



# KATHERINE FUGUET

Provider

Bachelors

Traveling from Eau Claire County



## 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**

### **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 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.

