



NOT BORING CE'S
CONTINUING EDUCATION
FOR THERAPISTS

Liz Zhou

Liz Zhou is a holistic trauma therapist based in Colorado (MA, LPCC). Her work draws from psychology, neurobiology, multicultural awareness, social justice, and spirituality. Trained in EMDR and transpersonal psychology, Liz helps highly sensitive people heal from the past and connect with themselves. She has spent 3 years in the therapy field and 9 years in the mental health and holistic healing fields. To learn more about her work, check out her business instagram @liz.a.zhou, or her private practice website: seasonsofgrowthcounseling.com



Courses

Supporting AAPI Clients

Resources

<https://www.asianmhc.org> - directory of AAPI therapists + resources for AAPI clients
Racial Identity Development Model:

<https://www.wvc.edu/students/support/diversity/media/documents/Stages%20of%20Racial%20Identity%20Development.pdf>

Landscape of Trauma by Linda Thai: <https://www.youtube.com/watch?v=OuZvwwxSfpM>

Permission to Come Home by Dr. Jenny Wang: <https://www.jennywangphd.com/new-page>

Implicit Association Test: <https://implicit.harvard.edu/implicit/selectatest.html>

Asian Mental Health Collective: <https://www.asianmhc.org>