

***Gathering Retreats for Highly Sensitive People  
West Coast - Walker Creek Ranch  
June 19-23, 2008***

***(Tentative) Agenda***

*Note: All activities and programming are optional following the motto at all Gatherings which is "Focus on Needs, Not Approval."*

**Thursday, June 19, 2008**

***Welcome to Summer in Marin County, California***

- 2:00 pm Check in at Visitor's Center - look for signs. Arriving early lets you relax, and get familiar with your surroundings.
- 4:30 pm Guided hike - stroll by the organic vegetable garden, over the bridge and make a loop on a shaded trail - bypassing Turtle Pond. Led by Brooks Patton, a HSP 'veteran.'
- 5:30 pm Meet, Greet & Share - Please bring the latest book you are reading, or current CD you are enjoying. This will be our informal HSP "ice breaker."
- 6:00 pm Dinner - in the Cafeteria -the building with the blue roof
- 7:15 pm **Welcome to the 15th HSP Gathering Retreat !  
.....the 7th one at Walker Creek Ranch ....**

**Orientation & Overview** to our 4 days together -

- Focus on Needs, Not Approval, Quotes Worth Remembering & Other Norms
- Learning - from the presentations and each other
- Applying what we've learned - Utilize the Conversation Café model or the 20-20--20 Talking, Listening, Council with a HSP Perspective model to apply what you are learning. (More detailed explanation on these 'models' to come.)
- Leisure & Social Time - Use this time to explore the area, join in a group activity - or to nap, journal, spend time alone in nature. Or create your own Conversation Café discussion on a topic of your choice.

**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?

- 9:30 pm Adjourn for the evening.

**Friday, June 20, 2008**

- 8:00 am Breakfast

8:45 m - 9:00 am (Silent) Group Meditation - Please wait outside the door if arriving after 8:45 am

9:00 am Welcome to the Morning's Discussion Groups  
Introducing the Conversation Café Discussion Model  
[www.conversationcafe.org](http://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.

### **Option A - HSP "Veteran" - Reunion & Discussion Group**

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 delve into the deeper meaning of life's sometimes perplexing questions.

This group is for HSPs who have attend HSP Gatherings before and who have been integrating the HSP trait into their daily lives. You will have a chance to reunite with some of your old gathering friends. Choose from an extensive list of HSP topics provided to explore in groups of 4-5. And 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.

### **Option B - An Introduction to the Basics of the HSP Trait**

This discussion group is for those HSPs who are new to the HSP trait and are not yet integrating it into their daily lives. You will receive an overview of the "basics" of the HSP trait, including research, self-care, plus ample time for your personal questions and concerns about how to appreciate this unique trait of ours. You will receive copies of Elaine Aron's *"Top Ten Ways for Self Care"* and Jacquelyn's *"Top Ten Ways for Self Care."*

Facilitator: Jacquelyn Strickland, LPC

11:15 am Break

11:15 - 11:45 Reconvene Groups A and B - sharing our "Quotes worth Remembering."

12:00 Noon Lunch

1:00 - 2:00 pm Free time

2:00 - 5:00 pm **Option A**  
**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.

Jacquelyn is a Licensed Professional Counselor, and HSP, who is certified to utilize the Myers Briggs Type Indicator and has been utilizing this important tool for individuals, groups and families since 1991.

### **Option B**

Create your own special time to nap, journal, hike, sight see, or connect with others around a HSP topic you would like to know more about.

5:00 - 6:00 pm	Free Time
6:00 pm	Dinner
7: 30 - 9:15 pm	Choose from many options: Conversation Café, Talking, Listening, Council, campfire.

### **Saturday, June 21, 2008**

8:00 am	Breakfast
9:00 am - 12 Noon	Free Leisure Time for Activity, Informal Group or Alone time

### **Option A:**

If you would like a unique beach experience, you'll want to carpool to Heart's Desire Beach, which is about an hour's drive from Walker Creek Ranch. We will leave at 9:00 am sharp, arriving at the beach at 10 am returning to WCR by 12:30 pm. In time for a lunch the kitchen staff will hold for us. This beach is *east* facing, shaded in the afternoon by cliffs and trees on the west, which makes a morning visit more desirable.

### **Option B:**

Take a hike to Turtle Pond or Grandmother Oak tree.

12:00 pm	Lunch - Those going to the beach will have lunch at 12:30 pm
2:00 - 5:00 pm	

**Introduction to the Enneagram**  
**Kristine Carey, HSP and Certified Life Coach**

The Enneagram is a powerful personality system that describes nine distinct patterns of thinking, feeling and action, which determines what you pay attention to and how you direct your energy. This workshop will cover the basics of the Enneagram, including a brief history, identifying type and using the Enneagram as a self-growth and spiritual tool. A type sorting questionnaire will be distributed on Thursday night and should be handed back in by dinner on Friday night.

Kris Carey is a Certified Life Coach with Lifestyle Catalysts who provides individual coaching, offers teleclasses, and leads workshops.

6:00 pm      **Dinner** - Optional invitation to sit in a Conversation Café group according to your Enneagram type for a discussion of the afternoon workshop.

7:30 pm - ?      **Movement and Dance** - Dancing has been a delightful surprise at past Gatherings - yes, even for introverts! Bring your favorite CDs for dancing.

**Sunday, June 22, 2008**

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

9:00 am              **Dr. Elaine Aron**  
                                 **HSPs & Self-Esteem**

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.

11:00 - 11:15 am      Break  
11:45 am              Group Picture - Please be prompt; bring your camera & be sure to check your batteries  
Noon                      Book signing with Elaine, sign up in advance  
12:30 pm              Lunch

2:00 - 5:00 pm      **Wholesome Reunion of the Heart - Integration for the HSP**  
                                 Jacquelyn Strickland, LPC

Yes, it's true. We HSPs are born with a tendency to notice more subtleties in our environments, and to reflect more deeply on our perceptions emotionally, intellectually, socially and spiritually. I have also found through my years of working with HSPs that

many of us are unfortunately victims of rumination and being erroneously upset by our assumptions. During this process I have found it common for HSPs to be "other" focused while ignoring their own needs.

In this workshop you will learn a model I created called "Integrated Wholeness for the HSP" which will help us learn how to more quickly break free of rumination tendencies and to use our deep processing abilities to chose to act vs. react - and to do so by honoring your truest self. We will combine the integration model with Transactional Analysis, a useful cognitive-behavioral model created in the 60's by Thomas Harris, MD, author of *I'm Okay, You're Okay*.

There will be time for hands-on practice with both models and you will leave with an integrated action plan to get you unstuck from some of your most troubling situations.

5:00 - 6:00 pm          Free Time

6:00 pm                  Dinner

**7:30 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, June 23, 2008**

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

10:00 - 10:15 am          (Silent) Group Meditation - outside under the Buckeye tree at the entrance to the small meadow

10:15 am                  Our group's final gathering - until next year  
This is always a special time of closing, sharing

- What you have learned
- What you will be taking back with you.
- What might you be doing different when you return home?
- How will you keep this energy alive to tap into it when you need it most?

Noon:                      Lunch and Farewells

Next HSP Gathering:          October 2-6, 2008    Phoenicia, New York  
Menla Mountain Retreat Center - [www.menla.org](http://www.menla.org)

April 2-6, 2009    Somerset, England  
Croydon Hall

