

Wendy Helmcamp, Ph.D., LPC-S

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PROFESSIONAL SUMMARY

Licensed counseling professional with 10+ years of school counseling experience seeking full-time faculty position.

EDUCATION

- Texas Tech University**, Lubbock, TX December 2018
Doctor of Philosophy in Counselor Education and Supervision
Dissertation: "Non-Suicidal Self-Injury: Self-Efficacy of Secondary School Counselors"
- Midwestern State University**, Wichita Falls, TX August 2002
Master of Education in Counseling
- Midwestern State University**, Wichita Falls, TX December 1999
Bachelor of Arts in English Language Arts

LICENSURE & CERTIFICATION

- Licensed Professional Counselor-Supervisor, 2016
Licensed Professional Counselor, 2004
School Counselor PK-12, 2002

PROFESSIONAL EXPERIENCE

- Midwestern State University**, Wichita Falls, TX 2021-Present
Assistant Professor
Clinical Experience Coordinator School Counseling
- Coordinating Practicum & Internship Sites for School Counseling Students
 - Teach Master's level counseling classes
 - Practicum in School Counseling
 - Internship in Counseling
 - Introduction to School Counseling
 - Counseling Children
 - Comprehensive School Counseling Services
- Midwestern State University Counseling Center**, Wichita Falls, TX 2015-2016
Practicum and Internship
- Personal Counseling
 - Academic Counseling
 - Career Counseling
 - Group Counseling
- Rider High School**, Wichita Falls, TX 2009-2020
Lead Counselor
- Student Schedules

- Personal Graduation Plans
- Crisis Counseling

Kirby IB World Academy, Wichita Falls, TX 2006-2009
School Counselor

- Master Schedule
- Student Support Team Chairperson
- Testing Coordinator
- Peer Mediation & Crisis Counseling

Red River Hospital, Wichita Falls, TX 2002-2006
Child and Adolescent Unit Therapist

- Group, Family, Multifamily, & Individual Therapy
- Detailed Social Histories
- Treatment Plans & Discharge Plans

City View Jr./Sr. High School, Wichita Falls, TX 2000-2002
Jr. High English Teacher/PALS Sponsor and Journalism Teacher

- Developed the Journalism Program
- Created the PALS Program

PUBLICATIONS

International Journal of Coercion, Abuse, and Manipulation 2022
“The Power of Career Counseling: Preventing Sex Trafficking”

Journal of Technology in Counselor Education and Supervision 2022
“Creating Connection with Online Learners”

VISTAS Online 2016, Sponsored by the American Counseling Association 2016
“Non-Suicidal Self-Injury: Cutting Through the Pain”

SCHOLARSHIP

Mental Health Service Professional Demonstration Grant 2023
“Project School Mental Health,” U.S. Department of Education

AWARDS

Nominated for WCOE Distinguished Teaching Award 2023

LEADERSHIP & PRESENTATIONS

Sheppard Training Transformation Consortium, Wichita Falls, TX 2023
“Social Emotional Learning for the Adult Learner” - Presenter

Midwestern State University WCOE Roundup, Wichita Falls, TX 2023
“Mental Health & Stress Management” - Presenter

Midwestern State University Clinical Teachers, Wichita Falls, TX 2023
“Student Teacher Self-Care” – Presenter

MSU Club Moffett Talks Podcast, Virtual "Project School Mental Health" – Guest Speaker	2023
Midwestern State University Inclusion Now!, Wichita Falls, TX "Person Centered Well-Being: Strategies for Mental Health" – Presenter	2023
Burkburnett Study Club, Wichita Falls, TX "A Time to Reconnect" - Presenter	2023
Midwestern State University Teaching and Learning Resource Center, Wichita Falls, TX "Student Well-Being: Class Check-Ins for Mental Health" - Presenter	2023
Midwestern State University West College of Education Classes, Wichita Falls, TX "Mental Health & Stress Management" – Presenter	2023
Texas Association for Counselor Education and Supervision, Georgetown, TX "Implementing Creative Strategies to Enhance Knowledge of Identity, Practice and Theory" – Presenter	2023
Texas School Counselor Association Conference, Round Rock, TX "Non-Suicidal Self-Injury: Successful Strategies" - Presenter	2023
Texas Association of School Business Officials, Wichita Falls, TX "Achieving Balance" – Presenter	2023
Vernon College Professional Learning Community, Vernon, TX "Becoming a More Effective Educator through the Lens of Self-Care" – Presenter	2023
Midwestern State University Clinical Teachers, Wichita Falls, TX "Self-Care Strategies" - Presenter	2023
Texas Counselor Association Professional Growth Conference, Dallas, TX "Cyber Power, Control, & Manipulation Trends in Adolescent Intimate Partner Violence" - Presenter "Cultivating Counselor Identity within Online Counselor Education Programs" - Presenter	2022
Texas Forensic Mental Health Conference, Vernon, TX "Becoming a More Effective Mental Health Professional" - Presenter	2022
Vernon College Professional Learning Community, Virtual Meeting "How to Become a More Effective Educator" - Presenter	2022
Region 9 Counselor Share & Exchange, Wichita Falls, TX "Non-Suicidal Self-Injury: Successful Strategies" - Presenter	2022
Wichita Falls Human Resource Management Association "Suffering in Silence" - Presenter	2022

Red River Hospital Leadership Team Meeting , Wichita Falls, TX "LGBTQIA+ Inpatient Care – Moving Forward" - Presenter	2022
Texas Association of School Psychologists Podcast , Virtual "School Counseling Podcast" – Guest Speaker	2022
Greenbelt Counseling Association , Wichita Falls, TX "Counseling Queer Clients" – Presenter	2022
Greenbelt Counseling Association , Virtual Meeting "Cutting Through the Pain" – Presenter	2022
Texas Association for Counselor Education and Supervision , Arlington, TX "Creating Counselor Identity within Online Counselor Education Programs" - Presenter	2022
Counselor Education Distance Learning Conference , Virtual Conference "Creating Connection with Online Learners" - Presenter	2022
Region 9 New Counselor Academy , Wichita Falls, TX "School Counselor Self-Care" – Presenter	2021
Texas Counseling Association Professional Growth Conference , Galveston, TX "Safer Schools: Supporting LGBTQIA+ Youth through Knowledge, Advocacy, and Timely Interventions" – Presenter	2021
Texas Counseling Association Professional Growth Conference , Galveston, TX "Connecting with iGen Adolescents" – Presenter	2021
Region 9 Counselor Share & Exchange , Wichita Falls, TX "Cutting Through the Pain" – Presenter	2021
The Opal Center , Virtual Meeting "Safe Schools: Supporting LGBTQIA+ Youth through Inclusivity and Empathy" – Presenter	2021
Vernon College Caregiving Seminar , Virtual Meeting "Caregivers Cope through COVID-19" – Presenter	2021
TACES Mid-Winter Conference , Virtual Meeting "Increasing Counselor Education Student Learning Experiences through Communication & Connection" - Presenter	2021
WFISD Secondary Counselors , Wichita Falls, TX "The Best Version of You" - Presenter	2020
Region 9 Counselor Share & Exchange , Wichita Falls, TX "Mindfulness & Self-Care" - Presenter	2020

WFISD Principal Meeting , Wichita Falls, TX "Self-Care for Leaders" - Presenter	2020
WFISD Assistant Principal Meeting , Wichita Falls, TX "Self-Care for Leaders" - Presenter	2020
Texas Counseling Association Professional Growth Conference , Ft. Worth, TX "The Power of Career Counseling: A Strategy in Sex Trafficking Prevention & Restoration" - Presenter	2019
Burkburnett Study Club , Burkburnett, TX "iGen & Self-Care" - Presenter	2019
WFISD Teachers , Wichita Falls, TX "Supporting Students & Staff" - Presenter	2019
WFISD Creating Successful Students , Wichita Falls, TX "Help Me, Help You" - Presenter	2019
Greenbelt Counseling Association , Wichita Falls, TX "Connecting with iGen Adolescents" - Presenter	2019
Texas Association of School Business Officials , Wichita Falls, TX "Connecting with Co-Workers" – Presenter	2019
Region 9 Counselor Share & Exchange , Wichita Falls, TX "Connecting with iGen Adolescents" - Presenter	2019
Rider High School Students , Wichita Falls, TX "Coping Skills & Wellness" - Presenter	2018
Rider High School Teachers , Wichita Falls, TX "Panic Attacks" - Presenter	2018
WFISD Nurses , Wichita Falls, TX "Panic Attacks & Cutting" – Presenter	2017
WFISD Career Education Center Teachers , Wichita Falls, TX "Mental Health & Counseling" - Presenter	2017
Texas Counseling Association Professional Growth Conference , Dallas, TX "Plugged In: Social Media and the Rise of Bullying in our Youth" - Presenter "Unraveling the Mystery of Special Ed Assessments for Learning Disabilities: What School Counselors Need to Know" - Presenter	2016
National Alliance on Mental Health , Wichita Falls, TX NAMI Support Group - Creator/Facilitator	2016

Northern Metro Counseling Association , Plano, TX "Cutting through the Pain" - Presenter	2016
Northeast Counseling Association , Pittsburg, TX "Counselor Ethics" - Presenter	2016
Texas Tech Counselor Education Growth Conference , Lubbock, TX "Cutting through the Pain" - Presenter	2016
North Texas Regional Training Conference , Midwestern State University "Do I have to give up what I believe to be ethical?" - Presenter	2016
North Texas Area Aging Conference , Wichita Falls, TX "Unplug, Disconnect, & Recharge" - Presenter	2016
Region 9 Counselor Share & Exchange , Wichita Falls, TX "Cutting through the Pain" - Presenter	2016
Texas Counseling Association Conference , Corpus Christi, TX "Cutting through the Pain" – Presenter	2015
Midwestern State University Staff Retreat , Wichita Falls, TX "Relaxation" – Presenter	2015
Cunningham Elementary , Wichita Falls, TX Career Day - Presenter	2015
Texas Tech Mini Social Justice Conference , Lubbock, TX Counselor Education Cohort '14 Conference - Presenter	2015
Region 9 Technology Conference , Wichita Falls, TX Reading Pen - Presenter	2014
North Texas Regional Training Conference , Wichita Falls, TX "Oh, No! Another Presentation on Stress" - Presenter "Professional Counselor Ethics" - Presenter	2014
North Texas Area Aging Conference , Wichita Falls, TX "Professional Counselor Ethics" - Presenter	2014
North Texas Regional Training Conference , Wichita Falls, TX "Oh, No! Another Presentation on Stress" - Presenter	2013
North Texas Regional Training Conference , Wichita Falls, TX "I Will Survive" – Presenter	2010
Region 9 Counselor Share & Exchange , Wichita Falls, TX "Sugar and Spice, But Not so Nice" – Presenter	2010

Texas Counseling Association Conference , Galveston, TX "Connecting with the Contemporary College Student" - Presenter	2007
Kirby Junior High School Teachers , Wichita Falls, TX "Humor in the Classroom" – Presenter	2007
Hospice of Wichita Falls , Wichita Falls, TX "Laughter and Hope" - Presenter	2007
Speak Up, Speak Out Sexual Assault Awareness Conference , Wichita Falls, TX "New Beginnings: New & Healthy Relationships" – Presenter	2007
Texas Counseling Association Conference , Houston, TX "Connecting with Adolescents, Part II" - Presenter	2006
Rose Street Mental Health Care , Wichita Falls, TX "Adolescent Psychotherapy" – Presenter	2006
Texas Counseling Association Conference , El Paso, TX "Connecting with Adolescents" – Presenter "I Will Survive" - Presenter	2005
Wichita Falls Childcare Providers , Wichita Falls, TX "Childhood Depression" - Presenter	2005
Wichita Falls Juvenile Justice Department , Wichita Falls, TX "Family Dynamics of Children/Adolescents in the Juvenile Justice System"- Presenter	2005
Greenbelt Counseling Association , Wichita Falls, TX "Connecting with Adolescents" – Presenter	2005

PROFESSIONAL AFFILIATIONS

Member of Chi Sigma Iota – Theta Theta Upsilon, Texas Tech University
 Member of Greenbelt Counseling Association, Past President, Current Vice President
 Member of Texas Counseling Association
 Member of Texas School Counselor Association
 Member of Texas Association for Counselor Education & Supervision
 Sigma Kappa Sorority Alumnae, Past President
 Previous Advisory Board Member of Sigma Kappa Sorority
 Previous National Alliance of Mental Illness Board Member
 Previous WFISD District Advisory Board Committee Member
 Previous WFISD District Leadership Cohort Member

REFERENCES

Mr. Dee Palmore, Previous Principal of Rider High School
 4933 Bayberry
 Wichita Falls TX 76310

dpalmore64@sbcglobal.net

940.636.9849

Ms. Jennifer Spurgers, Principal of WFISD Career Education Center

500 E. Hatton Road

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940.235.1091

Dr. Charles Crews, Professor at Texas Tech University

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Lubbock TX 79409

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806.834.4149

Dr. Pam Midgett, MSU Counseling Center Director

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Wichita Falls TX 76308

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