

# KATHRYN L. HIGDON

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## EDUCATION

**University of Edinburgh** *PhD* Clinical Psychology - Edinburgh, Scotland, UK Anticipated Aug. 2026  
Dissertation/Thesis: *The development of a school-based psychological intervention for role-confusion and disorganized attachment in adolescent young carers.*

**Clemson University** *MEd & EdS* Counselor Education - School Counseling - Clemson, SC May 2021  
CACREP-accredited program

**Lander University** *BS* Sociology – Greenwood, SC June 2008  
*Summa cum laude* with High Honors.

## CERTIFICATIONS

**South Carolina School Counseling (K-12) Teaching Certificate #304254** Valid through June 2024

**South Carolina Licensed Professional Counselor Associate - License #8065** Valid through July 2024

**American School Counselor Association (ASCA) Grief Specialist** Valid through 2025

**ASCA Data Specialist** Valid through 2025

**ASCA Anxiety & Stress Management Specialist** Valid through 2025

**National Certified Counselor (NCC)** Valid through June 2028

## COUNSELING EXPERIENCE

**K. Higdon Therapy** June 2023 – present

*Owner, Licensed Professional Counselor Associate – Greer, SC*

**New Beginnings Palmetto** June 2023 – Sept. 2023

*Licensed Professional Counselor Associate – Greenville, SC*

- Engage in child, adolescent, adult, and family counseling via both in-person and telehealth methods.
- Provide crisis counseling, create safety plans, and conduct risk assessments.
- Complete comprehensive assessments and diagnostics.
- Complete treatment plans and case notes.
- Work under two clinical supervisors for LPC licensure qualification.
- Utilize CBT, CPT, ACT, and SFBT modalities.
- Specialize in treatment of ASD, ADHD, anxiety, and depression.

**Bloom Behavioral Therapy Center** Apr. 2022 – June 2023

*Licensed Professional Counselor Associate – Greenville, SC*

- Carried a full caseload of 32 clients.
- Engaged in child, adolescent, adult, and family counseling via both in-person and telehealth methods.
- Provided crisis counseling, created safety plans, and conducted risk assessments.
- Completed comprehensive assessments and diagnostics.
- Completed treatment plans, case notes, progress summaries and Medicaid documentation.
- Worked under two clinical supervisors for LPC licensure qualification.
- Utilized CBT, CPT, ACT, and SFBT modalities.
- Specialized in treatment of ASD, ADHD, anxiety, and depression.

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## Spartanburg County School District #6

Aug. 2021 – May 2022

*School Counselor, Jesse S. Bobo Elementary - Spartanburg, SC*

- Served as the only school counselor to approximately 400 students in 4K-5<sup>th</sup> grades.
- Engaged in classroom, group, and individual counseling.
- Provided crisis counseling and conducted risk assessments.
- Developed classroom curriculum for 4K-5<sup>th</sup> grades.
- Incorporated music in lessons and adapted to differential learning through the use of self-written social-emotional songs.
- Managed the 504 team.
- Managed the Student Assistance Team, a team designed to identify students who need further academic or social-emotional assistance.
- Conducted school-wide needs assessments of both students and teachers.
- Served as school leader of the OLWEUS bullying prevention program.
- Collaborated with parents, teachers, administration, and outside agencies to support the needs of students and families.

## RELATED WORK EXPERIENCE

### Clemson University

Aug. 2019 – Aug. 2021

*Project Director, Clemson GoalPOST Before- and After-school Program - Clemson, SC*

- Managed a U.S. Department of Education grant program in two Anderson One school district elementary schools, with a total grant allowance of \$128,054
- Adapted after-school programming and professional development sessions to a virtual platform during COVID-19 pandemic, allowing for uninterrupted services to students and staff
- Coordinated OLWEUS bullying prevention training for GoalPOST teachers and staff
- Investigator and recipient of \$6,700 grant from the All-In Foundation

### Greenville County School District

March 2019 – June 2021

*Substitute Teacher - Greenville, SC*

- Provided substitute teaching services to K-12 teachers throughout Greenville County

### South Carolina Department of Health and Environmental Control

June 2017 – June 2018

*Administrative Specialist II, WIC Program, Anderson County Health Department - Anderson, SC*

- Determined the eligibility of applicants to the South Carolina Women, Infants, and Children (WIC) Program.
- Responsible for customer service, appointment scheduling, record management, and issuance of food instruments.
- Conducted all client interactions in a culturally respectful, positive, and empathetic manner, while clearly communicating the responsibilities and regulations of the South Carolina WIC Program.
- Maintained strict client confidentiality according to federal and state guidelines, in both personal interactions and record-keeping. Adhered to mandatory reporting regulations and agency policy.
- Ran daily discharge reports and conducted monthly inventory audits of program's formula closet.
- Recipient of the Pursuing Excellence Award at the 2017 Upstate WIC program meeting.

## PUBLICATIONS

Rumsey, A., **Higdon, K.**, Swisher, S., Zimmerman, J., & Townson, C. (*In preparation*). Supporting students who have experienced trauma: An exploration of counselor preparation and practice.

**Higdon, K.**, Rumsey, A., & Swisher, S. (2022). Parentification as a social determinant of health: Implications for school counselors. *Professional School Counseling*, 26(1b). <https://doi.org/10.1177/2156759X221106808>

## REFEREED CONFERENCE PRESENTATIONS

Rumsey, A. & **Higdon, K.** (2022, January). *When home trumps school*. Palmetto State School Counseling Association Conference. Hilton Head, SC.

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Rumsey, A. D., **Higdon, K.**, Swisher, S., & Zimmerman, J. (2021, January). *School counselors and secondary exposure to trauma: What are we doing and what do we need?* Palmetto State School Counseling Association Conference. Presented virtually.

## FUNDED GRANTS

2020 *GoalPOST Before- and After-school COVID Program*

Dabo's All In Team Foundation Grant

Role: Co-Principal Investigator (Co-PI: D. Fleming)

Amount: \$6,700

## LANGUAGES AND OTHER

**Languages:** English (native), French (business-level)

**Computer Software:** Fully proficient in Stata, SPSS Statistics, SimplePractice, MS Office Suite, Adobe Acrobat, QuickBooks, Kronos, Seesaw, Google's G Suite, Google Classroom, Google Meet, WebEx, Adobe Connect, and Zoom.

## VOLUNTEER EXPERIENCE

**Mosaic Educational and Arts Program** – Greenville, SC

2014 - present

Nonprofit organization that provides academic assistance and arts training to students for whom English is a second language.

- Guitar instructor for Mosaic's summer arts camp.
- Math tutor for Mosaic's after-school program.

## INTERNATIONAL LEADERSHIP AND EXPERIENCE

**Belfort, France**

Feb. 2008 – March 2009

- Designed and managed a \$5 million European consignment program, including developing software to forecast product needs based on lead-time, historic and current usage data, and future order commitments.
- Conducted all business and customer service support entirely in French

**Strasbourg, France**

June – Aug. 1998

- Exchange student at a local high school
- Served as an English/French interpreter for other students and adults

## CURRENT PROFESSIONAL MEMBERSHIPS

American Counseling Association (ACA)	2020
American Psychological Association (APA)	2023
American School Counselor Association (ASCA)	2020
Chi Sigma Iota National Counseling Honor Society, Chi Upsilon Chapter, Clemson University (CSI)	2020
Palmetto State School Counselor Association (PSSCA)	2019
Social Research Association (SRA)	2023
Society for Prevention Research (SPR)	2023