

Paty Hernandez, LCSW, MSW, MPH, CHC, Reiki Master

Paty is a transformational stress release therapist who empowers helping professionals who are overwhelmed and stressed to find balance in their lives so that they can feel happy and healthy using natural and holistic techniques. Paty brings together Eastern and Western evidence-based healing to assist her clients and students. She has over 20 years of experience as a trauma focused counselor, an international speaker, and offering self-regulation workshops in both English and Spanish.