Humphreys McGee grew up in Leland, in the heart of the Mississippi Delta. He received his bachelor's degree in English with High Distinction from the University of Virginia in 1995 and his law degree from the University of Texas at Austin in 2001.

After spending several years in private practice in Oxford, Mississippi, Humphreys began working on federal capital habeas cases in California and Nevada from 2008 to 2017. In 2017, Humphreys moved back to Mississippi to work on capital post-conviction cases as an attorney with CPCC.