

Wendy Helmcamp, Ph.D., LPC-S

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EDUCATION

Texas Tech University , Lubbock, TX Doctor of Philosophy in Counselor Education and Supervision	December 2018
Midwestern State University , Wichita Falls, TX Master of Education in Counseling	August 2002
Midwestern State University , Wichita Falls, TX Bachelor of Arts in English Language Arts	December 1999

PROFESSIONAL CERTIFICATIONS & LICENSURE

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

PROFESSIONAL EXPERIENCE

Midwestern State University , Wichita Falls, TX Assistant Professor Clinical Experience Coordinator School Counseling <ul style="list-style-type: none">• Coordinate Practicum & Internship Sites for School Counseling Students• Teach Master's level counseling classes	2021-Present
Midwestern State University Counseling Center , Wichita Falls, TX Doctoral Practicum and Internship <ul style="list-style-type: none">• Personal Counseling• Academic Counseling• Career Counseling	2015-2016
Rider High School , Wichita Falls, TX Lead School Counselor <ul style="list-style-type: none">• Student Schedules• Personal Graduation Plans• Crisis Counseling	2009-2020
Kirby IB World Academy , Wichita Falls, TX School Counselor <ul style="list-style-type: none">• Master Schedule• Testing Coordinator• Peer Mediation & Crisis Counseling	2006-2009
Red River Hospital , Wichita Falls, TX Child and Adolescent Unit Therapist	2002-2006

- 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

TEACHING RESPONSIBILITIES

- COUN 5813 Practicum in School Counseling, Fall 2020 adjunct, Fall 2021, Spring 2022, Fall 2022, Spring 2024
- COUN 5293 Practicum in Counseling, Fall 2021, Spring 2022, Summer 2022, Fall 2022, Summer 2023, Fall 2023, Spring 2024, Summer 2024
- COUN 6043 Graduate Internship I, Fall 2020 adjunct, Summer 2021, Fall 2021, Spring 2022, Summer 2022, Spring 2023, Summer 2023, Fall 2023, Spring 2024, Summer 2024
- COUN 6053 Graduate Internship II, Fall 2022, Spring 2023, Summer 2024
- COUN 5823 Internship School Counseling, Fall 2020 adjunct, Spring 2021, Summer 2021, Spring 2022
- COUN 5403 Introduction to School Counseling, Spring 2021, Fall 2021, Spring 2022, Fall 2022, Spring 2023, Fall 2023
- COUN 5203 Introduction to Counseling, Spring 2022, Fall 2022
- COUN 6023 Counseling Individual Children, Spring 2021, Summer II 2021, Summer II 2022, Summer II 2023, Summer II 2024
- COUN 5513 Counseling Children for Clinical Mental Health, Summer II 2021, Summer II 2022, Summer II 2023
- COUN 5233 Comprehensive School Counseling Services, Fall 2021, Fall 2022, Fall 2023
- COUN 5243 Group Counseling, Spring 2024
- COUN 5283 Advanced Counseling Skills, Spring 2022, Summer 2022
- COUN 3003 Personal Wellness & Professional Practice, Spring 2024
- COUN 6903 Ind Study: Substance Abuse Counseling, Summer II 2021
- COUN 6903 Ind Study: Human Development, Summer II 2021

RESEARCH & SCHOLARLY ACTIVITY

Federal Grant

#S184X230148 (W. Helmcamp, PI) United States Department of Education.

\$1.3 million

4/1/2023 – 12/31/2027

Project School Mental Health: Mental Health Service Professional Demonstration Grant

Published Refereed Publications

Humphreys, K. D., **Helmcamp, W.**, & Hicks, J. (2022). The Power of Career Counseling: Preventing Sex Trafficking. *International Journal of Coercion, Abuse, and Manipulation*: 3.

Helmcamp, W. M. & Fox, T. (2022). Creating Connection with Online Learners. *Journal of Technology in Counselor Education and Supervision*: 2(2), 25-29.

<https://doi.org/10.22371/tces/0023>

Humphreys, K. D., **Risner (Helmcamp), W.** Froeschle Hicks, J., & Moyer, M. (2016). Non-Suicidal Self-Injury: Cutting Through the Pain. *American Counseling Association VISTAS Online*, Article 44.

Under Review

Medellin, K., **Helmcamp, W.**, Fox, T., & Gupta, D. (2024). Climate Change in Teacher Education: Student Well-Being and Class Check-Ins for Mental Health. Under Review by *Issues in Teacher Education*.

Published Dissertation

Risner (Helmcamp), W. M. (2018). *Non-Suicidal Self-Injury: Self Efficacy of Secondary School Counselors*. [Doctoral dissertation, Texas Tech University].
<https://hdl.handle.net/2346/82674>

Refereed Presentations

Fox, T. & **Helmcamp, W.** (2024, February). *Promoting Student Wellness within Online Counseling Programs*. Texas Association for Counselor Education and Supervision Midwinter Conference, Georgetown, Texas.

Fox, T., **Helmcamp, W.**, & Zoet, Z. (2024, February). *Exploring a Multicultural Approach to Counselor Education and Supervision*. Texas Association for Counselor Education and Supervision Midwinter Conference, Georgetown, Texas.

Helmcamp, W., Sanders, K. & Jackson, S. (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.

Fox, T. & **Helmcamp, W.** (2023, March). *Implementing Creative Strategies to Enhance Knowledge of Identity, Practice and Theory*. Roundtable discussion presented at the annual meeting of the Texas Association of Counselor Education and Supervision Mid-Winter Conference in Georgetown, 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*. Workshop presented at the annual meeting of the Texas Counselor's Association in Dallas, Texas.

Helmcamp, W. & Fox, T. (2022, November). *Cultivating Counselor Identity within Online Counselor Education Programs*. Workshop presented at the annual meeting of the Texas

Counselor's Association in Dallas, Texas.

Fox, T., & **Helmcamp, W.** (2022, February). *Creating Counselor Identity within Online Counselor Education Programs*. Presented at the annual meeting of the Texas Association of Counselor Education and Supervision Mid-Winter Conference in Arlington, Texas.

Helmcamp, W., & Fox, T. (2022, February). *Creating Connection with Online Learners*. Presented to the Palo Alto University Counselor Education Distance Learning Virtual Conference.

Zoet, Z. & **Helmcamp, W.** (2021, November). *Safer Schools: Supporting LGBTQIA+ Youth through Knowledge, Advocacy, and Timely Interventions*. Presented at Texas Counselor Association Professional Growth Conference.

Helmcamp, W., Humphreys, K., & Midgett, P. (2021, November). *Connecting with iGen Adolescents*. Presented at Texas Counselor Association Professional Growth Conference.

Fox, T. & **Helmcamp, W.** (2021, February). *Increasing Counselor Education Student Learning Experiences through Communication & Connection*. Texas Association Counselor Education and Supervision Mid-Winter Conference, Virtual Meeting.

Invited Presentations

Helmcamp, W. & McClung, C. (2023, January). *Achieving Balance*. Invited to speak at Texas Association of School Business Officials meeting at Region 9 in Wichita Falls, Texas.

Fox, T. & **Helmcamp, W.** (2023, January). *Becoming a More Effective Educator: Through the lens of Self-Care*. Invited to speak at Vernon College's Spring Faculty and Staff Kick-Off in Vernon, Texas.

Helmcamp, W. & McClung, C. (2023, January). *Self-Care Strategies*. Invited to speak at Clinical Teacher Orientation at Midwestern State University in Wichita Falls, Texas.

Fox, T. & **Helmcamp, W.** (2022, October). *Becoming a More Effective Mental Health Professional*. Invited to speak at North Texas State Hospital's 34th Annual Forensic Conference in Vernon, Texas.

Fox, T. & **Helmcamp, W.** (2022, October). *Becoming a More Effective Educator*. Invited to speak at Vernon College's Fall Professional Development virtually.

Helmcamp, W., McClung, C., & Lucas, S. (2022, October). *Non-Suicidal Self-Injury: Successful Strategies*. Invited to speak at Region 9 Counselor Share & Exchange in Wichita Falls, Texas.

Zoet, Z. & **Helmcamp, W.** (2022, July). *LGBTQIA+ Inpatient Care – Moving Forward*. Presented to the Red River Hospital Administration.

Helmcamp, W. & McClung, C. (2022, June). *School Counseling Podcast*. Presented to Texas Association of School Psychologists Virtual Podcast.

Zoet, Z. & **Helmcamp, W.** (2021, May). *Safe Schools: Supporting LGBTQIA+ Youth through Inclusivity and Empathy*. The Opal Center, Virtual Meeting.

Helmcamp, W. (2021, March). *Caregivers Cope through COVID-19*. Vernon College Caregiving Seminar, Virtual Meeting.

LPC-Supervisor of Presentations

Gardea, J., Martinez, S., & Mueller, S. (2024, February). *Empowering Educators for Positive Classroom Environments*. Presented at the Texas School Counselor Association Conference, San Antonio, Texas.

Williams, L., McClung, C., & Lucas, S. (2023, April). *Killing the Pain: Students & the Fentanyl Crisis*. Presented at the Greenbelt Counseling Association meeting, Wichita Falls, Texas.

Williams, L., McClung, C., & Lucas, S. (2023, February). *Killing the Pain: Students & the Fentanyl Crisis*. Presented at the Texas School Counselor Association Conference, Round Rock, Texas.

SERVICE

University

Helmcamp, W. & Rhoades, C. (2024, April). *Connecting with Kids*. Invited to speak at the Region 9 Lunch & Learn Series at Midwestern State University.

Fox, T. & **Helmcamp, W.** (2024, March). *How Anxiety, Depression, and Stress Overlap*. Invited to present at the Mental Health Symposium at Midwestern State University.

Helmcamp, W. & Mueller, S. (2023, August). *Student Teacher Self-Care*. Invited to speak at Clinical Teacher Orientation at Midwestern State University in Wichita Falls, Texas.

Fox, T. & **Helmcamp, W.** (2023, August). *Mental Health & Stress Management*. Midwestern State University West College of Education Roundup.

Helmcamp, W. (2023, June). MSU Club Moffett Talks Podcast, *Project School Mental Health*. Invited as a Guest Speaker.

Fox, T., **Helmcamp, W.**, Bullard, A., Gupta, D., & Medellin, K. (2023, April). *Person Centered Well-Being: Strategies for Mental Health*. Invited to speak at Midwestern State University's Inclusion Now in Wichita Falls, Texas.

Fox, T., **Helmcamp, W.**, Bullard, A., Gupta, D., Medellin, K., O'Brien, C., & Taylor, C. (2023, March). *Student Well Being: Class Check-Ins for Mental Health*. Invited to speak at Midwestern State University's Teaching and Learning Resource Center (TLRC) in Wichita Falls, Texas.

Fox, T. & **Helmcamp, W.** (2023, Spring). *Mental Health & Stress Management*. Midwestern State University West College of Education Five Undergraduate Classes.

- Served on Cooper McClung's Dissertation Committee, Summer 2023-present
- Served on Kory Dorman's Dissertation Committee, Summer 2023-present
- Supported Dr. Brandy Mounts and Dr. Carrie Proctor as adjuncts, Summer 2023
- Recruited students at the Great Plains Honor Council Conference, Spring 2023
- Recruited Burkburnett ISD teachers to apply for Project School Mental Health Grant, Spring 2023
- Guest Lecture for Honors Program, Fall 2022 & Fall 2023
- Facilitated MSU Tour for McNeil 8th graders, Fall 2022
- Mentored Dr. Pam Midgett, Fall 2022-Spring 2023
- Served on MSU Counseling Center's Search Committee, Fall 2021, Spring 2022
- Served on Educational Leadership Search Committee, Fall 2021
- Served on Clinical Mental Health Search Committee, Fall 2021, Spring 2022
- Served as the Chair of the Fitness Alert Committee, Fall 2021-present
- Served on the West Enrollment and Retention Committee, Fall 2021-present
- Served on the Academic Appeal Committee, Summer 2022-present
- Served on the Clinical Mental Health Advisory Council, Fall 2021-present
- Recruited WFISD teachers for school counseling program, Fall 2021
- Recruited teachers for school counseling program at STEM conference, Summer 2022 & 2023
- Recruited Dr. Brian LeClair as a teaching adjunct, Spring 2022
- Eureka Evaluator & Facilitator/Moderator, Spring 2022
- Eureka Evaluator, Fall 2022
- Eureka Reviewer, Fall 2021, Summer 2022
- Taught two Independent Study Courses, Summer 2021

Profession, Discipline, & Community

Fox, T. & **Helmcamp, W.** (2024, April). *Houston We Have a Problem: Reaching Underserved and Rural Texans*. Invited to present at Rural Healthcare Innovation Symposium in Vernon, Texas.

Acuna, K. & **Helmcamp, W.** (2023, August). *Social Emotional Learning and The Adult Learner*. Invited to speak at Sheppard Training Transformation Consortium in Wichita Falls, Texas.

Helmcamp, W. (2023, April). *A Time to Reconnect*. Invited to speak at the Burkburnett Study Club in Burkburnett, Texas.

Helmcamp, W. (2022, August). *Suffering in Silence*. Presented at Wichita Falls Human Resource Management Association.

Zoet, Z. & **Helmcamp, W.** (2022, June). *Counseling Queer Clients*. Presented to the Greenbelt Counseling Association.

Helmcamp, W. & French, D. (2022, April). *Cutting Through the Pain*. Presented to the Greenbelt Counseling Association Virtual Conference.

Helmcamp, W. (2021, November). *School Counselor Self-Care*. Presented at Region 9 New Counselor Academy.

Helmcamp, W. (2021, October). *Cutting Through the Pain*. Presented at Region 9 Counselor Share and Exchange.

- Mentor for James Madison University Doctoral Student, Kayla Bryant, Summer 2024
- Channel 6 Interview on Men’s Mental Health, Spring 2024
- Recruited participants for Project School Mental Health, Channel 3 & Channel 6 News
- Counseling Mentor to Rider High School Student, Spring 2024
- Barwise Middle School Mock Interviewer, Spring 2024
- Participated in Career Fair at Zundy Elementary School & Barwise Middle School, Spring 2023
- Recruited Dr. Patrice Dunn & Dr. Krystal Humphreys to apply for CLMH professor position
- McNeil Middle School Mock Interviewer, Spring 2022
- Mentor for Liberty University Doctoral Candidate, Maritess Coraccio, Spring 2022
- Mentor and Supervisor for Texas Tech University Doctoral Student, Tyson Alexander, Spring 2022
- Co-leader of Zoom Clinical Mental Health Consultation Meetings, Spring 2021
- Helped host the annual Harlan J. Steph Conference at the MSU Museum, Spring 2021-present
- Mentor and Supervise Licensed Professional Counselor Associates, Fall 2021-present

Professional Involvement

- Member of Chi Sigma Iota – Theta Theta Upsilon, Texas Tech University, Spring 2017-present
- Member of Greenbelt Counseling Association, December 2021-present
 - Current Secretary
 - Vice President, Fall 2022-Spring 2023
 - Interim Vice President, Fall 2021-Spring 2022
- Member of Texas Counseling Association, November 2015-present
 - Reviewer, TCA Professional Growth Conference, Summer 2022
 - Facilitator, TCA Professional Growth Conference, Fall 2021
- Member of Texas School Counselor Association, November 2015-present
 - Reviewer, TSCA Conference Fall 2021, Fall 2022
- Member of Texas Association for Counselor Education & Supervision, December 2016-present
 - Reviewer, Counselor Educator Distance Learning Conference, Fall 2021, Fall 2022
- Member of American School Counseling Association
- Member of Sigma Kappa Sorority Alumnae Association

AWARDS & HONORS

Nominee for Texoma’s Remarkable Women Finalist	2024
Nominee for WCOE Distinguished Teaching Award	2023
Nominee for the WCOE Piper Award	2022
Nominee for the Nielsen Fellowship	2021