Expert for Podcast, Knoxville, TN.

Humphreys, K.D. (2020). *Child and adolescent susceptibility to sex trafficking: Implications for practice*. Grace College Supervisor Continuing Education Workshop, Wynona Lake, Indiana.

Humphreys, K.D. (2018). *Sex trafficking prevention, and advocacy for victims: Implications for counselors*. Guest Lecturer for Doctoral Student Workshop, Belmont University, Nashville, TN.

Humphreys, K.D. (2014). *Leadership and communication for the secondary math coach*, Professional Development Workshop for Secondary Math Coaches, Lubbock Independent School District, Lubbock, Texas.

SERVICE

University

Midwestern State University

Member, Global Education Advisory (2022-Present).
Member, Handbook Committee (2023-Present).
Member, Core Curriculum (2023-Present).
Member, Writing Council (2023-Present).
Member, Teaching Awards Committee (2023-Present).
Member, Faculty Mentor Committee, (2023-Present).
Mentor, New Faculty, Patrice Dunn, (2023-Present).
Interviewer, Haberman Candidate Interviews, (2022-Present).
Developed student remediation plan for Delila Garcia (May 2024).
Developed, planned, and recorded example counseling videos for
Advanced Counseling Skills with Dr. Patrice Dunn (May-August 2024).
Graduation Clean Up (May 2024).

Planned, set Up, and hosted Spring MSU student reception at Flower Mound Campus with Dr. Patrice Dunn and Dr. Emily Reeves (March 2024).
 Planned, set up, and hosted Fall MSU student reception at Flower Mound Campus with Dr. Patrice Dunn and Dr. Emily Reeves. (October 2023).
 Interviewed job candidates to serve as Dr. Wendy Helmcamp's grant manager on the Project School Mental Health grant.
 Reviewed Student Applications for Project School Mental Health Grant with Wendy Helmcamp.
 Consulted with Wendy Helmcamp on proper methodology for her Project Mental Health Grant.
 Reviewed and scored student applications for Clinical Mental Health Counseling program.
 Collaborated with Wendy Helmcamp and Tara Fox on the new student orientation.
 Developed student remediation plan for Kylie Overbie, (2023).
 Collaborated with Wendy Helmcamp and Tara Fox on CACREP requirements for the Clinical Mental Health Counseling Program.
 Contacted fellow colleagues to find a speaker for the Steph Conference in Spring 2023.
 Mentored Patrice Dunn right after her hire (Spring 2023) and guided her through the summer session courses, prior to being designated as a mentor.
 Collaborated with Wendy Helmcamp on how to incorporate Clinical Mental Health students in a hooding ceremony.
 Participated in Chi Sigma Iota training for new programs.
 Set up for mustang walk Dec. 2022.

Grace College

Member, Institutional Review Board (2021-2022).
 Member, Care Intervention Team (2021-2022).
 Member, Student Professional Development Committee, (2019 - 2022).
 Advisor, Clinical Mental Health Counseling Students, (2019-2020).

Bethel University

Member, Course Evaluation and Approval Team, (2017-2019).
 Member, Faculty Retreat Committee, (2018 – 2019).
 Member, Master's Degree Application Review Committee, (2018-2019).

Profession, Discipline, & Community

Chair, Site Evaluation Team, Council for Accreditation of Counseling and Related Educational Programs [CACREP], (2023-Present).
 Member, Site Evaluation Team, Council for Accreditation of Counseling And Related Educational Programs [CACREP], (2020-Present).
 Member, Texas Counseling Association Educational Endowment Fund Committee, (2021-Present).
 Member, Texas Counseling Association Program Review Committee, (2023-Present).
 Member, Editorial Review Board, *Journal of Military and Government Counseling*, (2018 – Present).
 Member, Interview Team, Project School Mental Health, Midwestern State University, (2023-Present).
 Member, International Association for Marriage and Family Counseling Emerging Leaders Committee, (2020-2021).

Member, Texas Counseling Association Program Review Committee, (2019- 2020).
Member, Texas Counseling Association Educational Endowment Fund Committee, (2020-2021).
Reviewer, ESF-Science Connect Post-Doc, *Non-suicidal self-injury and identity processes and statuses: A longitudinal and cross-cultural inquiry into associations and mechanisms*, (March, 2019).
Member, Texas Counseling Association Program Review Committee, (2015 – 2018).
Member, Texas Counseling Association Educational Endowment Fund Committee, (2016 – 2017).
Member, Texas School Counseling Association Program Review Committee, (2016 – 2017).
Co-Facilitator, Texas Tech University Student Counseling Conference, (2015- 2015).

Public Service

Volunteer, Backstage Assistance, Texas Ballet Theater School, Fort Worth, TX (2024).

Volunteer, Classroom and Campus Assistant, Liberty Christian School, Argyle, Texas, (2023-Present).
Volunteer, Professional Backstage Production, Kansas City Ballet, Kansas City, Missouri, (2019-2023).
Volunteer, Human Trafficking Group Facilitator, Gateway Church, Southlake, Texas, (2016 – 2017).
Volunteer, ASVAB Math Tutoring, United States Marine Corps, Albuquerque, New Mexico; Lubbock, Texas; Lewisville, Texas; and St. Paul, Minnesota (2007-2018).
Volunteer, Heartline Women’s Clinic, Lubbock, Texas, (2012 – 2013). Volunteer, Big Brother Big Sister, Lubbock, Texas, (2005 – 2006).

Professional Involvement

American Counseling Association. (2012 – Present).
American Psychological Association. (2007 – Present).
Chi Sigma Iota, Theta Theta Upsilon. (2012 – Present).
Texas Counseling Association. (2013 – Present).
Texas Association for Counselor Education and Supervision. (2015 – Present).
International Association for Marriage and Family Counseling. (2020-Present).
Association for Multicultural Counseling and Development. (2018 – Present).
Association for Assessment and Research in Counseling. (2018 – Present).
Military and Government Counseling Association. (2018 – Present).
North Central Association for Counselor Education and Supervision. (2018 – Present).
Southern Association for Counselor Education and Supervision. (2017 – Present).
Association for Child and Adolescent Counseling. (2017 – Present).
Association for Counselor Education and Supervision. (2016 – Present).
Texas Tech Alumni Association. (2007 – Present).

AWARDS & HONORS

Texas Tech University College of Education Grant Recipient. (2016, 2017).
Jamesanna Kirven Educational Endowment Recipient, Texas Counseling Association. (2016, 2023).
Texas Tech University College of Education Grant Recipient. (2015).
Chi Sigma Iota, Theta Theta Upsilon Inductee. (2011 – Present).

