

Resources on Highly Sensitive People (HSPs) & Resilience

Movies

[Sensitive: The Untold Story](#)



Leah K. Walsh
COACHING

Books

[The Highly Sensitive Person: How to Thrive When the World](#)

[Overwhelms You](#) by Dr. Elaine Aron, Ph.D.

[Psychotherapy & the Highly Sensitive Person: Improving Outcomes for](#)

[that Minority of People Who Are the Majority of Clients](#) By Dr. Elaine Aron, Ph.D.

[The Orchid and the Dandelion](#) by W. Thomas Boyce, M.D.

[Empathipedia: Healing for Empaths and Highly Sensitive People](#) by Dave Markowitz

[Quiet: The Power of Introverts in a World That Can't Stop Talking](#) by Susan Cain

TEDx Talks

[The gentle power of highly sensitive people](#) by Elena Herdieckerhoff

[The power of introverts](#) by Susan Cain

Community Support

[Brave & Tender Club \[Online\] - Leah K Walsh Coaching](#)

[Highly Sensitive People of Portland, OR - MeetUp](#)

[Highly Sensitive Professionals \(Portland, OR\) MeetUp](#)

Facebook Groups that Support HSPs **some are much better than others*

[The Global Cooperative for Sensitive Leaders](#)

[Highly Sensitive Professionals](#)

Practitioners Who Focus on Supporting Highly Sensitive People (PDX & Vancouver, WA)

Dave Markowitz, [Intuitive Healing Facilitator, Author & Guide](#)

Erica J. Sawyer, [Counselor & Art Therapist](#)

Laura Rowe, [Energy Healer and Founder of The Vital Spirit](#)

Leah Walsh, [Life Coach and Transformational Speaker at Leah K Walsh Coaching](#)

Linda Binns, [Coach, Consultant, Author, and International Speaker](#)

Maria Beltran, [Licensed Marriage and Family Therapist](#)

Children & Youth Specific Resources

Julia McGarey, [Partnered Path Parenting](#) - Coaching and support for parents with Highly Sensitive Children (HSCs)

[The Highly Sensitive Child: Helping our children thrive when the world overwhelms them](#) by Dr. Elaine Aron, Ph.D. [book]

[Dr. Elaine's Highly Sensitive Child Checklist](#) [website resource]

You! How are you your own best resource? Where does your intuition guide you?

Leah K Walsh Coaching

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Creating a Culture for Sensitive People to THRIVE