



The C. G. Jung Society of Montreal presents for its Autumn 2017-18 season:

Are You “Too Sensitive”?

Sensitivity and Introversion as Special Ways of Experiencing Life

A lecture by **Susan Meindl** of Montreal

Friday, October 20
7:30-10:00 p.m.

The John Molson School of Business
1450 rue Guy (Metro Guy/Concordia)
MB 3.210

Members \$15; Non-Members \$20
Students/Senior Members \$10



In his 1912 Fordham lectures, Carl Jung considered whether a quality he described as “sensitivity” might be an essential and foundational aspect of personality.

Dr. Elaine Aron’s 1995 book *The Highly Sensitive Person* proposes that 15-20% of the general population is characterized by a higher than average degree of sensitivity.

Highly Sensitive People (HSPs) are characterized by empathy, imagination, thoughtfulness and conscience, qualities that may be highly appreciated, but also by typical vulnerabilities such as being easily over-stimulated and intensely emotional.

North America’s cultural tendency to overvalue extroversion means our society’s response to sensitivity and introversion is often ambivalent. Faced with a growing chorus of demand for recognition of neuro-diversity and temperamental differences, are we challenged to more truly assimilate the value of human differences?

A Special Way of Experiencing: Understanding and Valuing Introversion and Sensitivity

2 workshops with Psychologist **Susan Meindl**
Workshop Part 1 (Open to all)

Workshop Part 1 will describe the qualities and characteristics of Highly Sensitive people in relation to family of origin dynamics, in adult relationships, in the workplace, and as it relates to aging.

An experiential exercise will underscore the value and contributions of sensitivity to human life and culture and help to develop a validating and supportive language around these qualities.

A final section of the program will suggest practical strategies for living with and managing High Sensitivity.

Workshop Part 1:

Saturday, October 21
10:00 a.m.-1:00 p.m.

The John Molson School of Business
1450 rue Guy (Metro Guy/Concordia)
MB 3.435

Members \$35; Non-Members \$40
Students/Senior Members \$20

Workshop Part 2:

2:30-4:30 p.m.

Members \$25; Non-Members \$30
Students/Senior Members \$20

**PLUS \$50 for 5 OPQ credits
for two-part workshop
OPQ # RA02193-17 (5 hours)**

Workshop Part 2 Restricted to mental health professionals

This extended portion of the workshop (Part 2) will contain a brief overview of the applicable research on High Sensitivity. A section on differential diagnosis will separate innate sensitivity from other mental health difficulties. Assessment scales and self-tests will be introduced. A discussion period will permit participants to ask questions and share their clinical experiences.

Susan Meindl MA is a psychologist in private practice in Montreal. She is a graduate of the McGill Counselling Psychology program and of the Argyle Institute’s Individual Psychoanalytically-oriented Psychotherapy program. She has made a specialty of working with Highly Sensitive and introverted clients.

For more info please call (514) 481-8664
<http://sites.google.com/site/cjungmontreal>

I would like to register for the **Are You “Too Sensitive”?** workshop.
I include my cheque for: \$60 (Members); \$70 (Non-Members); \$40 (Senior Members/Students)
OPQ Credits: +\$50 (5 hours)
Payable to: **The C. G. Jung Society of Montreal, Box 22515, Montreal QC H4A 3T4**

Name: _____ Address: _____

City: _____ Province: _____ Postal Code: _____ Email: _____ Tel: _____

