

Kay Fontana, EdD, RScP
Bio

Dr. Kay Fontana is a Licensed Spiritual Practitioner and certified as an EFT/Meridian Energy Health Tapping Practitioner, Holistic Life, Wellness, and Stress Management Coach, Grief Recovery Specialist, and Compassionate Bereavement Care Provider. She received her EdD from Grand Canyon University with the doctoral dissertation, “Mindfulness and Compassion: A Phenomenological Study of Hospice Dementia Care Volunteers.” Her research emerged from her experience watching her mother walk the journey with Alzheimer’s until her death in hospice care.

In her work with grieving individuals and families, Dr. Kay noticed an overwhelming need to change the healthcare system. As each individual shared their loved one’s battle with their ailment, she saw chronic and life-limiting illness being treated with the same medications that failed to change the course of their disease. Additionally, she witnessed chronic and life-limiting illness strike her own family. While dealing with diabetes for nearly 20 years and vascular disease, her husband was diagnosed with cancer (now in remission). Dr. Kay was also diagnosed with diabetes, while other family members have agonized over Crohn’s disease, depression, and anxiety.

Dr. Kay’s concern for health turned into a passion for finding holistic methods for those suffering from illness and disease. It became her mission to make a difference and help individuals with chronic or life-limiting illness achieve optimal wellness. Using heart-centered coaching and alternative methods, she helps individuals connect heart, mind, body, and soul for an abundant life.