Wendy Helmcamp, Ph.D., LPC-S, CSC

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EDUCATION

Texas Tech University, Lubbock, TX — December 2018
Doctor of Philosophy in Counselor Education and Supervision

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

PROFESSIONAL CERTIFICATIONS & LICENSURE

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

PROFESSIONAL EXPERIENCE

Midwestern State University, Wichita Falls, TX — 2021-Present
Associate Professor
Chair of Clinical Mental Health program as of 5/2025

- Teach master's level counseling classes

Grace College, Winona Lake, IN — Summer 2021
Adjunct Professor

- Career Counseling

Midwestern State University, Wichita Falls, TX — Fall 2020
Adjunct Professor

- Practicum in School Counseling
- Internship School Counseling
- Graduate Internship

Midwestern State University Counseling Center, Wichita Falls, TX — 2015-2016
Doctoral Practicum and Internship

- Personal Counseling
- Academic Counseling
- Career Counseling

Rider High School, Wichita Falls, TX — 2009-2020
Lead School Counselor

- Student Schedules
- Crisis Counseling

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

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., **Helmcamp, W.,** & Moyer, M. (2026). The adolescent experience of Hispanics who participate in non-suicidal self-injury. *Journal of Creativity in Mental Health.*

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.

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

Collaborative and Creative Scholarly Contributions

Fried, K. (2025). *Nurturing our future: A resource for children and adolescents: A 24-session Oaklander Model program working with individuals.* Los Angeles, CA: Gestalt Press. *Acknowledgment:* Cited as a collaborator and colleague whose insight and dedication contributed to the development of this work.

Fried, K. (2025). *Nurturing our future: A resource for children and adolescents: A 24-session Oaklander Model program working with groups.* Los Angeles, CA: Gestalt Press. *Acknowledgment:* Cited as a collaborator and colleague whose insight and dedication contributed to the development of this work.

Refereed Presentations

Humphreys, K., **Helmcamp, W.,** & Moyer, M. (2025, November). *How family response affects the adolescent experience of NSSI: Implications for practice.* Texas Counseling Association Professional Growth Conference, Houston, Texas.

Humphreys, K., **Helmcamp, W.,** & Moyer, M. (2025, November). *How family response affects the adolescent experience of NSSI: Implications for practice.* Texas Counseling Association Professional Growth Conference, Recorded Session, Houston, Texas.

Helmcamp, W., Humphreys, K., & Bryant, K. (2025, February). *Creative techniques for engaging supervision*. Texas Association for Counselor Education and Supervision Midwinter Conference, Austin, Texas.

Humphreys, K., **Helmcamp, W.**, Fox, T., & Moore, J. (2025, February). *Empowering future counselors: Strategies for resilience and growth in trauma-informed care*. Texas Association for Counselor Education and Supervision Midwinter Conference, Austin,

Texas.

Dunn, P., Fox, T., **Helmcamp, W**., & Howe, T. (2025, February). *How to successfully on-board and integrate new faculty within counselor education programs.* Texas Association for Counselor Education and Supervision Midwinter Conference, Austin, Texas.

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

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

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

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.

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, Recorded Session, 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.

Humphreys, K.D., Waltz, M., & **Risner (Helmcamp), 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, Texas.

Roberts, B., Day, C., & **Risner (Helmcamp), W.** (2017). *Unraveling the mystery of special ed assessments for learning disabilities: What school counselors need to know.* Presented at Texas Counseling Association, Corpus Christi, Texas.

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

Midgett, P. & **Risner (Helmcamp), W.** (2007). *Connecting with the contemporary college student*. Presented at Texas Counseling Association, Galveston, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2006). *Connecting with adolescents, part II*. Presented at Texas Counseling Association, Houston, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2005). *Connecting with adolescents*. Presented at

Texas Counseling Association, El Paso, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2005). *I will survive*. Presented at Texas Counseling Association, El Paso, Texas.

Invited Presentations

Helmcamp, W. (2026, January). *Small habits, sustainable care*. Invited to present for Region 9 Spark Education Conference.

Helmcamp, W. (2024, November). *School counselor ethics*. Invited to present for Region 9 Education Center online.

Helmcamp, W. & Rhoades, C. (2024, September). *Connecting with your deepest self*. Invited to present at the MSU Lifelong Learning Center at Midwestern State University.

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.

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

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.

Fox, T. & **Helmcamp, W.** (2023, August). *Mental health & stress management.* Midwestern State University West College of Education Roundup.

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.

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

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.

Helmcamp, W. & McClung, C. (2023, January). *Achieving balance*. Invited to speak in 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.

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

Zoet, Z. & **Helmcamp, W**. (2022, July). *LGBTQIA+ inpatient care – Moving forward*. Presented to the Red River Hospital Administration.

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.

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.

Risner (Helmcamp), W. (2020). *Mindfulness & self-care*. Region 9 Counselor Share & Exchange Conference in Wichita, Falls, Texas.

Risner (Helmcamp), W. (2019). *iGen & self-care*. Burkburnett Study Club in Burkburnett, Texas.

Risner (Helmcamp), W. (2019). *Connecting with iGen adolescents*. Greenbelt Counseling Association, Wichita Falls, Texas.

Risner (Helmcamp), W. & McClung, C. (2019). *Connecting with co-workers*. Texas Association of

School Business Officials, Region 9, Wichita Falls, Texas.

Risner (Helmcamp), W. (2019). *Connecting with iGen adolescents*. Region 9 Counselor Share & Exchange Conference, Wichita Falls, Texas.

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

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

Midgett, P. & **Risner (Helmcamp), W.** (2016). *Counselor ethics*. Northeast Counseling Association, Pittsburg, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2016). *Do I have to give up what I believe to be ethical*? North Texas Regional Training Conference, Midwestern State University, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2016). *Unplug, disconnect, & recharge.* North Texas Area Aging Conference, Vernon College, Wichita Falls, Texas.

Risner (Helmcamp), W. (2016). *Cutting through the pain*. Region 9 Counselor Share & Exchange Conference, Wichita Falls, Texas.

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

Risner (Helmcamp), W. (2015). *Relaxation*. Midwestern State University Staff Retreat, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2014). *Oh, no! Another presentation on stress.* North Texas Regional Training Conference, Vernon College, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2014). *Professional counselor ethics.* North Texas Area Aging Conference, Vernon College, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2013). *Oh, no! Another presentation on stress.* North Texas Regional Training Conference, Vernon College, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2010). *I will survive.* North Texas Regional Training Conference, Vernon College, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2010). *Sugar and spice, but not so nice.* Region 9 Counselor Share & Exchange Conference, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2007). *Humor in the classroom.* Kirby Middle School

Teacher Inservice, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2007). *Laughter and hope.* Hospice of Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2007). *New beginnings: New & healthy relationships.* Speak Up, Speak Out Sexual Assault Awareness Conference, Midwestern State University, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2006). *Adolescent psychotherapy.* Rose Street Mental Health Care, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2005). *Childhood depression.* Wichita Falls Childcare Providers, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2005). *Family dynamics of children/adolescents in the juvenile justice system.* Wichita Falls Juvenile Justice System, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2005). *Connecting with adolescents.* Greenbelt Counseling Association, Wichita Falls, Texas.

Professional Podcasts

Helmcamp, W. (2023, June). *Project school mental health.* Invited to speak on MSU Club Moffett Talks Podcast.

Helmcamp, W. & McClung, C. (2022, June). *School counseling podcast*. Invited to speak on Texas Association of School Psychologists Podcast.

SERVICE

College/Department Activities

- Served on Cooper McClung's Dissertation Committee, Summer 2023 - Summer 2024
- Served on Kory Dorman's Dissertation Committee, Summer 2023 - Summer 2024
- Recruited Dr. Patrice Dunn & Dr. Krystal Humphreys to apply for CLMH faculty positions
- Supported Dr. Krystal Humphreys, Dr. Renetta Harris, & Dr. Kayte Galloway teaching Counseling Children, Summer 2024
- Created site supervisor training video, Spring 2024
- Mentored Dr. Pam Midgett, Fall 2022 - Spring 2023
- Served on Educational Leadership Search Committee, Fall 2021, Summer 2021
- Served on Clinical Mental Health Search Committee, Fall 2021, Spring 2022, Spring 2024
- Served as the WCOE Chair of the Fitness Alert Committee, Fall 2021-present
- Served on the WCOE Enrollment and Retention Committee, Fall 2021-present
- Served on the Clinical Mental Health Advisory Council, Fall 2021-present
- School Counseling Program Coordinator, Spring 2021 – current
    - Assist with analysis and reporting of data for assessment and accreditation
- Recruited Dr. Krystal Humphreys, Dr. Brian LeClair, Wynne Richardson, & Tyson Alexander as teaching adjuncts
- Recruited WFISD teachers for school counseling program, Fall 2021

- Recruited teachers for school counseling program at STEM conference, Summer 2022 & 2023
- Recruited and presented at VIP Counselor Day at MSU, Fall 2023
- Presented at WCOE Roundup on Mental health & stress management, Fall 2023
- Taught two Independent Study Courses, Summer 2021
- Facilitated MSU Tour for McNiel 8th graders, Fall 2022
- Participated in WCOE Cookout, Fall 2023 & Spring 2024
- Participated in WCOE Family Day, Fall 2023
- Helped organize Mustang Rally, Fall 2023
- Helped organize/set up WCOE Graduation Celebration, Fall 2023 & Spring 2024
- Presented and led prospective students on a Saturday tour of WCOE, Spring 2024
- Worked the Postcards Home table in the Clark Student Center, Spring 2024
- Welcomed WCOE students back to MSU with hot chocolate, Spring 2024
- Supported Dr. Brandy Mounts and Carrie Proctor as adjuncts, Summer 2023
- Guest lecturer for WCOE Undergrad. Classes, *Mental health & stress management,* Spring 2023

Midwestern State University Academic Community

- Guest lecturer Dr. Taylor's Coaching Theory & Practice course, Spring 2025
- Guest lecturer Dr. Huang's Human Diversity course, Spring 2025
- Presented at MSU Mental Health Symposium*,* Spring 2024
- Guest lecturer MSU social work class regarding rural mental health, Fall 2023
- Represented MSU at the Wichita County Foster Forum Luncheon, Spring 2024
- NCURA Peer Reviewer, Spring 2024
- UGRCA Forum Evaluator, Spring 2024
- Read books to children in MSU library for Children's Book Week, Fall 2023
- Recruited students at the Great Plains Honor Council Conference, Spring 2023
- Presented at Inclusion Now, Spring 2023
- Presented at Teaching & Learning Resource Center (TLRC), Spring 2023
- Guest Lecturer for Redwine Honors Program for a week, Fall 2022 & Fall 2023
- Participated in MSU OSPR PI Grant Training Pilot Program, Fall 2023
- Served on MSU Counseling Center's Search Committee, Fall 2021, Spring 2022, Summer 2023/24
- Served on the University Academic Appeal Committee, Summer 2022-present
- Eureka Evaluator & Facilitator/Moderator, Spring 2022, Fall 2022
- Eureka Reviewer, Fall 2021, Summer 2022
- Hosted the annual Harlan J. Steph Conference at the MSU Museum, Spring 2021-present

Profession

- 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.
- Collaborated with Dr. Krystal Humphreys, Dr. Michael Moyer, & Dr. Janet Hicks on a research study on non-suicidal self-injury, Fall 2023 – present

- Participated in a Virtual Peer Consultation Group Research Study as a participant, Fall 2023 – Spring 2024
- Mentored James Madison University Doctoral Student, Kayla Bryant, Summer 2024
- Mentored Liberty University Doctoral Candidate, Maritess Coraccio, Spring 2022
- Mentored Texas Tech University Doctoral Student, Tyson Alexander, Spring 2022
- Reviewed book chapter for BP International, Spring 2024
- Co-leader of Zoom Clinical Mental Health Consultation Meetings, Spring 2021
- Member of Chi Sigma Iota, Theta Theta Upsilon, Texas Tech University, Spring 2017-present
- Member of Greenbelt Counseling Association, December 2021-present
    - Secretary, Fall 2023-present
    - 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
    - Nominated for TCA Secretary, Summer 2024
    - Nominated for TCA President-Elect, Summer 2024
- 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 American Counseling Association

Community

- Interviewed by Social Space regarding Project School Mental Health grant, Spring 2024
- Interviewed by Channel 3 for Texoma's Remarkable Woman Finalist, Spring 2024
- Miracle League Volunteer, Fall 2023 & Spring 2024
- Volunteered at the Wichita Falls Food Bank, Fall 2023
- Delivered Thanksgiving baskets for Colonial Church, Fall 2023
- Leader of Onelife Community Church Worship Team, Summer 2022 - present
- Interviewed by Channel 6 on Men's Mental Health, Spring 2024
- Recruited participants for Project School Mental Health, Channel 3, & Channel 6 News
- Recruited Burkburnett ISD teachers to apply for the Project School Mental Health grant, Fall 2023 & Spring 2023
- Recruited MSU clinical teachers to apply for the Project School Mental Health grant, Fall 2023
- 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
- McNiel Middle School Mock Interviewer, Spring 2022
- Member of WFISD Mental Health Advisory Committee, Spring 2021
- Help connect school administrators with potential school counselors
- Member of Sigma Kappa Sorority Alumnae Association
- Help special needs individuals and participate in Night to Shine
- Mentored and Supervised Licensed Professional Counselor Associates, Fall 2021-present

- Kelly Meaders, Lisa Williams, Cooper McClung, Sarah Lucas, Jessica Gardea, Sara Mueller, Shelbey Martinez, Taylor Waugh, Britney Prickett, Hayley Turnquist (active), Kristi Moffett (active), Holly Hudson (active)

AWARDS & HONORS

Nominee for WCOE Distinguished Scholar Award	2026
WCOE Distinguished Scholar Award	2025
Nominee for Marquis Who's Who in America	2025
Nominee for WCOE Distinguished Teaching Award	2025
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