



Amy Brunt Thompson

Spiritual Director, Spiritual Companion

Contact information: pooker7373@gmail.com

Focus Area: Addiction, Codependency, Creative Arts, Divorced/Widowed, Ecospirituality/Nature-based, Group Spiritual Direction, Health Care, Mental Health/Depression, Mindfulness/Meditation, People with Disabilities, Young Adults

Profile: Amy is a spiritual director and a member of the Guiding Council of Middleway Urban Monastery, an ecumenical spirituality center located in Bryan, Texas. She is currently attending the Center of Action and Contemplation Living School and will graduate in 2023. She is also a faculty member for FIND-School for Spiritual Direction and Formation. Amy's own spiritual journey has had many twists and turns, allowing her to provide spiritual companionship in a variety of settings. As a former evangelical, she has reformed her own ideas of spirituality after experiencing divorce and disillusionment. Her own experience with addiction now allows her to offer strength and hope to those who are suffering. Amy is a musician, a physician and the parent of a special needs child.