

**Welcome to the Beautiful Fall Season in Colorado  
and to the second Colorado  
Gathering Retreat for Highly Sensitive People™**

October 1-5, 2009

YMCA of the Rockies, Estes Park, Colorado, bordering Rocky Mountain National Park

**Provisional Agenda**

**Thursday, October 1, 2009**

**3:00 – 5:00pm** Check in at Main Registration Desk - Administration Building - Across from the flagpole. Then look for the HSP Gathering Retreat table and pick up your Registration Packet, have a cup of tea or coffee. Your room will be ready by 3:00 pm, and you are welcome to arrive earlier in the day to get used to your surroundings and explore the beautiful YMCA of the Rockies campus.

The motto at every HSP Gathering Retreat is  
*"Focus on Needs, Not Approval"*

therefore everything on this Agenda is optional ... you are free to attend all or part.

**5:15pm** "Getting to Know You" - Meet in Downstairs Meeting room - Eastside Lodge  
Introductions and *briefly* share: *"How and when did you first find out about the HSP trait and how has it changed your life?"*

**6:00pm** Dinner

**7:00 – 9:00pm** **Welcome to the 17th HSP Gathering Retreat™** Since 2001 !  
Eastside Lodge – Downstairs Meeting Room

**Orientation, Overview, Norms** to our 4 days together  
Jacquelyn Strickland, LPC

**Group Introductions** - Optional Sharing - 'Passing' is always an option  
Please refer to "Stages of Cultural Awareness & Acceptance" linked here:  
<http://www.lifeworkshelp.com/hspawareness.htm>

- *Which stage of awareness and acceptance do you find yourself in?*
- *What challenges or obstacles do you currently face as a HSP?*

Note: We will end promptly at 9:00 pm. This means we may need to continue our group introductions on Friday morning before the Conversation Cafes.

**Friday, October 2, 2009**

**7:00 - 8:30am** Breakfast - Ruesch Dining

**8:45 - 9:00am** (Silent) Group Meditation - Eastside Lodge Meeting Room  
(Please wait outside the door if arriving after 8:45 am)

**9:00am** **Option A** **The Conversation Café Discussion Model**

The Conversation Cafes have become a favorite staple of the HSP Gatherings because we HSPs have always enjoyed deep, intimate conversations. Yet, we know, in our modern society, these types of conversations can be few and far between, replaced instead with surface 'chit-chat.' After a brief introduction on how they work, you will choose from a list of HSP topics provided to explore in groups of 4-5. We will ask for a "Recorder" from each group to: (1) make notes of common themes discussed; (2) record the (always refreshing and inevitable) "*HSP Quotes Worth Remembering*" and, (3) to report our findings with the larger group when we reconvene. This will be an activity that you may wish to take home with you and share with a group of your choosing. See: [www.conversationcafe.org](http://www.conversationcafe.org)

**Option B** **An Introduction to the HSP Trait - Jacquelyn Strickland, LPC**

This discussion group is for those HSPs who are new to the trait and are not yet integrating it into their daily lives. Using your questions as our format Jacquelyn will present an overview of the "basics" of the HSP trait, and share frameworks and concepts for best utilizing our trait as the gift that it is. We'll also discuss Elaine Aron's "*Top Ten Ways for Self Care*" & Jacquelyn's "*Top Ten Ways for Self Care*." (Note: There will be another opportunity, later in the Gathering, for you to join in a Conversation Café discussion.)

**Friday, October 2 (cont.)**

**11:00 - 11:15am** Break

**11:15 - 11:45am** Reconvene within our large group to hear report from Recorders and any "Quotes worth Remembering."

**12:00** Lunch

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**1:45 pm - 4:45pm** **An Afternoon with Ted Zeff, Ph.D., including time for Q & A**

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**1:45 - 3:15pm** **Helping sensitive males become strong, confident, well-adjusted men**

In this session Ted will discuss the results of his research about highly sensitive males based on in depth interviews with thirty HSM (highly sensitive men) from five countries. Based on his research he will present techniques to help the sensitive male such as how to help raise the sensitive boy's self-esteem; offers advice to parents on special considerations for raising sensitive boys; and the sensitive boy in school, making friends and playing sports. In addition, Ted will offer innovative ideas to help the sensitive male at work and in relationships.

**3:15pm** Break

**3:30 - 4:30pm** **OPTION A Sleeping Better as an HSP – Ted Zeff, Ph.d**

In this session on Sleeping Better as an HSP, Ted will discuss the relationship between sensitivity and sleep. Some of the techniques that Ted will present are: Methods to calm the senses to relax the nervous system; how diet and exercise affect your sleep; innovative relaxation methods to help you sleep better; the use of herbs and supplements to improve your sleep; how to develop a positive attitude by reframing your thoughts about sleep; and recommendations of healing modalities that can help you sleep better.

Ted Zeff, Ph.D. is the author of *The Highly Sensitive Person's Survival Guide* and *The Highly Sensitive Person's Companion*. His new book, "*The Highly Sensitive Boy: helping your son grow into a strong, confident and emotionally healthy man*" will be available next year. His books have been published in 5 languages.

**OPTION B Knowing When, If and How to Share your HSP Trait with Others – Jacquelyn Strickland, LPC**

In this session, **Knowing When, If and How to Share your HSP Trait with Others** you will answer important questions such as: Who should I share my HSP trait with? How and when should I share it? What do I say? You will learn about a short, medium and longer version of how (and if) to share our wonderful trait with others.

**4:30 – 6:00pm** **Leisure Retreat Time**

Journal, swim, roller skate, visit the *great* YMCA craft room, meditate, or continue conversations with your new HSP friends.

**6:00pm** Dinner

**7:30pm** **OPTION A** Let's convene for another Conversation Café opportunity. Most HSP Gathering participants have asked for more of this unique time to be in deep conversation with others about topics relevant to our health and well being as HSPs.

**OPTION B** Weather permitting take a drive up to Chapel Hill to view the sunset and later the stars. Maybe even conduct a brief Conversation Café there in the outdoor amphitheatre.

**9:30pm** Stay up late to watch a movie, visit with your new friends, or retire to your room for a good night's rest.

## Saturday, October 3, 2009

**7:00 - 8:45am** Breakfast

**8:45 - 9:00am** Meet in Parking lot outside Lodge for carpooling into Rocky Mountain National Park – Please be prompt!

**9:00am** **OPTION A Arrive in RMNP for optional activities:**

### Hiking Options:

Cub Lake Trailhead: Cub Lake: 2.3 miles one way,  
540' elevation gain

Fern Lake Trailhead: The Pool: 1.7 miles one way,  
245'elevation gain

(You must sign up for a box lunch by Friday at Noon.)

Whether hiking or merely sitting quietly with your coffee, tea and snacks, you will be able to view the elk in Moraine Meadow. Bring your camera, your journal, your daypack, water bottle, and plan to spend a few hours outdoors. No hiking necessary to view the elk. A seven-day \$20 per vehicle pass is required to gain entrance into the National Park. Carpools encouraged.

**OPTION B Other Leisure Activities include:**

Shopping in Estes Park, Crafting Time in the YMCA craft shop, swimming, roller skating, journal writing, etc. See sign up sheet to connect with others.

**11:30am - 1:00pm** Lunch in the dining room  
OR eat on the trail with your box lunch picked up that morning

**1:30 pm** If hiking, arrive back at YMCA in time for a nap, shower, journaling,

**2:30 - 5:30pm** **A Four-Fold Approach to Becoming an Empowered HSP  
with Jacquelyn Strickland, LPC**

(1) Self-Knowledge, (2) Reframing, (3) Healing, (4) Help with Feeling Okay When Out in the World and Learning When to be Less Out Using the four-fold approach as defined by Dr. Elaine Aron in her Jacquelyn will share how she has applied this approach in her work with HSP clients over the last ten years. You will gain an overview of techniques & strategies to further research on your own, as well as opportunities to participate in experiential exercises to help better define your own unique HSP self pathway for growth. There will also be an opportunity to sign up for future (discounted) webinars in which you will be able to learn and practice the many techniques and strategies shared in this four-fold approach.

**6:00pm** Dinner

**7:30pm** Campfire – weather permitting

## Sunday, October 4, 2009

**7:00 - 8:30 am** Breakfast

**8:45 - 9:00 am** (Silent) Group Meditation

**9:00am - Noon** **Our Special time with Dr. Elaine Aron  
Topic: To be determined with plenty of time for your questions & answers**

**11:00am** Fifteen minute break

**11:15 – 11:45 am** Questions & Answers with Elaine

## Sunday, October 4 (cont.)

**Noon:** Group Picture - Please be prompt, bring your camera, be sure to check your batteries

**12:15pm** Lunch

**2:00pm** Leisure Retreat Time:

**OPTION A** *Horseback riding - Jackson Stables, YMCA of the Rockies Livery*

Reservations Required by Friday afternoon:  
\$30 1 hour ride Deer Meadows/Glacier Basin  
\$45 2 hour ride Moraine Park/Emerald Mt.

**OR**

**OPTION B** Other leisure activities OR convene with others to continue conversations about HSP topics - Applying what we've learned

**4:30pm** **"The Bull Elk Bugle Show" in Rocky Mountain National Park**

This is a remarkable viewing of nature - the annual mating ritual of the male bull elk as they compete for their winter female harem. The male elk's call is a 'bugle' sound, and they often lock horns with other male elk in their determination to keep their harem intact.

We will car pool into Rocky Mountain National Park Dinner to hear the shrill calls of the bull elk bugle to the "harems" of female cows. Meet in the parking lot of Eastside Lodge at 4:15 pm. Please be prompt. A 7-day \$20 per vehicle charge is needed to get into the park.

**6:30 pm** Back in time for dinner

**7:45 pm** **Creativity Night - Another Favorite of HSP Gatherers**

This has always been a *very special night* at the HSP Gathering Retreats. It is a time for you - our dear creative HSPs - to shine. Please consider sharing your own creative talent which might include poetry, art, music, song, dance, monologue, photography — or whatever you would like to share. Sign up with our HSP Master of Ceremonies volunteer.

## Monday, October 5, 2009

**7:00 - 8:45am** Breakfast with plenty of time left to pack your things to be out of your room by 10:00 am

**10:00 - 10:15am** (Silent) Group Meditation

**10:15 am** Our group's final gathering - until next year

This is always a special time of closing, sharing

- Has your stage of Cultural Awareness & Acceptance changed since you arrived?
- What will you be doing different when you return home?
- How will you keep this energy alive to tap into it when you need it most?

Special Closing Music

**Noon** Lunch

**1:00pm** **Meet for carpooling to Grand Lake, weather permitting.**

Stay overnight in Grand Lake, Colorado. Dinner and lodging on your own, although we can coordinate this at the Gathering. (The decision to drive over Trail Ridge Road into Grand Lake will be made by Saturday morning

**OR**

Many HSPs linger about after a HSP Gathering – often staying an extra night or combining the HSP Gathering with their vacation plans. If you would like to connect with HSPs in this way after the Gathering please sign up for this on the Leisure Activity Board in our meeting room.

### **Future HSP Gatherings:**

By popular request, I'm very pleased to announce there will be *three* HSP Gathering Retreats in

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|---------------------|---|
| April 8-12, 2010    | YMCA, Black Mountain, North Carolina<br><a href="http://www.blueridgeassembly.org">www.blueridgeassembly.org</a>          |
| June 11-15, 2010    | The Haven, Gabriola Island, British Columbia<br><a href="http://www.haven.ca">www.haven.ca</a>                            |
| September 2-6, 2010 | Walker Creek Ranch, Petaluma, California<br><a href="http://www.walkercreekranch.org">http://www.walkercreekranch.org</a> |