

Kassie Castaneda
Biblical Counselor and
Master Mental
Health Coach
Rivers of Refreshing



Where Love and Healing Flow



My passion is to help you.

My heart carries a deep passion for those who are hurting. I long to see people healed and set free from the trauma, pain, and lies that have kept them bound. At the center of my work is a wholehearted belief in the transformative power of Father God's love. His love compels me to walk with others in their journey toward healing, deliverance, and lasting freedom.

This calling is not just something I teach—it is something I have lived. I have personally experienced the restoring power of God in my own life, and I have witnessed His incredible work in the lives of many others. Each story is a living testimony of His ability to heal, restore, and transform from the inside out.

I find great joy in encouraging others with the living Word of God, which equips us to walk confidently in the fullness of who He has created us to be. My deepest desire is that every person would come to know Father God intimately. In that relationship, we discover our true identity and authority in Him, and from that place, the fullness of our God-given potential is unlocked.



What makes my work unique.

Alongside this biblical foundation, I bring a deep understanding of the trauma response, including dissociation, and am skilled in guiding others through nervous system regulation and somatic healing. My approach integrates trauma-informed care, somatic therapy, polyvagal theory, parts work, and attachment healing. As a biblical counselor and certified life coach, I focus on providing compassionate, trauma-informed care for individuals with a history of severe and complex trauma.

What makes my work unique is the way I combine practical, evidence-based tools with the wisdom and healing power of God's Word. I seek to create a safe, Spirit-led space where clients can process their pain, reconnect with their true identity in Christ, and experience lasting transformation.

It would be my honor to walk alongside you in your journey of healing and restoration, as together we step into the wholeness and freedom that can only be found in Him.



Credentials

Board-Certified Master Mental Health Life Coach

Biblical Counselor

Trauma-Informed Care | Somatic Therapy | Nervous
System Regulation | Polyvagal Theory | Parts Work |
Attachment Healing

Areas of Specialization

Women's Issues

Life Transitions

Severe and Complex Trauma

Depression

Grief

Work/Life Balance

Burnout

Listening Prayer

Spirituality and Church Hurt

Inner Healing & Deliverance



About Me

I have been married to my wonderful husband, Lorenzo, for 18 years, and together we are grateful for the opportunity to counsel and walk alongside others. We are blessed with two amazing sons, Jacob (24) and Ian (15). I love spending time in nature, and my absolute favorite place on earth is the beach.

I am passionate about transformation in every form—whether in my own journey, in the lives of those I serve, or even in restoring beauty to a run-down home, property, or garden.

Fee and Contact Information

\$85 for a 60 minute session
Televideo appointments available.

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