

COMPASSIONATE RESPONSE

- AMY SKEZAS



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Learning Together Online

Resource Guide

About Amy Skezas

I am interested in the creative process, and especially how we can respond creatively to life's challenges and opportunities. I've found that when I move my awareness more deeply into my heart energy center and follow four steps that I call Compassionate Response, this movement opens possibilities for more creativity and better outcomes in situations.



I use Compassionate Response for myself and in working with clients, and I have taught Compassionate Response to practitioners from various disciplines (bodyworkers, therapists, healers, etc.) via the telephone and the internet. We've all noticed that Compassionate Response is helpful with issues around trauma. In this interactive session, I will teach you the four steps. There will be time for your feedback and questions as we explore together.

I live on a small permaculture farm in California with miniature sheep and goats, livestock guardian dogs, bees, chickens, trees, shrubs, grasses, and wildlife. I enjoy relating to beings as part of a system of consciousness in Nature, the master teacher of the creative process. I've been married for 14 years to my partner, best friend, and fellow neophyte farmer. The biggest joy of our marriage is the co-creative process. Add a little bit of body text



About Amy Skezas (Ctd)

My areas of professional focus have included creative writing; spiritual direction; faith community organizing; and seminar and product development through my company, RoseLight, where since 1990 I've taught about self-awareness, meditation, and subtle energy work. I am a graduate of all the CSTD Supervision in the Helping Professions training courses, including the Training the Trainers course, and a member of the CSTD Postgraduate Institute for Supervision. My formal education includes a B.A. cum laude in international relations from Cornell University in Ithaca, New York and a J.D. from the University of Pennsylvania in Philadelphia, Pennsylvania.



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