

Welcome
The 5th San Francisco-Walker Creek Ranch
Gathering Retreat for Highly Sensitive People
June 14 - 18, 2006

Focusing on Needs, Not Approval

The Tentative Agenda
... always a loose structure, subject to change based on our needs
Wednesday, June 14 2006

3:00 pm - 5:00 pm

Check in; Make a name tag; Get acquainted with your surrounding; Sign up for a volunteer task; Write out a HSP question to be answered during our Gathering; Begin to think about which Conversation Café you might be interested in joining. You are also invited to bring personal items to share at HSP Networking Table.

A Gentle Reminder * The HSP Quiet Zones

We have designated the sleeping rooms 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 and at meal times.

Meal Times:

All meals will be served as follows:

Breakfast: 8:00 - 8:45 am Lunch: 12:00 - 12:45 Dinner: - 6:00 - 6:45 pm

Note:

We will have access to our own refrigerator, so bring your own snacks if you like.

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

7:00 - 9:30 pm Welcome: The 9th HSP Gathering Retreat
and the 5th on the West Coast at Walker Creek Ranch
Overview, Orientation, Norms, Introductions

Thursday, June 15, 2006

9:30 - 12:00 Noon *Journaling for Fun and Personal Growth*
with Jacquelyn Strickland, LPC
*"In moments of ecstasy, in moments of despair,
the journal remains an impassive, silent friend,
forever ready to coach, to confront, to critique, to console.
It's potential as a tool for holistic mental health is unsurpassed."*
- A Write On! Workshop advertisement

Come learn and practice six journaling techniques from *Journal to the Self*, by Kathleen Adams. You will experience the pleasure of "timed journal writes" within a safe group setting, to include one 5 minute 'write' and ending with a Guided Imagery and a 10 minute 'meditative write.' Sharing our 'writes' is optional, but invited. Please bring your favorite writing instrument, preferably with various colors of ink. There will be paper provided for the journal writes.

Thursday, June 15, 2006 continued

2:00 pm - 5:00 pm **Creating Authentic Dialogue
Small Group Discussions**

We know HSPs enjoy deep, intimate conversations, yet we also know it is not easy to start a conversation which evolves into a meaningful discussion. (Or, we will inadvertently move a conversation to a deeper level, only to find out we are the only ones there ☺) We'll utilize the Conversation Café model to practice, and also to learn how to create your own meaningful conversations with a person or group of your choosing. Beginning topics may include:

HSPs & Work; Relationships; Spirituality; or High Sensation Seeking.

Suggested advanced topics might be:

Focusing on Needs, Not Approval - How? Challenges and Rewards.

Making a Life, Not Just a Living - Be, Do, Have vs. Do, Have, Be

The Priestly Advisor Role: Irony, Natural or Difficult?

Or if we have enough men, there might be a choice for a Sensitive Men discussion group.

(These discussions *may be* taped recorded with your permission.)

To learn more about Conversation Café's, please visit: <http://www.conversationcafe.org>

8:00 - 9:00 pm **Optional Social Time out by a campfire**

Friday June 16, 2006

9:30 am - Noon ***Nature as Healer***

Have you every wondered why nature often inspires meditative thought, creativity, wisdom or a sense of relaxation and peace? Investigate these questions and more through this experiential nature activity based on the work of Michael Cohen author of *Reconnecting with Nature* and also from the work Marlow Shami, MS (HSP) of Natural Sense (www.naturalsense.org) You will learn a simple yet profound method of connecting your inner nature, in the process validate your sensitivity and discover personal guidance. No experience is necessary. Bring a blanket/mat if you prefer to lie down for guided imagery and wear comfortable clothes and shoes for outside.

1:30 - 3:30 pm **Swimming at Turtle Pond (weather permitting)
Donation requested for mandatory Lifeguard fee**

4:30 - 6:00 pm **Free Time**

7:15 pm **Art & Music Night!** In the Barn ! We'll have a special place to relax and create our individual art collages. And then perhaps...as in the past ... music? dancing? Okay to join in even if not making a collage. A \$5 supply donation is requested. Please bring scissors and a glue stick if possible.

With: Neil Turley, HSP DJ Extraordinaire and Co-Host of the British Columbia HSP Gathering Retreat, September 23 - 27, 2006.

Saturday, June 17, 2006

10:00 - 11:20 am **A Personal Interview with Dr. Elaine Aron**
by Jacquelyn Strickland to include: brain research, attachment theory, relationships

11:30 am Group Picture

1:00 - 2:00 pm **Sharing our Art Collages**

2:00 - 5:00 pm **Barrie Jaeger, Ph.D.**
author of *Making Work Work for the Highly Sensitive Person*
Presents
Chapter 11

Money, Ethics and Spirituality in Work for the HSP

Valuing ourselves, our work, our spirituality and our money will take us to new depths and heights in our growth as active participants in the world. What do these three mean to us and how do we work with them in our lives? Join Barrie for an exciting workshop on these very powerful topics.

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

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.

Sunday, June 18, 2006 - Happy Father's Day

9:00 - 10:30 am Closing Circle
"What's Different and What Are You Taking With You?"

11:00 am Check Out and Farewell

Other 2006 & 2007 HSP Gathering Retreats

Sept. 23 - Sept 27, 2006 Gabriola Island, British Columbia, www.haven.ca
Spring 2007 East Coast - TBA