

Understanding the Highly Sensitive Child and Teen

September 28-30, 2018

Presenters: Elaine Aron, Alane Freund, Candy Crawford

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA.

Program

Highly sensitive children and teens are the 20% of the population who have inherited a greater responsiveness to their environment. They are strongly impacted by childhood adversity yet research finds with a supportive environment they benefit more than others. The course begins with an overview of the trait of high sensitivity including research on the trait. Following this segment, participants will gather to share individual concerns and inquiries regarding the trait. These will be shared in a large group format and recorded for workshop application and discussion. Parents and various professionals will have the opportunity to learn the unique impact the trait of high sensitivity has on a child and teen's personality and its impact on physical self, emotions, family environment, educational needs, and social relations. Parents and professionals will also learn other factors that can coincide and impact the child and teen with high sensitivity such as learning disabilities, attention deficit disorder, and issues of neurodiversity.

The purpose is to familiarize all participants, especially professionals, with the genetically based trait of high sensitivity (also termed sensory processing sensitivity, SPS; *not* the same as sensory processing disorder). This goal is reached through understandings its four basic characteristics—depth of processing, being easily overstimulated, greater than average emotional responsiveness (including strong empathy), and increased sensitivity to subtleties. To understand these, they will learn the research findings that demonstrate all four of these—for example, the empirically developed self-report measure of SPS and the brain activation studies.

Participation in discussions of topics such as how SPS affects educational goals, care of self and emotions, and lifestyle choices will also be offered. Participants will also learn the life-altering influence parents and professionals can make in the lives of a highly sensitive child or teen.

The target professional audience is for novice and experienced practitioners/health professionals, and great for teachers and parents.

Friday, September 28, 2018

7:30pm–9:00pm

- Explain trait of high sensitivity, otherwise known as sensory processing sensitivity.
- List the four identifying characteristics of children and teens with the trait.
- Identify the needs of parents of highly sensitive children and teens.

Saturday, September 29, 2018

9:00am-12:00pm

- Summarize the research on high sensitivity.
- Provide the evolutionary reason for the persistence of the trait and why it is always found in a minority.
- Recognize the development of and how to utilize the self-assessment for identifying highly sensitive adults and children.

- Identify various examples of sensitivity in children and teens and assess for dual diagnosis, false positives, or false negatives.

1:45pm-3:45pm

- Recognize neurodiversity as it relates to high sensitivity.
- Discuss and answer questions about the trait with clients/patients and professionals unfamiliar with it.
- Recognize the presentation of HS children through varied developmental stages of childhood.
- Assess for sensitivity (through meeting and talking with families and professionals who have HS children and teens in their lives), by distinguishing the trait itself, what is common to all HSC/Ts, from other characteristics.

7:30pm-9:00pm

- Viewing film “*Sensitive: The Untold Story*” followed by a Q&A Session.

Sunday, September 30, 2018

9:30am-11:30am

- Recognize and teach self-care of parents of HS children and teens.
- Recognize the gifts and assets of the highly sensitive child and teen.
- Train parents/clients to manage themselves and children feeling overstimulated by creating parenting strategies.
- Assist clients with a variety of issues, such as the impact of having a highly sensitive child or teen in the family, including relationships, schedules, outings, parenting, special lifestyle and health needs, dealing effectively with non-HSPs.

Presenter(s) Bio

Candy Crawford, MSW, LCSW, is a therapist, educator, and advocate for highly sensitive individuals. She maintains a private practice in the Chicago area, where she specializes in sensory processing sensitivity. Candy also facilitates workshops and retreats in collaboration with Elaine Aron, a research psychologist and pioneer in the study of this trait. Through the life-changing experience of mothering her two highly sensitive daughters, now young women, Candy cemented her commitment and devotion to the long-neglected needs of the highly sensitive population. She believes the world will be a significantly better place when the gifts, perspectives, and identities of highly sensitive individuals are embraced.

Alane Freund, MS, MA, LMFT, helps youth and families focus on solutions. Alane, in collaboration with Dr. Elaine Aron, has developed and implemented programs for highly sensitive people, children, families, and clinicians who serve them in her California psychotherapy, workshop, and team building practice, Heart and Mind Equine. She holds master’s degrees in clinical psychology and school counseling and specializes in family therapy with highly sensitive people, including LGBTQ+ families. A skilled facilitator, therapist, and the parent of a highly sensitive teenager, she teaches workshops and leads groups and retreats.

Elaine N. Aron, PhD, is best known for her research on sensory-processing sensitivity, including the study of highly sensitive children and parents. Her findings have been published in leading psychology research journals and in books, such as the best-selling *The Highly Sensitive Person*; *The Highly Sensitive Child*; *The Highly Sensitive Person in Love*, and *The Undervalued Self*. She and her husband, Art Aron, PhD, are also widely respected researchers in the social

psychology of interpersonal attraction and the maintenance of long-term relationships. In addition, Elaine is a depth psychologist, practicing in Mill Valley, California.

Program Costs and Registration

Please visit www.kripalu.org

Cancellation Policy

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

Grievance Policy

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at cec@kripalu.org or 413.448.3127.

Psychology - 10 CE Credits

R. Cassidy Seminars (co-sponsored) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. 10 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in to each session, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in each session will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

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Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

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