



NOT BORING CE'S
CONTINUING EDUCATION
FOR THERAPISTS

Elena Kopel

Elena Kopel (she/her) is a compassion-focused, anti-oppression, and nature-based therapist challenging the field to rethink what ethical outdoor and experiential therapy can look like. Her capstone research, *Redefining the Future of Wilderness Therapy*, invited clinicians to confront the industry's legacy of harm and explore accessible, trauma-informed alternatives. A proud member of the LGBTQIA2S+ community and a decade-long queer youth leader, Elena now focuses her practice on helping clients—and fellow therapists—create truly safe and inclusive healing spaces.



Contact

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Courses

Nature Therapy Reimagined: From Office to Outdoors

Resources

- Mullan, J. (2023). *Decolonizing therapy: Oppression, historical trauma, and politicizing your practice*. Legacy Lit.
- Linklater, R. (2014). *Decolonizing trauma work: Indigenous stories and strategies*. Fernwood Publishing.
- Kimmerer, R. W. (2013). *Braiding sweetgrass: Indigenous wisdom, scientific knowledge, and the teachings of plants*. Milkweed Editions.
- Schwartz, R. C. (2021). *No bad parts: Healing trauma and restoring wholeness with the Internal Family Systems model*. Sounds True.