



*Persone Altamente Sensibili – HSP Italia™*



# INTERNATIONAL CONGRESS ON HIGH SENSITIVITY

SATURDAY 9th MAY, ROME

For information and to book:  
[info@personealtamentesensibili.it](mailto:info@personealtamentesensibili.it)

High sensitivity is a form of neurodiversity found in over 100 species. High sensitivity is a genetic trait, and MRI scans show the brains of highly sensitive people process sensory information differently. Highly Sensitive People (HSPs) potentially have a great advantage. Their deeper processing of sensory, emotional and social information makes them particularly empathetic, creative, and adept at reflection, problem solving, and interpersonal mediation. This congress will focus on sharing experiences and techniques to help people who have this characteristic make the most of their sensitivity. HSPs' greater processing of information makes them more affected by stress, so we will be sharing tools for reducing stress for HSPs. We will also cover how to create the supportive environments which HSPs need to benefit from the advantages of their trait, both at home, at school and at work.

*Scientific Responsible: Dr. Elena Lupo*

#### **SPEAKERS:**

**Dr. Elena Lupo** - Advanced Training HSP Consultant, International Consultant for High Sensitivity, Founder of Highly Sensitive People - HSP Italia™, Bologna

**Dr. Anne Bourgaux** - Founder of "Sensitive Dialogues" in Tara 7 Wellbeing Centre, Vimercate

**Dr. Letizia Cingolani** - EMDR Psychotherapist & Author, Rome

**Dr. Gaetano De Maio** - Psychologist, 24 h. Outpatient Hospital Latisana and University of Central Friuli

**Dr. Francesca Lionetti** – Phd. Researcher of High Sensitivity in children at G. d'Annunzio University of Chieti-Pescara and Queen Mary University, London

**Dr. Eva-Lena Fehlman**– Founder of HSP Switzerland, Lugano

**Rosie Raleigh, MSc.** - Vantage: The Campaign for Highly Sensitive People, Founder, London

#### **GUEST:**

**Federica Bosco**, Writer, Author of "They told me I was too sensitive"

*Vantage*

Campaigning for  
highly sensitive people

Location: Centro San Michele Auditorium, Via Giovanni Bessarione 33, Rome

Running 10 am - 6 pm, registration from 9.30am

Registration fee: 110 Euros

For information and to book, email [info@personealtamentesensibili.it](mailto:info@personealtamentesensibili.it)

For more information on High Sensitivity: [www.personealtamentesensibili.it](http://www.personealtamentesensibili.it)