

# Support Group for Highly Sensitive People

Now Forming



Every other Wednesday, beginning Fall 2024, From 1:30pm to 3:00pm

Renton Chamber of Commerce

625 S 4<sup>th</sup> St, Renton, WA 98057. Free parking

Cost: \$180 for each module of six meetings for people age 17 and over

Led by: **Launi Treece, PhD (she/her), Psychologist**

Clinical Psychologist and author of [Sensitivity: From a Burden to a Blessing](#) (available on Amazon)

I am an HSP and have been a therapist in the Renton area since 1998. I specialize in trauma and medical issues as well as Christian counseling.

And **Donna Aikens-Anderson (she/her), CPC, Mental Wellness Provider**

My purpose as a peer counselor is to support peers in their recovery journey from addiction, depression and anxiety while seeking their own individual path to mental wellness. My approach is from a trauma informed perspective. I will hold hope for those peers participating in their own wellness ventures, focusing on their unique strengths. I am an HSP as well.

**Being a Highly Sensitive Person (HSP) can be very challenging, especially if your primary relationships or work are difficult to adapt to. HSP's have a sensitive nervous system and cannot help what stimuli will be challenging or even overwhelming for them. Some of the more common sensitivities are to: lights, strong smells, fabrics, others' emotions, a busy environment, their own bodily sensations, etc. This support group will help participants better understand their own unique sensitivities and provide a safe and confidential place to express what they are experiencing. Dr. Treece and Donna Aikens-Anderson will facilitate the group so that participants will feel heard, understood, and able to learn from each other as well as the professional group leaders.**

If you are interested, please text or call Dr. Treece at 206-890-6709. We can talk on the phone to determine if it will be a good fit. We hope to gather enough folks to begin the group in Fall, 2024.

[We look forward to getting to know you and be a caring and supportive environment for our fellow HSPs! We can help you find your HSP superpowers and accept your HSP, changing your experiences "from a burden to a blessing."](#)— Launi and Donna