

**Welcome !**  
**The Annual West Coast Gathering Retreat for Highly Sensitive People**  
**June 14 - 17, 2007**  
**Walker Creek Ranch - [www.walkercreekranch.org](http://www.walkercreekranch.org)**

**Thursday, June 14 2007**

**3:00 pm - 5:00 pm**

Check in; Make a name tag; get acquainted with your surroundings; Sign up for a volunteer task; Consider writing out a HSP question to be answered during our Gathering. You are also invited to bring personal items to share at the HSP Networking Table.

**4:00 - 5:00 pm** Informal hike to Turtle Pond, and back via river route and organic vegetable garden. Bring your camera. (We need a volunteer who has been here before to lead this walk.)

**5:30 pm** *Getting to Know You* - An optional ice breaker

6:00 pm Dinner

**7:00 - 9:30 pm** Overview, Orientation, Norms, Introductions **and Welcome!** This is the **12th HSP Gathering Retreat** and the 5th one on the West Coast at Walker Creek Ranch.

**Friday, June 15, 2007**

**9:15- 9:30 am** *Group Meditation (optional of course)*

**9:30 – 11:30 am** **The Importance of Temperament in Families and Relationships**  
Jan Kristal, MA

We all have unique temperaments that determine how we react to the environment, situations, and the people around us. Understanding your temperament can help you appreciate how you relate to others. This workshop will examine the nine temperament traits and help you understand your temperament and the temperaments of those close to you. The interaction of temperaments helps determine family dynamics and interpersonal relationships. You will learn how to work with temperament to create a "good fit" with your environment and the people important in your life.

## About Jan Kristal, MA

Jan is the author of *The Temperament Perspective: Working with Children's Behavioral Styles* published in 2005. She worked with the Kaiser Permanente Temperament Program in the pediatrics department for over 15 years consulting with families and physicians at Kaiser medical facilities in Northern California, and now conducts workshops for professionals, consults with schools and educators. She has a private temperament counseling practice providing individual temperament assessments and consultations. She has taught temperament courses at San Francisco State University and currently teaches Child and Adolescent Development, Temperament and Child Behavior, and Introduction to Psychology at Dominican University of California.

Noon

Lunch

1:30 - 2:00 pm

**"Clearing for HSPs"** - A fun technique to help prevent overwhelm, and enhance self-expression and **Inner Sanctuary Guided Meditation**

2:00 pm - 4:30 pm

**An Introduction to Circles of Ten Peace Circles**

Besides learning how you can create and facilitate your own Peace Circle, we will also participate in our own introductory session of a Peace Circle group of 6 or 7.

### **Just what is a Peace Circle?**

The actual format of peace circles involves 6-10 people who make a six week, 1.5 hour commitment. It involves a simple, yet powerful process which provides a guideline for exploring questions around your own personal relationship to an inner and outer evolvment of peace by answering four simple, yet profound, open-ended questions:

- (1) *I feel peaceful when* \_\_\_\_\_.
- (2) *Peace for me would be* \_\_\_\_\_. (Used to reframe a troubling situation when you didn't feel peaceful.)
- (3) How I made peace this week was \_\_\_\_\_.
- (4) In the name of peace I will \_\_\_\_\_. (An action you will take in the week to come.)

### *Guidelines:*

When people gather in circles magic happens. We listen with our hearts to one another. We respect one another's experience and opinion. We are witnesses for one another, without judgment. We allow the place of not-knowing and trust to guide our inquiry. We share our authentic expression. We honor confidentiality.

These circles have proven to be an anchor for transformation in participant's lives. With deep and compassionate listening and honest sharing of personal experience, wisdom - and peace - usually follows.

Circles of Ten is a grassroots peace group that started in Boulder, Colorado in 2002 by Sarah Hartzell, visionary and founder, and is now spreading nationally and internationally. Their mission is to promote personal, interpersonal and worldwide peace - (*activities that many HSPs are already doing in the daily lives or wish they were.*) They hope to increase a worldwide culture of peace by gathering in circles to identify what peace means to individuals, and to translate that vision into acts of courageous peacemaking in personal lives, communities and the world. (I see this as one avenue for the HSP "empowered priestly advisor.") For more information see: [www.peacecircles.net](http://www.peacecircles.net)

**4:45 - 6:00 pm** Free Time

**8:15 pm - ?** Optional social time with campfire in front of the outdoor amphitheatre or work on your creative art activity in the meeting room

### *Saturday, June 16, 2006*

**9:00 am to 9:30 am**

A Personal interview Dr. Elaine Aron

It is great fun talking with Elaine on a personal level and learning how this internationally famous HSP lives her life on a daily basis - including the latest on her two new books, and her life in Tiburon, California and New York City.

**9:30 - 11:30**

**Winners and Lovers: Balancing Love and Power in All Our Relationships**

Dr. Elaine Aron

Love and power, or "ranking and linking," are what social animals do all day-- they are being affectionate or deciding where each should be in the hierarchy of who gets the good things first. For a variety of reasons, however, humans in particular can distort how they see love and power in each other. Sometime we see power when it is not there and ourselves as inferior when we are not. Sometimes we feel superior and find it hard to respect someone we would like to love. No one seems good enough. And sometimes we just refuse to see power at all. We want everything to be all about love.

We will talk about these three distortions and why HSPs are more affected by each of them. Further, by developing our ability to see through these

distortions, we can use our sensitivity to bring more love into the world while being realistic about power.

#### **About 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, sign up for her on-line newsletter, *The Comfort Zone* by visiting her web page at [www.hsperson.com](http://www.hsperson.com)

**11:30 - 11:40 am**      **Break**

**11:40 am - Noon**      **Book signing with Elaine**

**Noon**                      Group Picture at the dining hall - Please be prompt & bring your camera if you want

**12:15 pm**                      Lunch

**1:45 pm - 2:15 pm**              **Clearing for HSPs  
and Inner Advisor Guided Imagery**

**2:15 pm - 5:00 pm**      **Building Family & Relationship Bridges  
Jacquelyn Strickland, LPC**

For many people, it can be uncomfortable to share one's truest thoughts and feelings with others. It can be difficult to even know or differentiate between what one is thinking, feeling, or needing. However, for HSPs the need to be in authentic and in 'right' relationship is paramount. Through examples, practice exercises, and guidance, we will explore the four challenges facing all relationships, (Scarf, 1996) and incorporate those with Angeles Arrien's (1993) four concrete steps for living a heart-centered life: (1) show up and be present; (2) pay attention to what has heart and meaning; (3) tell the truth without blame or judgment; and (4) be open and not attached to the outcome.

#### **About Jacquelyn Strickland**

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 (and the first in Europe in 2006) 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. She holds a master's degree in counseling from Colorado State University, and has a background in psychology, social work & women's studies, and has over seventy hours of training in hypnotherapy. Her counseling practice for HSPs, youth and families combines therapeutic principles and coaching tools with a spiritual foundation. She is working toward her certification in EMDR. In her leisure time, she enjoys sharing the Colorado wilderness through her WomenOutdoors program. Sign up for her ezine, *HSP Highlights & Insights* by visiting her web site at [www.lifeworkshelp.com](http://www.lifeworkshelp.com). You may also reach her by phone or email. (970) 484-0840 Email: [womenoutdoors@yahoo.com](mailto:womenoutdoors@yahoo.com) .  
<http://www.lifeworkshelp.com>

**7:15 - 9:30 pm            Creativity Night!**

This has always been a *very unique night* at the HSP Gathering Retreats and no retreat would be complete without this special time. 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. Some of us may be doing art collages, knitting, watercolors, or drawing during this night as well....so feel free to bring your favorite creative activity.

**Sunday, June 17, 2007 - Happy Father's Day**

- 9:00 – 9:15 am**                            Group Meditation
- 9:15 - 10:30 am**                        Closing Circle  
 "What's Different and What Are You Taking With You?"
- 11:00 am**                                Check Out - Please have your things out of your room by 11:00 am
- Noon**                                      Lunch and Farewell (unless you are staying for the afternoon outdoors)
- 1:30 -2:30 pm**                        Swimming, Canoeing, Relaxing in Turtle Pond **OR** Sea Kayaking on Tomales Bay (Cost \$68 -2 hr guided tour) for those who can stay later that day (Let Jacquelyn know of your interest in this optional activity.)

**Other 2007 HSP Gathering Retreats**

October 4 - 8, 2007 YMCA of the Rockies, Estes Park, Colorado  
[www.ymcarockies.org](http://www.ymcarockies.org)