

**Welcome to the 2nd European Gathering Retreat for
Highly Sensitive People
2 - 6 April 2009
Croydon Hall, Minehead, Somerset, England
www.croydonhall.co.uk**

The (Provisional) Agenda

Thursday, 2 April 2009

3:00 pm - 5:00 pm

Check in; make a name tag; get acquainted with your surrounding; sign up for volunteer task; sign up for a brief private moment with Elaine- mainly for book signing & personally meeting her.

You are also invited to bring personal items for the HSP Networking Table.

5:30 pm

Getting to Know You - An optional ice breaker

6:00 - 7:00 pm

Dinner

7:00 - 9:30 pm

**Welcome, History & Overview of the HPS Gatherings,
Orientation, Norms, & Introductions**

Jacquelyn Strickland, LPC, Creator of the HSP Gatherings

(This is the 17th HSP Gathering since 2001, and the second in Europe).

Group Introductions - Optional Sharing - 'Passing' is always an option

How/when did you find out about the HSP trait?

How has it changed your life?

Share one thing you have learned that has improved your life as a HSP.

Share one thing you are still working on.

What do you hope to take home with you from this Gathering?

Important Things to Know about the HSP Gatherings

The HSP Quiet Zones

You can be assured of a quiet place to relax as the sleeping rooms have been designated for napping, journaling, puttering, meditating, organizing, writing, and reflecting. Please do socialize – very quietly in your room, with consent of your roommate, or preferably in the group areas, on walks & at meal times...Thanks

A Word About Therapy and the HSP Gathering Retreats

The gatherings are not intended to be therapy, although for many HSPs they are very therapeutic. If you are in crisis, the gathering is probably not the best place for you this year. As much as we might like to be available during such a time, it is just not possible to be a container for healing while we also take care of ourselves and enjoy the purpose of the gatherings.

Friday, 3 April 2009

8:00 - 9:00 am Breakfast

9:00 - 9:15 Silent Group Meditation

9:15 – 11:00 am **Welcome to the Morning's Discussion Groups**
The Conversation Café Discussion Model
www.conversationcafe.org

Conversation Cafes have become a favorite staple of the HSP Gatherings. We'll spend 15 minutes introducing the concept to prepare you to use this excellent model for those deeper HSP conversations we all thrive in being a part of.

We all know how HSPs enjoy and gain energy from deep, meaningful and authentic dialogue. However, we also know that sometimes it can be difficult, if not impossible, to find these types of conversations to engage in - or worse, that we seem to be only ones wanting to explore the deeper meaning of life's sometimes perplexing questions.

Choose from a list of HSP topics provided to explore in groups of 4-5. Assign a recorder to make note of those inevitable "Quotes Worth Remembering." We will record these on our flip chart papers and also share them with the group when we reconvene.

11:00 - 11:15 am Break

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

12:00 – 1:00 pm Lunch

1:30 - 4:30 pm **Horse Wisdom for the Human Heart**
with Angela Dunning

This inter-active presentation will draw from one of our most highly sensitive animals: the Horse. It will cover some of the key areas and methods of Horse Wisdom from the Epona Equestrian Centre in Arizona. These innovative approaches are extremely helpful for highly sensitive people whether or not they have a connection or interest in horses. You will learn:

- *How to better understand your emotions;
- *How to honour and strengthen your sensitivity, intuition and empathy;
- *How to distinguish between your Authentic Self and your Conditioned/False Self, and
- *To understand your need for personal space and energetic boundaries.

4:30 - 6:00 pm Free Time

6:00 - 6:45 pm Dinner

7:00 - 8:00 pm **Art Night!**

Join us in this creative time of images, words, music, visions, and your own creativity. What images and words are you attracted to? Why? What images or words resonate

with the HSP part of yourself? Why? Making a personal collage is a soothing way to settle in for the night and possibly help create some pleasant dreams. Music, candles (if no sensitivities to candles ☺), materials provided. No experience necessary. Bring your favorite CDs to share, your knitting, journal, or just yourself.

Saturday, 4 April 2009

8:00 - 9:00 am Breakfast

9:00 - 9:15 am Silent Group Meditation

Option A

9:15 am - Noon **The Myers Briggs Personality Inventory**

Jacquelyn Strickland, LPC

"What you are is God's gift to you...what you become is your gift to God" and "Gifts Differing" describes my philosophy in utilizing the MBTI as a gift for understanding ourselves, others, and how we operate in the world. We'll discuss this in light of our sensitivity, and gain tips on manifesting our gifts in the world! The Myers-Briggs Inventory has an additional £35 materials fee, payable with your registration, and includes an extensive handout package which will be mailed to you after the Gathering.

Part One: After learning the 8 preferences and what they measure, you will self identify your MBTI type and use the statistically valid and reliable 93 question inventory for final clarification.

Part Two: You will learn about the Dominate, Auxiliary, Tertiary and Least Preferred functions of your type identified in Part One. This is perhaps one of the most overlooked, yet crucial aspects to learning about type and how to use it in your life.

Option B

"Everything You Wanted to Know About HSPs...but, maybe were afraid to ask?"

with PeterMesserschmidt

Now that you are among other HSPs, do you find you have lots of questions you'd like to ask us all, but don't know how to begin?

For example, do you want to find out if other HSPs have had a similar (or specific) experience to one that you've had? Or maybe you wonder whether you're the only person in the world who feels a certain way in certain situations. Maybe you'd like to know if a quirk that you have is related to your being an HSP and you figure that if 10 other HSPs have the same quirk, then it just may be?

It can be difficult to know just how to insert such questions into casual conversation, so in this activity, you simply write your question on the index card provided - no name required—and toss it in the designated question box.

Noon Lunch

1:00 - 6:00 pm Leisure Time Activity and/or Conversation Café Topic

6:00 pm Dinner

Sunday, 5 April 2009

8:30 - 9:00 am Breakfast

9:15 - 11:15 am **HSPs & Self-Esteem with Dr. Elaine Aron**

The pain caused by shame and rejection is registered in the brain as if it were physical pain. No wonder that if we have experienced very much of these we go

through life trying to avoid them in the future. We do that by expecting the present to be like the past--we expect rejection and defeat before we know enough about a situation to see what it is actually about. How sad. But much of this is pure instinct, so it is not always banished with an affirmation.

In keeping with my new book on love and power--now tentatively named The Undervalued Self (probably to appear in spring 2009)--I will talk about the many reasons HSPs have for undervaluing themselves, from cultural to innate to the effects of the interaction of our trait with trauma. Then we will think about how we can better handle each, according to its roots.

- 11:15 - 11:30 am** Break
11:30 - Noon Questions & Answers with Elaine
12:00 - 12:30 Book signing time with Elaine - Sign up in advance
12:30 pm Group picture - please prompt ! Bring your camera, check the batteries
- 12:45 pm** Farewell to Elaine - She must depart promptly to catch a plane out of Bristol
- 12:45 - 1:45 pm** Lunch
- 1:45 pm - 4:00 pm** Coping Strategies - Each One Teach One - Angela Dunning, Peter Messerschmidt, Sam New-Fielding, Jacquelyn Strickland
Come and learn from these HSPs who have been successfully integrating the trait into their lives for several years. There will be time for questions and answers, and to hear from other participants about their most helpful coping strategy as well.
- 4:00 pm - 6:00 pm** Leisure Time
6:00 - 7:00 pm Dinner

7:15 pm Creativity Night!

Did you know many HSPs are very creative and talented? 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, story -- or whatever you would like to share. Sign up with our HSP Master of Ceremonies volunteer.

Monday 6 April 2009

- 8:00 - 8:45 am** Breakfast
9:00 - 9:15 am Silent Group Meditation
9:15 - 10:45 am Fare Well & Closing Circle
This is always a special time of closing. We will take 5-10 minutes in silence to write our thoughts -- sharing your experience over the last four days. You might consider asking:
If your hopes and expectations for attending were met?
Did you experience any epiphanies you would be willing to share?
How has this experience changed your life?
What will be different upon your return home?

- 11:00 am** Check Out - Lunch on your own

Future HSP Gathering Retreats

Fall 2009
Spring 2010

Estes Park, Colorado - YMCA of the Rockies
Canada

About Your Presenters and Co-Hosts

Dr. Elaine Aron

As we know, **Elaine Aron, Ph.D.** is a research psychologist and author of *The Highly Sensitive Person*, *the Highly Sensitive Person's Workbook*, *the Highly Sensitive Person in Love*, and *the Highly Sensitive Child*. She holds a master's degree in clinical psychology from York University (Toronto) and a doctorate from Pacifica Graduate Institute. She also studied at the Jung Institute in San Francisco. She is a widely published research psychologist, a workshop leader, and has a private psychotherapy practice in San Francisco. She divides her time between San Francisco and New York. You may reach her office voice mail at (415) 765-7617, and her web page at www.hsperson.com

Jacquelyn Strickland, LPC

Jacquelyn is a Licensed Professional Counselor (LPC), Coach and workshop leader based in Ft. Collins, Colorado. She has been creating HSP Gatherings in the US since 2001, and is the co-creator of the Gatherings, along with Dr. Elaine Aron. She has been certified to utilize the Myers Briggs Personality Inventory since 1991, and she is trained in hypnotherapy and is a Level II EMDR therapist. Her counseling and coaching practice combines therapeutic orientations, coaching principles and hypnotherapy with her client's spiritual foundation. Sign up for her ezine, *HSP Highlights & Insights* by visiting her web site at www.lifeworkshelp.com or call (970) 484-0840, or email womenoutdoors@yahoo.com

Angela Dunning

Angela Dunning was the co-host of the First UK HSP Gathering Retreat 6-10 April 2006. Since that time she has founded Equine Reflections, located in the beautiful county of Shropshire, England. She is an Epona Approved Instructor in Equine Facilitated Learning for Personal Growth and Healing and a 2006 graduate of the [Epona Advanced Study Experience](#) (EASE).

Angela is a life-long horse lover, an approved riding instructor and gifted natural horsewoman. She has a unique connection with horses, embodying sensitivity, gentleness and respect. Her deeply intuitive and empathic abilities enable her to help others uncover their authentic-self by gently guiding them towards their own wisdom and strength. You may contact Angela on 01588 630365 / 07855 240068 and visit her web site at: www.equinereflections.co.uk . The Epona website is: www.taofequus.com

Peter Messerschmidt, Co-Host

Peter Messerschmidt also known as "denmark guy" on many HSP message boards has been integrating the HSP trait into his life since 1997.....

Samantha New-Fielding, Co-Host

Sam New-Fielding is a fully qualified practitioner in the field of alternative health. Believing that leadership development is inextricably linked to personal and spiritual development, Sam founded the Newphoria healing centre in 2005 to bring together empowering treatments which work from all healing perspectives – the physical, the emotional, the mental and the spiritual. Sam has received industry certification as a high level psychic, natural healer and spiritual tutor. She is trained in a range of traditional complementary therapies, several alternative medicine applications and a wide variety of spiritual techniques, and she also has 15yrs experience in international sales and marketing. Visit her website at www.newphoria.co.uk, where you can sign up for her healthy options e-zine, Newtrition. Alternatively, call Sam on +44 1932 254722, or contact her via e-mail sam@newphoria.co.uk.