

Trauma Recovery Advocate Lisa Cassidy of Time4Us Recently Featured on Close Up Radio

SAN JOSE, CA, UNITED STATES, October 21, 2025 /EINPresswire.com/ -- Lisa Cassidy, a passionate advocate for trauma recovery survivors, is sharing her personal journey of healing and resilience to support others who have faced similar challenges. From childhood trauma to navigating the complexities of grief and divorce, Lisa Cassidy is a story of the strength of the human spirit and the importance of connecting with one's inner self.

Like many, Cassidy encountered unwanted touching at a young age, a reality that has affected countless individuals. "Dealing with the shame and guilt from such experiences can be overwhelming," Cassidy reflects. "As a child, you internalize those feelings, believing that somehow, it's all your fault."



Her journey has not been easy. Having spent years in a codependent relationship marked by addiction and narcissistic behavior, Cassidy understands the toll that these dynamics can take on personal well-being. After a difficult decision to pursue a divorce, she faced the ongoing struggles of co-parenting and the accompanying guilt that often shadows divorced parents.

"Being a mother is my greatest joy, but also my greatest challenge," she states. "Juggling the responsibilities of parenting while navigating the legal system is daunting, especially when dealing with a partner who exhibits narcissistic tendencies."

In addition to her experiences with abuse and relationship struggles, Cassidy has also faced profound loss. The suicide of her brother at a young age left a lasting impact, forcing her to confront grief and the varied ways in which people cope with it. "Everyone grieves differently,

and I've learned that it's essential to honor those unique processes," she states.

This journey through grief has not only shaped Cassidy's perspective but has also deepened her compassion for others. "While walking through the depths of pain, you develop a profound understanding of others' struggles," she adds. From witnessing a beloved grandparent fight cancer to losing her father to an unexpected death, Cassidy has gathered a wealth of experiences that inform her advocacy work.

Now, as a trauma recovery advocate, Cassidy is committed to helping others navigate their paths toward healing. She believes that practical tools, like journaling, can play a vital role in this process. "When you put pen to paper, you can express thoughts that might be too difficult to vocalize," she explains. "It allows you to uncover subconscious beliefs and fears, leading to greater self-awareness."

Cassidy's approach involves creating a safe space for individuals to explore the darker aspects of their lives. "I like to think of our inner journeys as walking through a dark cave," she says. "It can be intimidating to face what lies ahead, but together we can illuminate the path with trust and understanding."

With her wealth of personal experience, Cassidy provides empathy and guidance for those who are struggling. "I'm honored to walk alongside others in their journey," she states. "It's a privilege to be their cheerleader, to support them as they explore their own caves without the weight of judgment or shame."



Cassidy also emphasizes the importance of holistic well-being. "Mental health, emotional wellness, and physical health are interconnected," she explains. "That's why I incorporate various methodologies and spiritual practices that resonate with each individual, recognizing that what works for one person may not work for another."

Her vision extends beyond personal advocacy. "I dream of a world where everyone has access to the resources they need," Cassidy shares. "Healthcare, food security, and emotional support should not be privileges; they are rights. By addressing these fundamental issues, we can cultivate a society where individuals can truly thrive."

As Cassidy continues her advocacy work, she is dedicated to raising awareness about the importance of mental health, self-love, and community support. She believes that by helping individuals rebuild their self-esteem, they can contribute positively to society. "When we learn to love ourselves, we can unlock the potential for genuine connection and compassion towards others," she states earnestly.

Cassidy invites those who are struggling to reach out, emphasizing that they are not alone. Through her work, she aims to connect, support, and inspire those who have faced similar experiences.

Close Up Radio recently featured Lisa Cassidy, Trauma Recovery Advocate in an interview with Jim Masters on Wednesday October 15th at 1pm EST



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For more information about Lisa Cassidy, please visit <https://www.time4us.co/>

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