

# Krystal D. Humphreys, PhD, LPC-S

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## Education

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Ph.D. Texas Tech University Counselor Education and Supervision Dissertation Title: <i>Discerning Generational Shifts in Child and Adolescent Susceptibility to Sex Trafficking</i>	2017
M.Ed. Texas Tech University School Counseling and Clinical Mental Health Counseling	2012
Post-Baccalaureate Teacher Certification Texas Tech University Certification: English 8-12 Certification: Dance 8-12	2008
B.A. Texas Tech University Major: Psychology	2007
B.A. Texas Tech University Major: Dance	2007

## Professional Positions

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Assistant Professor of Counseling, Midwestern State University, Wichita Falls, TX. (2022-Present).

Assistant Professor of Counseling, Grace College, Winona Lake, IN. (2019- 2022).

Assistant Professor of Counseling, Bethel University, St. Paul, MN. (2017-2019).

Adjunct Professor of Counseling, Midwestern State University, Wichita Falls, TX. (2020-Present).

Adjunct Professor of Counseling, Eastern New Mexico University, Portales, NM. (2018-Present).

Adjunct Professor of Human Services, Bethel University, St. Paul, MN. (2017-Present).

Adjunct Professor of Psychology, Bethel University, St. Paul, MN. (2017 – Present).

Research Assistant, i3 Grant, Campus Intervention Facilitator for Mackenzie Middle School & Seagoville High School, Texas Tech University, Lubbock, TX, and Dallas, TX. (2012 – 2017).

Teaching Intern, Tarleton State University, Fort Worth, TX. (2015-2016).

Teaching Intern, Texas Tech University, Lubbock, TX. (2015 – 2016).

Supervision Intern, Texas Tech University, Lubbock, TX. (2015 – 2016).

Counselor, Excel Center, Partial Hospitalization/School, Lewisville, TX. (2015 – 2017).

Counselor, Restored Hope, Human Trafficking Safe House, Dallas, TX. (2015 – 2017).

Counseling Intern, Roosevelt Independent School District, Lubbock, TX. (2011 – 2012).

Counseling Intern, Heartline Women's Clinic, Lubbock, TX. (2011 – 2012).

Teacher, Lubbock High School, Lubbock, TX. (2007 – 2008).

Coach, Lubbock High School, Lubbock, TX. (2007 – 2008).

### **Licensures and Certification**

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Licensed Professional Counselor - Supervisor, License #74542, Texas State Board of Examiners of Professional Counselors. (2017 – Present).

Certified Teacher, English 8-12, Texas Education Agency. (2008 – 2013).

Certified Teacher, Dance 8-12, Texas Education Agency. (2008 – 2013).

### **Professional Memberships**

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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 and Honors**

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Texas Tech University College of Education Grant Recipient. (2016 – 2017).  
Jamesanna Kirven Educational Endowment Recipient, Texas Counseling Association. (2015 – 2016).  
Texas Tech University College of Education Grant Recipient. (2014 – 2015).  
Chi Sigma Iota, Theta Theta Upsilon Inductee. (2011 – Present).

## **TEACHING**

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### **Teaching Experience**

#### **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**

Midwestern State University, Professional Orientation,  
COUN5103  
Midwestern State University, Multicultural Counseling,  
COUN5363  
Midwestern State University, Diagnosis and Treatment Planning  
COUN5263  
Eastern New Mexico University, Counseling Techniques,  
COUN517  
Eastern New Mexico University, Child and Adolescent Counseling,  
COUN580  
Eastern New Mexico University, Counseling Assessment,  
COUN575  
Eastern New Mexico University, Trauma and Crises Counseling,  
COUN512  
Tarleton State University (Intern), Theories in Counseling,  
CNSL 5353  
Tarleton State University (Intern), Group Counseling, CNSL 5354  
Texas Tech University (Intern), Practicum in Counseling,  
EPCE 5360  
Texas Tech University (Intern), Internship in Counseling, EPCE  
5094

**Course Management**

**Grace College**

CPY5691 Assessment and Testing  
CPY5250 Psychopathology  
CPY5380 Psychotherapy with Children and Adolescents  
CPY6600 Lifestyle and Career Counseling

**Contract Course Development**

**Bethel University**

COUN620 Multicultural Counseling and Social Justice  
COUN650 Theories and Techniques of Counseling  
COUN670 Theories and Techniques of Career Counseling  
COUN645 Individual and Family Assessment  
COUN665 Clinical Assessment and Intervention  
COUN615 Worldview and Integration of Faith and Spirituality in  
Counseling  
COUN635 Lifespan Development  
HUSE460 Assessment and Treatment of Co-Occurring Disorders  
HUSE435 Families and Cross-Cultural Perspectives

## RESEARCH

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### Published Contributions Book Chapters

- Humphreys, K. D. (2023). The right degree, license, liability insurance, PLLC, office location, and state laws. *Building a private counseling practice: Nuts and bolts of running and ethical and profitable business*. San Diego, CA: Cognella. In Press.
- Humphreys, K.D., & Brown, D. (2020). Psychologically, sociologically, gender, and diverse based theories. *Career counseling: Theory, practice, and application*. San Diego, CA: Cognella.
- Brown, D., & Humphreys, K.D. (2020). Counseling diverse populations. *Career counseling: Theory, practice, and application*. San Diego, CA: Cognella.
- Hicks, J., Aimenoho, E., Humphreys, K., & Brown, D. (2020). Cognitive, Happenstance, and social learning theories. *Career counseling: Theory, practice, and application*. San Diego, CA: Cognella.

### Journal Articles

- 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., Risner, W., Waltz, M., & Hicks, J. (2022). Career counseling and the restoration of sex trafficking survivors. Manuscript under review.
- 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.
- 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.
- 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 sandtray as a counseling approach with military teens. *Journal of Military and Government Counseling*, 4(1), 54-64.

## Presentations

Humphreys, K. (2023). *Building resiliency among generation z in a social media driven world: Implications for school counselors*. Submitted to Present at the Professional School Counselor Conference, San Antonio, TX.

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

Helmcamp, W., Humphreys, K., & McClung, C. (2023). *Preventing adolescent intimate partner violence: Implications for school counselors*. Accepted to Present at the Texas Counseling Association Professional Growth Conference, Houston, TX.

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

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

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

Humphreys, K.D. (2022). *Technology and sex trafficking: Implications for practice*. Accepted to present at the West Texas Counseling Association Conference, Spring Virtual Conference.

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

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

Humphreys, K.D. (2021). *The reclaiming families podcast: parenting*

*generation z, part 1 and 2.* Guest speaker for Legacy Church, Knoxville, TN.

- Humphreys, K.D. (2020). *Child and adolescent susceptibility to sex trafficking: Implications for practice.* Grace College Supervisor Continuing Education, Wynona Lake, Indiana.
- Humphreys, K.D. & Crews, C. (2019). *Discerning generational shifts in child and adolescent susceptibility to sex trafficking: A prevention model.* Presented at the Texas Counseling Association Professional Growth Conference, Fort Worth, TX.
- Humphreys, K.D., Waltz, M., & Risner, W. (2019). *The power of career counseling: A strategy in sex trafficking prevention and restoration.* Presented at the Texas Counseling Association Professional Growth Conference, Fort Worth, TX.
- Humphreys, K.D., Waltz, M., & Brown, D. (2019). *The power of career counseling: A strategy in sex trafficking prevention and restoration.* Presented at the November 2019 Tennessee Counseling Association Conference, Nashville, TN.
- Hicks, J., Humphreys, K.D., & Olson, L. (2018). *What can be done about school shootings?* Presented at the Tennessee Counseling Association Conference, Nashville, TN.
- Hicks, J., & Humphreys, K.D. (2018). *Cultural competency when counseling Hispanic Americans.* Presented at the Tennessee Counseling Association Conference, Nashville, TN.
- Waltz, M., Hicks, J., Humphreys, K.D., & Brown, D. (2018). *Slavery in the 21<sup>st</sup> century: Ways counselors can combat sex trafficking, prostitution, and slavery.* Presented at the Tennessee Counseling Association Conference, Nashville, TN.
- Humphreys, K.D. (2018). *Sex trafficking prevention, and advocacy for victims: Implications of counselors.* Guest Lecturer at Belmont University, Nashville, TN.
- Humphreys, K.D., & Le, L. (2017). *Mathematics Instructional coaching and how it effects teacher classroom performance.* Presented at the Educational Research Association Conference, San Antonio, Texas.
- Humphreys, K.D., & Risner, W. (2016). *Plugged in: Social media and the rise of bullying in our youth.* Presented at the Texas Counseling Association Conference, Dallas, Texas.
- Humphreys, K.D., & Crews, C. (2016). *Sex Trafficking: What is Your Role in Prevention?* Presented at the Texas School Counseling Association Conference, Dallas, Texas.

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

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

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

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

Humphreys, K.D. (2013). *Leadership and communication for the secondary math coach: A professional development*, Presented at Lubbock Independent School District, Lubbock, Texas.

## **Research**

Humphreys, K.D. (Principal), & Helmcamp, W. (Co-Principal).  
“Understanding the Experiences of Young Adults who Participate In Non-Suicidal Self-Injury,” Midwestern State University Human Subjects In Research Committee, Project 23040401. (2023-Present).

## **Grant Research**

Humphreys, KD. (Evaluator), Helmcamp, W. (Principal). “Project School Mental Health”, Midwestern State University, Sponsored by the U.S. Department of Education. (2023-Present).

Humphreys, K.D. (Co-Principal), Loi, L. (Co-Principal), “Mathematics Instructional Coaching and How it Effects Teacher Classroom Performance,” Texas Tech University i3: 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, \$3400000. (2012 – 2017).

## **SERVICE**

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### **University Service**

Member, Institutional Review Board, (2021-Present).

Member, Care Intervention Team, (2021-Present).

Member, Student Professional Development Committee, (2018 - Present).

Member, Course Evaluation and Approval Team, (2017-2019).



Member, University Classroom Oversight Committee, (2018 – 2019).  
Member, Faculty Retreat Committee, (2018 – 2019).  
Member, Master's Degree Application Review Committee, (2018-2019).

### **Professional Service**

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).  
Member, Editorial Review Board, *Journal of Military and Government  
Counseling*, (2018 – 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, Human Trafficking Group Facilitator, Gateway Church, Southlake,  
Texas, (2016 – 2017).

Volunteer, Heartline Women's Clinic, Lubbock, Texas, (2012 – 2013).

Volunteer, Big Brother Big Sister, Lubbock, Texas, (2005 – 2006).







