

Kat Schwarz of Compassionate Healing Services to be Featured on Close Up Radio

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EINPresswire.com/ -- Compassionate Healing Services, led by founder Kat Schwarz, is proud to announce a fresh approach to mental health that unveils the untapped potential of energy healing, extrasensory perception, and mindfulness-based practices. At the heart of the company's mission is a commitment to offering compassionate, individualized, and spiritually enriched healing practices that diverge from conventional mental health modalities.

Kat Schwarz, with a deeply personal story that resonates with many, is a pioneer in holistic mental health care. Her path to compassionate healing

emerged from a childhood marred by chronic trauma, toxic stress, emotional neglect, and familial dysfunction, resulting in severe depression, anxiety, mania, and ultimately a powerful journey toward rediscovery and healing.



"In 2017, it became clear that the traditional mental health system wasn't designed for people like me, because nine years of traditional treatment such as weekly talk therapy, multiple classes of pharmaceuticals, and EMDR failed to prevent my suicidal crisis," Schwarz explains. "A pivotal moment was when my psychiatrist changed my diagnosis from bipolar disorder to complex PTSD. Viewing my childhood through the lens of trauma changed everything, because I always minimized what I'd been through compared to others. This led me to explore holistic therapies I'd never previously considered and eventually develop my own unique healing practice."

Compassionate Healing Services offers an array of services that blend energy work, mindfulness practices, mediumship, and complex trauma healing to offer a unique and personalized

therapeutic experience. Clients are empowered to break free from past traumas, connect with their inherent spiritual gifts, and harness their innate energy for healing.

Compassionate Healing Services Core Offerings

- **Reiki and Energy Healing:** Utilizing the ancient Japanese art of energy healing, Kat Schwarz provides sessions that harmonize the body's energy systems, promoting healing and a profound sense of peace.

- **Mindfulness and Meditation Practices:** Schwarz incorporates mindfulness practices that teach clients to live in the present moment, improving emotional regulation and fostering a deeper connection to one's self and surroundings.

- **Extrasensory Perception and Mediumship Training:** Rather than dismissing extraordinary abilities as symptoms of mental illness, Compassionate Healing Services nurtures these gifts, teaching individuals to integrate them into their lives positively.

- **Monthly live workshops:** All of Kat's workshops are designed specifically for empaths looking to approach healing from a more holistic and spiritual lens

- **Comprehensive Six-Month Group Program:** Kat's flagship Empath Empowerment Program includes both group & individual coaching sessions and focuses on complex trauma, inner child healing, mental health mastery, and alignment with one's higher self. This program is designed to provide a comprehensive guide through a life-changing journey shaped by Kat's own experiences and professional expertise.

Renowned for its profound impact, Compassionate Healing Services treats individuals from all walks of life, including notable figures who have publicly shared their profound experiences. "The work that Kat does is nothing short of miraculous," remarks long-time client and domestic violence advocate Nichole Schmidt, mother of murder victim Gabby Petito. "Through Kat's guidance, I've found much needed peace when I'm feeling overwhelmed. Dealing with the trauma of Gabby's loss is ongoing, and working with Kat has been a huge part of my healing process. Through her mediumship I've received some truly amazing signs from my daughter."



Central to Kat Schwarz's mission is a commitment to challenging societal norms about mental health. "We live in a world that stigmatizes mental health conditions and suppresses spiritual gifts. My goal with Compassionate Healing Services is to empower individuals to reclaim their narrative, to see their sensitivity and uniqueness as strengths, not burdens," explains Schwarz.

With offerings such as workshops, Reiki and mediumship sessions, and personalized mentorship, Kat Schwarz provides a sanctuary for those seeking alternative paths to healing that acknowledge the vast potential of human connection to energy and Consciousness.

As Compassionate Healing Services expands its reach, Schwarz remains focused on broadening the conversation around mental health, making these integrative approaches accessible to a broader audience. Future initiatives include retreats centered on spiritual awakening and holistic wellness.

Close Up Radio will feature Kat Schwarz in an interview with Jim Masters on Thursday, November 14th at 2pm EST

Listen to the show on [BlogTalkRadio](#)

If you have questions for our guest, please call (347) 996-3389

For more information about Kat Schwarz, please visit <https://www.Katschwarz.com>

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