

Bios and Introduction for Steven Kessler

2-line bio:

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Short Bio:

Steven Kessler has been a psychotherapist for almost 30 years and teaches internationally. He is the bestselling author of *The 5 Personality Patterns*, a simple, clear, true-to-life map of personality that gives you the key to understanding people and communicating with them effectively. He can be reached at Steven@The5PersonalityPatterns.com.

Medium Bio:

Steven Kessler has been a psychotherapist in the San Francisco Bay Area for almost 30 years, teaching both locally and internationally. He is a certified EFT (Emotional Freedom Technique) Expert and Trainer, and is the bestselling author of *The 5 Personality Patterns*, a simple, clear, true-to-life map of personality that gives you the key to understanding people and communicating with them effectively. More information and descriptions of the patterns are available at www.The5PersonalityPatterns.com. Steven loves teaching and helping people grow. He can be reached at Steven@The5PersonalityPatterns.com.

Long Bio:

Steven Kessler has been studying people his whole life. As early as the 9th grade, he was attending the school plays, night after night, to learn about people's emotions. The through-line of his life has been the question, "What is real?" Since our culture uses science and physical materialism to tell us what is real, and physics is the priesthood of science, he began college by studying physics at MIT. But he soon found that physics could never comprehend the human heart and spirit, so he transferred to acting school at Boston University, looking for something in our emotional life that was more real.

After getting his BA in Acting and spending four years as an actor and lighting designer in the New England Repertory Theatre, Steven turned to metaphysics to open the doors to a deeper exploration of our human experience. At first he studied parapsychology, then began exploring the human psyche by studying Transpersonal Psychology, anthropology, and mythology. Along the way, he began delving ever deeper into human consciousness by exploring many different spiritual and meditation practices. During college, he was initiated into Transcendental Meditation. During his twenties, he joined a Christian church led by a psychic and had his first experiences with channeling. After moving to California, he explored a plethora of different attentional and meditation practices, finally settling into the Diamond Heart School, where he sat at the feet of A H. Almaas for 16 years.

For almost 30 years, he's been a licensed psychotherapist, studying many different healing modalities and maps of personality, including the Enneagram (with Helen Palmer), NLP, energy work, Thought Field Therapy, and EFT

(Emotional Freedom Techniques), becoming a certified EFT Expert & Trainer. For over 10 years, he has been a student of Lynda Caesara, studying Character Structure, the direct perception of energy, and shamanism in the lineage of Grandfather Two Bears and the Southern Seers tradition.

Since 1984, Steven has taught hundreds of groups and workshops in the US and internationally, helping men and women heal their wounds and grow into their full adult selves. More recently he has taught over 100 classes and workshops training other therapists in the use of EFT. From 2006 to 2010, Steven left his private practice for 2-3 months a year to work on US military bases, both in North America and overseas, helping the soldiers and their families heal the wounds of war.

Whether teaching or working with clients, Steven weaves together many healing approaches and modalities to provide what is most needed in the moment.

Speaker Introduction:

Steven Kessler has been studying people his whole life. As early as the 9th grade, he was attending the school plays, night after night, to learn about people's emotions. Throughout his life, he has been asking the question, "What is real?"

His search first took him to MIT, thinking that physics would show him the nature of reality. After realizing that physics could not comprehend the human heart and spirit, he transferred to acting school, looking for something in our emotional life that was more real. After working as an actor and lighting designer, Steven turned to metaphysics to open the doors to a deeper exploration of our human experience, studying parapsychology, Transpersonal Psychology, mysticism, and mythology. Along the way, he dove ever deeper into his own consciousness by exploring many different spiritual and meditation practices.

For almost 30 years, he's been a licensed psychotherapist, studying many different healing modalities and maps of personality, including the Enneagram (with Helen Palmer), NLP, Thought Field Therapy, and Emotional Freedom Technique, becoming a certified EFT Expert & Trainer. For over 10 years, he has been a student of Lynda Caesara, working directly with energy while studying Character Structure and shamanism in the lineage of Grandfather Two Bears and the Southern Seers tradition.

His bestselling book, *The 5 Personality Patterns*, deepens the insights of character structure and, for the first time, presents its map of the human personality to the general public. Many people claim that reading it has been a life-changing experience, one which has enabled them to finally understand both themselves and others.

Let's give a warm welcome to Steven Kessler.

Fun Facts You Didn't Know About Me:

1. During grad school, I drove a car that cost \$200.
2. I've acted in everything from Dracula to Brigadoon to Greek tragedy.
3. Mint chocolate chip ice cream is not safe in my presence.
4. Mom says I was always different.