



KATHERINE FUGUET

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.

CCS Service Arrays

**ISDE
Psychoeducation
Wellness and Recovery**

CCS Counties

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

CLTS Service Arrays

**Daily Living Skills Training
Family/Unpaid Caregiver
Support
Mentoring
Participant & Family Directed
Goods and Services
Personal Supports**

CLTS Counties

**Barron, Buffalo, Chippewa,
Dunn, Eau Claire, Pepin,
Pierce, Polk, Rusk, St Croix,
Taylor, Washburn**

Lived Experience

(Specialty Areas)

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

Favorite Past time

Travel! I get bored if I stay in one place for too long. I love the opportunity to experience other ways of living, even if only for a short while.

