

Khadijah Tishan Washington is on a mission to heal generational trauma. with radical empathy. She spent over 10 years serving as a licensed mental health provider and strongly identifies as a helper and healer. Since childhood, she was sensitive to the emotional needs of others.

Khadijah was born into chaos, experienced poverty, witnessed domestic violence, mental illness and trauma. She was determined to figure out how her family and even the generational patterns that are passed on. Even after therapy, education and clinical experience she found herself on a journey of self healing.

At the lowest point of her life, marriage falling apart, underemployed, broke and burnout a shift occurred. This crisis created opportunity and everything changed. She wanted to be REAL! Khadijah committed to break out of the generational trauma, broken relationships, poverty, and mental illness. She began to heal, grow and help others. In May 2020 she published REAL Radical Empathy Acceptance of Live; How to Live and Serve Abundantly. REAL is our wake up call to live a life of surrender in the awareness of our purpose. I became committed to transforming others into generational trauma breakers and focusing on the most essential tool of radical empathy. Khadijah is on a mission to help others use radical empathy to change hearts and lives