



Katherine Fuguet

CCS/CLTS Provider

Bachelors

Traveling from Eau Claire County



About Me

My own journey healing through sexual trauma, complex PTSD, disordered eating, borderline personality disorder, and chronic illness while living as a neurodivergent and highly sensitive person has shaped a deep belief in compassion, boundaries, self-acceptance, and the possibility that everyone can actualize their healthiest selves. I'm especially drawn to supporting people exploring spirituality and religion, ethical non-monogamy, life with chronic pain, neurodivergence, and family relationships.

Drawing on my undergraduate education in Social Work and Psychology, my ordination as a Spiritualist minister and experience as a Reiki and Integrated Energy Therapy Master-Instructor, and my graduate studies at Naropa University focusing on Interfaith chaplaincy, I incorporate skill building, community engagement, parts-work, yoga and breathwork, meditation, energy therapy, connection to Nature, and body-positive somatic practices to help people reconnect with their inner strength and find meaning in their recovery.

Lived Experience (Specialty Area)

Complex PTSD, Disordered Eating, Pre-Menstrual Dysphoric Disorder, Sexual Trauma, Blended Families, Polyamory/Ethical Non-Monogamy, Highly Sensitive Persons, Spirituality, Yoga and Exercise, Meditation and Breathwork, Personality Disorders, Hispanic/Latine Immigrant Families

CCS Service Arrays

ISDE

Psychoeducation

Wellness and Recovery

CCS Counties

Buffalo, Burnett, Chippewa, Dunn, Pepin,
Pierce, Polk, Rusk, Washburn

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