

A Healing Arts Collective

Where Healers & Seekers Gather

Becca Begnaud

Traiteur, Healer, Teacher, Cultural Keeper

Becca Begnaud is a traditional Cajun traiteur, healer, storyteller, and cultural advocate who has devoted her life to honoring and preserving ancestral ways of healing. As the founder of A Healing Arts Collective in Scott, Louisiana, Becca offers healing sessions, public gatherings, workshops, and teachings rooted in deep spiritual connection and generational wisdom.

"This path was handed to me by my ancestors. It wasn't a career choice — it was a calling. I said yes, I continue to say yes."

Raised in the heart of Cajun country, Becca carries forward the tradition of traiteur-ing—a sacred folk healing practice passed down through quiet hands, whispered prayers, and the laying on of love. Her work is subtle yet profound, marked by a presence that invites stillness, attention, and trust.

"The traiteur doesn't take credit. We don't say we heal anyone—we show up, we pray, we listen, and the rest is between the person and God."

Becca's sessions may include elements of Reiki, Healing Touch, Trauma First Aid, and other integrative healing practices, but always anchored in her Cajun lineage. Each healing is different, attuned to the person and the moment.

"Sometimes the deepest healing happens in silence. Sometimes it happens through tears. Sometimes it's laughter. Spirit knows what's needed—we just make space for it."

Since 2012, Becca has hosted Healing Arts Gatherings at Cité des Arts in Lafayette, held four times a year. These inclusive circles welcome practitioners, seekers, and those simply in need of rest or renewal. She creates a space where community healing is not only possible—but essential.

"We gather to witness one another, to share energy, and to remind ourselves that we don't have to walk alone."

Becca is also a beloved presence at Camp Bluebird of Acadiana, a healing retreat for adult cancer survivors, where she volunteers her time providing energy work, leading dances, and offering joyful connection and care. For over 30 years, she has helped others experience healing through nature, ritual, and shared experience.

"At Camp, people rediscover joy and their own power. Healing isn't always clinical—it's also music, sunlight, community, and feeling seen."

Becca's dedication to cultural preservation has extended into the literary and musical arts. She is a contributor to the Louisiana Folklore Miscellany and co-created Le Cadeau, a richly layered CD that weaves Cajun stories, music, and spirituality.

"We must tell our stories. That's how traditions stay alive—not in museums, but in our voices, our songs, and the way we love each other."

A graduate of the University of Louisiana at Lafayette with a degree in Anthropology, Becca brings both cultural insight and lived wisdom into everything she offers. Her approach is at once grounded and mystical, humble yet deeply rooted in purpose.

"What I do isn't mine—it belongs to the people. I'm just here to help it keep flowing."

Through her decades of practice, Becca continues to be a bridge between the old ways and the now, helping others remember the sacred in the everyday and the power in gathering with intention.

"Healing is possible. It's already happening. We just need to slow down, listen, and open to it."

