

# Liz Zhou

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[www.seasonsofgrowthcounseling.com](http://www.seasonsofgrowthcounseling.com)

## Skills & Certifications

- LPCC.0020480 (Licensed Professional Counselor Candidate) in Colorado
- M.A. in Mindfulness-based Transpersonal Counseling from Naropa University
- B.A. in Psychology from Middlebury College
- 200-Hour Hatha Yoga & Pranayama Teacher Training at Nepal Yoga Home
- Recipient of the 2018-2019 Watson Fellowship, a one-year grant for purposeful exploration outside of the U.S. Conceived and executed an original project on altered states of consciousness across cultures. Conducted research on psychedelic medicines, shamanism, meditative states, dreamwork, breathwork, and spirituality in Peru, Ecuador, Colombia, Brazil, Panama, Guatemala, Mexico, Nepal, Spain, Gabon, Greece, and the Netherlands.
- Fluent in Spanish

## Experiences

May 2023 - Present (Remote Work)

### **Seasons of Growth Counseling** – *Psychotherapist in Private Practice*

- Support adults and couples virtually across Colorado, including BIPOC and highly sensitive people
- Provide holistic trauma therapy, utilizing modalities such as EMDR, IFS, Gestalt, somatic therapy, multicultural awareness, and social justice theory
- Host community events, group offerings, and speaking engagements within Colorado and nationally

May 2022 - May 2023 (Boulder, CO)

### **Boulder Emotional Wellness** – *Bilingual Intern Therapist*

- Provided trauma-informed therapy for adults and couples (in English and Spanish), incorporating somatic interventions, mindfulness training, Gestalt techniques, transpersonal psychology, and multicultural awareness
- Provided play therapy for children, following Synergetic Play Therapy principles
- Conducted phone screenings, clinical assessments, and treatment planning
- Managed paperwork and billing for private pay, Medicaid, and commercial insurances

April 2022 - December 2022 (Remote Work)

### **Peak** – *Lead Integration Coach*

- Created personalized mental health coaching programs for clients undergoing ketamine treatment
- Supported clients through group integration circles, professional text correspondence, and 1:1 coaching sessions
- Facilitated interactive group classes on Preparation for Ketamine Sessions, Integration of Psychedelic Experiences, and Nervous System Regulation Skills
- Created unique integration content (psychoeducational worksheets, journaling prompts, mindfulness skills, art exercises, somatic exercises, creative writing prompts, resourcing skills, and guided meditations)

June 2021 - April 2022 (Remote Work)

**Mindbloom** – *Integration Coach*

- Guided clients through the preparation and integration of therapeutic ketamine sessions, via 1:1 Zoom calls and professional text correspondence
- Provided mentorship and training to new guides

August 2021 - December 2021 (Boulder, CO)

**Colorado Recovery** – *Practicum Student*

- Offered therapeutic support in outpatient treatment center for individuals experiencing psychosis
- Led weekly DBT/CBT groups to enhance clients' coping skills and emotional regulation
- Facilitated mindfulness practices, catered to clients' level of meditation experience

July 2020 - November 2021 (Remote Work)

**National Abortion Federation** – *Bilingual Hotline Intake Counselor*

- Organized financial assistance for patients seeking abortion care
- Conducted phone intakes in English and Spanish
- Provided emotional support, abortion education, referrals to clinics, and options counseling for callers

November 2019 - March 2020 (Iquitos, Peru)

**Nihue Rao Spiritual Center** – *Ceremony Facilitator & Translator*

- Assisted in set-up and facilitation of ayahuasca ceremonies and plant medicine diets at shamanic healing center in the Shipibo tradition
- Provided Spanish-English translation for interactions between guests and shamans
- Co-led integration circles and provided 1:1 integration sessions

September 2019 - November 2019 (Cuenca, Ecuador)

**Gaia Sagrada** – *Work-Exchanger & Yoga/Meditation Instructor*

- Provided emotional support to participants of plant medicine retreats
- Assisted in set-up and facilitation of San Pedro, ayahuasca, and sweat lodge ceremonies
- Taught yoga and meditation classes to retreat participants

May 2017 - July 2017 (Baltimore, MD)

**Asylee Women Enterprises** – *Community Organizing & Case Management Intern*

- Provided support in addressing the legal, financial, and emotional needs of asylum-seekers
- Organized summer program activities to build relationships and foster wellbeing
- Facilitated asylum-seekers' integration into the local community

November 2016 - May 2018 (Middlebury, VT)

**Middlebury College Psychology Department** – *Research Assistant*

- Produced summaries of research articles in the field of epistemological psychology
- Transcribed interviews to advance research on LGBTQ+ experiences in rural areas of the U.S.
- Organized data, conducted analyses, and performed administrative tasks

September 2016 - May 2017 (Middlebury, VT)

**JusTalks (Social Justice Initiative)** – *Group Facilitator*

- Organized social justice initiative for community members to explore their identities, including gender, race, religion, culture, sexual orientation, dis/ability, and socioeconomic status
- Facilitated small-group discussions to increase awareness of inequity, privilege, power, and ways to disrupt systemic oppression
- Collaborated with peers to advocate for a more inclusive community

January 2016 - January 2017 (Middlebury, VT)

**Counseling Services of Addison County** - *Direct Care Provider*

- Collaborated with 24/7 team to provide milieu support in residential mental health center
- Implemented treatment plans for individuals experiencing severe mental health conditions

August 2015 - June 2018 (Middlebury, VT)

**Middlebury Safe & Confidential Advocates** - *Crisis Hotline Advocate*

- Trained as Vermont State Crisis Worker to staff 24/7 confidential hotline, supporting survivors of sexual assault, dating violence, and other interpersonal violations
- Provided emotional support, crisis intervention, and referrals to resources for callers