

Elena Thérèse Kopel

EDUCATION

Naropa University, Boulder, CO — *M.A. Mental Health Clinical Counseling*

August 2020 - May 2023

Concentration in Transpersonal Wilderness Therapy

Girls Athletic Leadership Schools Denver, Denver, CO — *Mental Health Intern*

August 2022 - June 2023

Practicum: Thorne Nature Preschool, Boulder, CO

January 2022 - May 2022

Fordham University, New York, NY — *B.A. Theater Performance*

August 2015 - May 2019

EXPERIENCE

Already Home Counseling, Boulder, CO — *Founder and Lead Clinician*

December 2024 - Present

Kairos Wellness Collective, Boulder, CO — *Independent Contractor Clinician*

May 2023 - December 2024

Maintains a caseload of individual clients - Documents case notes in a timely manner - Facilitates a weekly teen support group - Communicates effectively with client and families of clients - Specializes in working with LGBTQIA+ folks and those living with hoarding disorder - Attends regular workshops and trainings to further education - Tracks hours and provides invoices - Receives weekly individual supervision and group supervision

Women's Wilderness, Boulder, CO — *Girls Lead for Life Interim Program Manager and Instructor*

September 2022 - June 2023

Facilitates free twice weekly rock climbing programming for girls and trans/non-binary students - Transports participants from school to climbing gym - Offers rock climbing instruction paired with social-emotional learning (SEL) activities - Manages small team of instructors across multiple sessions and groups - Communicates effectively with executive staff to ensure program success - Organizes surveys and check-ins with participant's families

TRAININGS/SKILLS

Practice with Conflict Resolution and Mirroring with Teenagers

11 Years Experience Working with LGBTQ+ Youth

Sexual Education Trainings with Cavanaugh Quick, LMSW

The Do's and Don'ts of Therapy with Neurodivergent Clients with Nyck Walsh, LPC

Year of Non-Magical Thinking for Therapists with Dr. Quincee Gideon, PsyD

CO Mandated Reporter - Renewed August 2022

Wilderness First Responder - May 2023

CPR/Infant CPR - May 2021

Working with LGBTQ+ Youth and their Families Training with AFFIRM

14 Years Babysitting/Nannyng Experience

REFERENCES

References available upon request

Camp Unirondack, Lowville, NY — *Mental Health & Wellness Specialist, Program Staff, Head Counselor, Leadership Staff, Artist in Residency Director, Volunteer Coordinator*

June 2016 - Present (Seasonal)

Developed engaging programming for youth attending summer camp - Provided mentorship, training, and management for camp counselor team - Participated in hiring process, performance reviews, and program management - Recruited and hired outside artists to fulfill residency and facilitates artistic programming - Attended camp trainings and American Camping Association Conference - Participates in yearly trainings on working with youth in the LGBTQ+ community

Babysitters of Boulder, Boulder, CO — *Independent Caregiver*

April 2021- Present

Hired for a small team of independent caregivers - Passed multiple phases of interviews, background checks, and driving record inspections - Worked with 7 different families since starting, 6 of them repeat bookings - Provides excellent care and emotional regulation for children - Works with parents to create a comfortable environment for all parties, including responsive and open communication, timeliness, and dependability

Urban Sitter Babysitting, New York, NY — *Independent Caregiver*

September 2015 - May 2019

Managed own clientele load through app - Worked with families to offer services that were applicable in each situation - Set own rates and guidelines for communication - Provided excellent care for families and children - Received 23 in app reviews, all 5 stars

The Discovery Center, Binghamton, NY — *Gallery Aide/Teacher Assistant*

January 2013 - June 2019 (Seasonal)

Facilitated museum activities including tours, summer camp sessions, and youth programming - Completed daily cleaning tasks around gallery - Assisted after school program facilitator with care of children, activity development, and communication with parents/guardians

VOLUNTEER WORK

Denver Urban Gardens, Denver, CO — *Therapeutic Gardens Development Team*

September 2022 - Present

Participated in pilot program for developing therapeutic, community gardens for children with special needs and their families - Consulted with small team of horticulture experts to create inclusive, community oriented spaces - Offered wilderness and horticulture therapy practices with a focus on interactive, healing activities within nature

Out Boulder, Boulder, CO — *Volunteer High School Group Leader*

January 2021 - December 2021

Facilitated bi-weekly group meetings for local teens who identify within the LGBTQ+ community - Managed group dynamics and emotional regulation - Created programming and activities for group members

The 52nd Street Project, New York, NY — *Intern/After School Homework Helper*

September 2016 - May 2018

Provided theatrical opportunities and mentorship to underserved elementary, middle, and high school aged students in the Hell's Kitchen area of Manhattan - Participated in project programs as teacher's aide - Chaperoned two multi day retreats with children aged 9 to 11 - Provided one on one homework help and exam prep for grades 4 to 12 - Acted in two children written performances, providing assistant stage management and backstage crew support - Performed administrative tasks