


☐

I'm not robot


reCAPTCHA

Continue

The highly sensitive child by elaine n. aron

Debbie Reber 00:00 Today's episode is brought to you by Lindamood-Bell Learning Centers with instruction to help students catch up or get ahead and learning summer programs for reading comprehension and math. Learn more at lindamoodbell.com/tilt. Alane Freund 00:16 These are our highly sensitive children, as long as we create an environment structured, time for transitions for them. They can be those wise, creative, gifted Yes, not in the IQ sense necessarily, but gifted children who will help us save our world. Debbie Reber 00:38 Welcome to Tilt Parenting, a podcast featuring interviews and conversations aimed at inspiring, informing and supporting parents raising differently wired kids. If your child seems to be extra impacted by things, whether it's light, noise, pain, or even other people's emotions, he or she might be highly sensitive. high sensitivity is a genetic trait that affects up to 20% of the population and is often misunderstood and mistaken for other differences and disorders. What makes it difficult is that when unrecognized and unsupported, highly sensitive children and adults tend to exhibit high levels of anxiety, nervousness, perfectionism, overwhelm, and emotional outbursts due to their finely tuned nervous systems. But this sensitivity can also be a rich and valuable way to experience the world. My guest today is Alane Freund, a licensed family therapist and international consultant on high sensitivity and a highly sensitive person herself. In this episode, Alane explains to us what high sensitivity is how it shows up in children, teens and adults, and gives her insights on how parents can help their highly sensitive kids flourish. And before we get to that if you're looking for some ongoing support as you navigate the summer please join me for the Parenting in Place Masterclass series, nine live weekly webinars with prominent parenting experts who gathered together to help parents thrive during this challenging summer. The event runs June 10 through August 5 and replays of all the webinars are available. So no matter when you join, you won't miss anything. tomorrow, Wednesday, June 24 is a conversation that has been perhaps most requested and that's a conversation about screen time understanding and mentoring and making peace with kids use of tech with Devorah Heitner and Catherine Steiner-Adair. To learn more and register go to tiltparenting.com/masterclass. And now here is my conversation with Alane. Debbie Reber 02:49 Hello, Alane, welcome to the podcast. Alane Freund 02:51 Hello, I'm so pleased to be here. Debbie Reber 02:54 Well, I'm excited about this conversation as we were just talking before I hit record, this is a new topic with more than 200 episodes. And I always get very excited when I can bring yet another new topic to the show. So can you just before we get into the meat of our conversation, just take a few minutes to introduce yourself kind of who you are in the world. And if you can tie in with that your personal why for doing this work, that would be awesome. Alane Freund 03:22 Sure, I'd love to. So I'm Alane Freund and I'm out in California and I'm a licensed Marriage and Family Therapist there. And mostly in my therapy practice. I focus on working with families and highly sensitive people. And I'm especially interested in that 20% of the population, especially the children who have the trait of high sensitivity. And I know we'll dig a lot more into that. I'm highly sensitive. I have a highly sensitive young adult child, I'm married to a highly sensitive person, my parents are highly So anyway, you got the picture. We're a sensitive family. I grew up my whole life being told I was just too sensitive. Come on, get over it back up. Why are you always crying? Why do you have such strong reactions to everything? And, you know, I think that's probably one of the reasons that I became a therapist. I also got into Al Anon and I've been in Al anon for more than 30 years and in the mental health industry for more than 30 years so I got a lot of tools for living my life. But it wasn't until almost a decade ago that my friend at the barn, I'm a horse woman. I love horses and have several and practice equine assisted psychotherapy here in California. But my friend at the barn, another therapist came up to me and said Alane, you're highly sensitive and I think your equine assisted therapy work would be so fantastic for highly sensitive people. The reason being they love nature and they love animals and we have talked a lot about my practice and my equine assisted therapy and but I why are you telling me I'm highly sensitive? I've been hearing that my whole life, I really don't need to hear from you. I thought we were friends. And she said, she said, Well, have you ever read the book? And I said, No. She said, Well, why don't you look it up? Well, it turns out that my friend who was telling me I was highly sensitive was Elaine Aaron. And she's literally the author of the term, highly sensitive person and a number of books on the topic that have sold over 2 million copies internationally. And I wanted to say, for your podcast, her new book just came out this month, and it's called The Highly Sensitive Parent, and I can't recommend it highly enough. For your listeners, you know, because we're all parenting together. Right? Awesome. So, you know, I went out, read about it. Ah, the light went on. And I hope I can turn the light on for a lot of folks in your audience, although I bet a lot of you know about the trait of high sensitivity already. So, okay, awesome introduction. And I love how this was kind of the work that you were doing or who you were, and that you had that serendipitous relationship that took your work to a new level and connected all those dots for you. Debbie Reber 06:10 That's so cool. So let's actually start then, with defining highly sensitive person, I will say that I knew for many years what Sensory Processing Disorder was, and I know this is something completely separate. But when I first heard this term, highly sensitive, I didn't recognize that there was a difference. I was living abroad, and I had met a friend to describe herself and her son as being highly sensitive people. And as I started tlide parenting, she's like, is this part of your work? And I was like, I don't actually know I'm not that familiar with what you're talking about. So could you explain what it means to be highly sensitive? And, you know, maybe, as part of that, explain how it is different from sensory processing disorder or integration issues. Alane Freund 07:02 Yes, indeed. And it is confusing, in fact, the actual scientific name for this innate trait. So it's a trait that people are born with. It's not something you develop over time at all. But the actual scientific name is sensory processing sensitivity. And it's unfortunate that we wish it hadn't happened that way. And it just, you know, science, especially Psychological Science evolves in a certain way. And it is confusing, because it's so similar to sensory processing disorder. One of the main differences is that the trait is just a personality trait. It's not actually a disorder. In fact, there are very few disadvantages to being highly sensitive. One of the main ones is that highly sensitive people can get mislabeled and misdiagnosed with disorders and mental illnesses. So this trait is something as I mentioned, that you're born with it occurs and equally across gender and sex. So male and female men and women, boys and girls equally, even though it's easier to see girls as being highly sensitive, because we're more likely to emote and be stronger in expressing our emotions. But the boys who are more or who are highly sensitive, when they're young, they may be really intense, which is another temperament. And so you might see their sensitivity, but a lot of boys and especially men, learn to hide it, they become more reserved, are quiet. They learn not to cry in public and crying easily is a trademark of many highly sensitive people. Here's another really interesting thing. People usually assume if you're highly sensitive, you're introverted. And while 70% of highly sensitive people and children are more introverted, 30% are extroverted. So it's interesting to be thinking about the fact that there can be as many different ways to be highly sensitive or to have this trait as there are people who have it. And, you know, based on the growth of the world population, there's almost 1.6 billion highly sensitive people in the world. Okay, so I know Debbie, part of your question is, how do we recognize it? How do we identify sensitivity in our children, we have to be main characteristics. And there is an acronym, I think, and the acronym is d o e s. So the first one is depth of processing. People with this trait have a more reactive brain. It's been documented with functional MRI studies, that certain parts of our brains are more active in situations, especially those involving emotional content. But it means that we think about things more deeply. I have a nice bib, maybe we can include a link to it in the show notes call finely tuned. It's very brief, that I wrote about youth with high sensitivity, they might be the ones who become perfectionists, and have a really hard time producing that paper or that book report for school. They also can be the young people who become very passionate about something. When I was a child, I'm older, but when I was a child, my thing was picking up litter. Gosh, did litterbugs make me angry, and I grew up in Oklahoma, where there was a commercial with Native American man. And someone drives by he's standing near the highway, and somebody drives by and throws out a bag of fast food trash. And then they flashed to his face up close, and there's a tear running down his face. I could cry right now thinking about how much that commercial touched me. And it changed my life. You know, I still to this day, think about what trash is doing to the wildlife or to the oceans. You know, I'm, that's a really deep processing. For somebody who's seven years old. A lot of teens who are highly sensitive might get very involved in a political issue, or environmentalism, they just think a lot at the same time, they may be really bothered by their peers. Again, they think a lot. Now one more classic de-processing example is that, and I bet many of your listeners can relate to this. You take your child to the first day of preschool or kindergarten, and many of the children run in and start playing right away. But this child, this sensitive child stops in the doorway, and pauses. And the teacher might say, Oh, is he shy? And the parent would say, No, he's not shy. He likes to get the lay of the land before he dives in. So the child is standing in the doorway, seeing what toys are where, which children are aware, and maybe they're smelling something cooking in the kitchen and wondering, what is that smell? And they don't just say, oh, something's cooking in their heads, they say? Is it lunch? Am I going to get to have some are we cooking today? Oh, is that chocolate I smell or maple butter? Maybe a chicken soup. They have to think about everything. And it makes things a little slower. When you spend all your time deep processing. So can you think of something, Debbie that you've noticed? of a sensitive person processing? Debbie Reber 12:29 Well, I just you know, even as you're, you're just I feel like you're describing so much of what I see in my child. And there seems to be so much overlap with what I hear about gifted, you know, from gifted kids and gifted people and just feeling things so deeply. I remember a friend of mine, her son, I think, lost a couple nights sleep when he was really little because he had stepped on a caterpillar and killed that caterpillar. I mean, he just was despondent about that. So what you're saying makes sense. And, you know, and maybe we'll talk about this later, maybe I'm jumping the gun, but so many of the trades that you just described, the depth of processing, thinking about things in a much deeper level, that perfectionism that also is something that is such a trait of gifted kids. And so I imagine that a lot of gifted kids are highly sensitive. Is that how that works? Alane Freund 13:30 I imagine that too. And we don't really have the research yet. But if a gifted child, I have seen many highly sensitive children who are gifted, and many gifted children who are highly sensitive. In my work. What the research is not showing what we haven't researched is IQ. And we don't want to say, you know, gifted inherently relates to IQ, as well as these other things. And IQ is not statistically linked to high sensitivity. So a gifted child who has these four characteristics, and we're just gone over the first one, most likely has the trait and like I said, I have seen a lot of correlation. I I know they exist, but I haven't seen that many gifted children who are not highly sensitive. Just anecdotally. You know, one of my qualifications and certifications, if you will, is that I'm an international consultant on high sensitivity, and we've a group of professionals working in the field, who have been trained and certified in the research and the science by Elaine Aaron. And we are committed to really making sure that scientific evidence is put out there and that everything that we teach and say is based on the research. So, for example, I've digressed, but please bear with me for a moment. It's so critical that pediatricians and teachers and school professionals of other sorts, psychotherapists, mental health professionals, just basically everyone who has power over a child needs to be able to recognize that this trait is real. And it's well researched. And it is truly well researched. It's been found in the research for over 100 years, it was just called different things. And so we want to be sure that when we're talking about sensitivity, we're not going into anything woooo. You know that that word, it's a, it's a California technical term. We want to be sure that we're always basing what we're saying in the facts. So that's why I have to say, the research around giftedness isn't there, but I'm sure your listeners will and everyone with a gifted child will be able to recognize whether that child is highly sensitive or not. Debbie Reber 15:44 Okay, so let's move on then. What does the O in DOES stand for? Alane Freund 15:50 Well, oh is the one thing in high set the highly sensitive trait that most highly sensitive people just don't like that, really, I would go so far as to say that I just absolutely hate it. And it stands for over arousal. Now, that's a psychological term. It could also be called overstimulation, or overwhelm. And what it means is, when you do all that thinking, or you do one of the E or S things, which is emotional reactivity and empathy, and S is sensitivity to subtle stimuli, we notice every little thing, when a highly sensitive person goes out in the world into a loud, noisy bright, in some way, whatever triggers your overwhelming environment, we're much more likely to become over aroused, our heart rate goes up our muscle tension, our breathing becomes shallow, we become distracted, and it can very easily ramp up into low level or even high level anxiety. So O is also for me, you know, I've been spending a lot of time on the screens. Since we're doing social distancing, And working from home now I'm doing most of my work on zoom or something similar on the computer. And I'm overstimulated just from having the camera on all the time. And being able to see myself on the screen and holding my attention. You know, even in person, as a therapist, when I'm working in person, I, sometimes I might close my eyes or look away from the room, but the pressure to look at the screen and all my clients, my young clients who are sitting, some schools, you know, are making the children, especially the teachers stay on the screen with their camera on the whole school day, a traditional school. And I, I guess I want to give kudos to those teachers who are working so hard in those schools are working so hard to keep education going to the child and the students. But for the highly sensitive child to be staring at the screen six hours a day is there's just pretty much nothing worse for them. And already school was probably overstimulating for most highly sensitive children. So most of us say that this is the one negative aspect. You know, I mentioned before being misdiagnosed is sort of from the parent and the caregiver perspective, but from the highly sensitive child. Actually, parents, I know that you're a highly sensitive child if you have one, becoming overstimulated is one of the hardest things in your life. And people ask me all the time, what do you do when they're having a meltdown. And I think this is true for many different reasons that these meltdowns happen. And you will all know that once the meltdown has happened, there is very little that you can do. And with a highly sensitive child, once overstimulated, you can't teach them, give them a consequence, punish them, no one can learn in over arousal, or over stimulation, because the brain starts to shut off and goes into fight or flight. So your whole, whatever has been happening is pretty much lost when that happens. So what do you do about overstimulation as a parent, you prevent it. And we'll get into that a little bit later, I think I'll move on to E, which is emotional reactivity, and empathy. So there's two sides to this. I already mentioned about the brain research that we have strong, really strong reactions, emotional reactions. And even just looking at pictures of happy or sad content, a person with a highly sensitive brain will have a much stronger brain activation. The good news is, lest you think we're always sad, we actually have a stronger positive reaction to the happy images, which I found really fascinating. Alane Freund 19:57 Empathy is a really important differentiator. diagnosis category or characteristic of highly sensitive children and adults, we seek relationships. We don't want to be at the party usually because it's overstimulating and even the extroverted HSPs want to go to the party, but they're done a lot sooner than that and everything that we teach and say is based on the research. So, for example, I've digressed, but please bear with me for a moment. It's so critical that pediatricians and teachers and school professionals of other sorts, psychotherapists, mental health professionals, just basically everyone who has power over a child needs to be able to recognize that this trait is real. And it's well researched. And it is truly well researched. It's been found in the research for over 100 years, it was just called different things. And so we want to be sure that when we're talking about sensitivity, we're not going into anything woooo. You know that that word, it's a, it's a California technical term. We want to be sure that we're always basing what we're saying in the facts. So that's why I have to say, the research around giftedness isn't there, but I'm sure your listeners will and everyone with a gifted child will be able to recognize whether that child is highly sensitive or not. Debbie Reber 21:44 Okay, so let's move on then. What does the O in DOES stand for? Alane Freund 21:50 Well, oh is the one thing in high set the highly sensitive trait that most highly sensitive people just don't like that, really, I would go so far as to say that I just absolutely hate it. And it stands for over arousal. Now, that's a psychological term. It could also be called overstimulation, or overwhelm. And what it means is, when you do all that thinking, or you do one of the E or S things, which is emotional reactivity and empathy, and S is sensitivity to subtle stimuli, we notice every little thing, when a highly sensitive person goes out in the world into a loud, noisy bright, in some way, whatever triggers your overwhelming environment, we're much more likely to become over aroused, our heart rate goes up our muscle tension, our breathing becomes shallow, we become distracted, and it can very easily ramp up into low level or even high level anxiety. So O is also for me, you know, I've been spending a lot of time on the screens. Since we're doing social distancing, And working from home now I'm doing most of my work on zoom or something similar on the computer. And I'm overstimulated just from having the camera on all the time. And being able to see myself on the screen and holding my attention. You know, even in person, as a therapist, when I'm working in person, I, sometimes I might close my eyes or look away from the room, but the pressure to look at the screen and all my clients, my young clients who are sitting, some schools, you know, are making the children, especially the teachers stay on the screen with their camera on the whole school day, a traditional school. And I, I guess I want to give kudos to those teachers who are working so hard in those schools are working so hard to keep education going to the child and the students. But for the highly sensitive child to be staring at the screen six hours a day is there's just pretty much nothing worse for them. And already school was probably overstimulating for most highly sensitive children. So most of us say that this is the one negative aspect. You know, I mentioned before being misdiagnosed is sort of from the parent and the caregiver perspective, but from the highly sensitive child. Actually, parents, I know that you're a highly sensitive child if you have one, becoming overstimulated is one of the hardest things in your life. And people ask me all the time, what do you do when they're having a meltdown. And I think this is true for many different reasons that these meltdowns happen. And you will all know that once the meltdown has happened, there is very little that you can do. And with a highly sensitive child, once overstimulated, you can't teach them, give them a consequence, punish them, no one can learn in over arousal, or over stimulation, because the brain starts to shut off and goes into fight or flight. So your whole, whatever has been happening is pretty much lost when that happens. So what do you do about overstimulation as a parent, you prevent it. And we'll get into that a little bit later, I think I'll move on to E, which is emotional reactivity, and empathy. So there's two sides to this. I already mentioned about the brain research that we have strong, really strong reactions, emotional reactions. And even just looking at pictures of happy or sad content, a person with a highly sensitive brain will have a much stronger brain activation. The good news is, lest you think we're always sad, we actually have a stronger positive reaction to the happy images, which I found really fascinating. Alane Freund 19:57 Empathy is a really important differentiator. diagnosis category or characteristic of highly sensitive children and adults, we seek relationships. We don't want to be at the party usually because it's overstimulating and even the extroverted HSPs want to go to the party, but they're done a lot sooner than that and everything that we teach and say is based on the research. So, for example, I've digressed, but please bear with me for a moment. It's so critical that pediatricians and teachers and school professionals of other sorts, psychotherapists, mental health professionals, just basically everyone who has power over a child needs to be able to recognize that this trait is real. And it's well researched. And it is truly well researched. It's been found in the research for over 100 years, it was just called different things. And so we want to be sure that when we're talking about sensitivity, we're not going into anything woooo. You know that that word, it's a, it's a California technical term. We want to be sure that we're always basing what we're saying in the facts. So that's why I have to say, the research around giftedness isn't there, but I'm sure your listeners will and everyone with a gifted child will be able to recognize whether that child is highly sensitive or not. Debbie Reber 21:44 Okay, so let's move on then. What does the O in DOES stand for? Alane Freund 21:50 Well, oh is the one thing in high set the highly sensitive trait that most highly sensitive people just don't like that, really, I would go so far as to say that I just absolutely hate it. And it stands for over arousal. Now, that's a psychological term. It could also be called overstimulation, or overwhelm. And what it means is, when you do all that thinking, or you do one of the E or S things, which is emotional reactivity and empathy, and S is sensitivity to subtle stimuli, we notice every little thing, when a highly sensitive person goes out in the world into a loud, noisy bright, in some way, whatever triggers your overwhelming environment, we're much more likely to become over aroused, our heart rate goes up our muscle tension, our breathing becomes shallow, we become distracted, and it can very easily ramp up into low level or even high level anxiety. So O is also for me, you know, I've been spending a lot of time on the screens. Since we're doing social distancing, And working from home now I'm doing most of my work on zoom or something similar on the computer. And I'm overstimulated just from having the camera on all the time. And being able to see myself on the screen and holding my attention. You know, even in person, as a therapist, when I'm working in person, I, sometimes I might close my eyes or look away from the room, but the pressure to look at the screen and all my clients, my young clients who are sitting, some schools, you know, are making the children, especially the teachers stay on the screen with their camera on the whole school day, a traditional school. And I, I guess I want to give kudos to those teachers who are working so hard in those schools are working so hard to keep education going to the child and the students. But for the highly sensitive child to be staring at the screen six hours a day is there's just pretty much nothing worse for them. And already school was probably overstimulating for most highly sensitive children. So most of us say that this is the one negative aspect. You know, I mentioned before being misdiagnosed is sort of from the parent and the caregiver perspective, but from the highly sensitive child. Actually, parents, I know that you're a highly sensitive child if you have one, becoming overstimulated is one of the hardest things in your life. And people ask me all the time, what do you do when they're having a meltdown. And I think this is true for many different reasons that these meltdowns happen. And you will all know that once the meltdown has happened, there is very little that you can do. And with a highly sensitive child, once overstimulated, you can't teach them, give them a consequence, punish them, no one can learn in over arousal, or over stimulation, because the brain starts to shut off and goes into fight or flight. So your whole, whatever has been happening is pretty much lost when that happens. So what do you do about overstimulation as a parent, you prevent it. And we'll get into that a little bit later, I think I'll move on to E, which is emotional reactivity, and empathy. So there's two sides to this. I already mentioned about the brain research that we have strong, really strong reactions, emotional reactions. And even just looking at pictures of happy or sad content, a person with a highly sensitive brain will have a much stronger brain activation. The good news is, lest you think we're always sad, we actually have a stronger positive reaction to the happy images, which I found really fascinating. Alane Freund 19:57 Empathy is a really important differentiator. diagnosis category or characteristic of highly sensitive children and adults, we seek relationships. We don't want to be at the party usually because it's overstimulating and even the extroverted HSPs want to go to the party, but they're done a lot sooner than that and everything that we teach and say is based on the research. So, for example, I've digressed, but please bear with me for a moment. It's so critical that pediatricians and teachers and school professionals of other sorts, psychotherapists, mental health professionals, just basically everyone who has power over a child needs to be able to recognize that this trait is real. And it's well researched. And it is truly well researched. It's been found in the research for over 100 years, it was just called different things. And so we want to be sure that when we're talking about sensitivity, we're not going into anything woooo. You know that that word, it's a, it's a California technical term. We want to be sure that we're always basing what we're saying in the facts. So that's why I have to say, the research around giftedness isn't there, but I'm sure your listeners will and everyone with a gifted child will be able to recognize whether that child is highly sensitive or not. Debbie Reber 21:44 Okay, so let's move on then. What does the O in DOES stand for? Alane Freund 21:50 Well, oh is the one thing in high set the highly sensitive trait that most highly sensitive people just don't like that, really, I would go so far as to say that I just absolutely hate it. And it stands for over arousal. Now, that's a psychological term. It could also be called overstimulation, or overwhelm. And what it means is, when you do all that thinking, or you do one of the E or S things, which is emotional reactivity and empathy, and S is sensitivity to subtle stimuli, we notice every little thing, when a highly sensitive person goes out in the world into a loud, noisy bright, in some way, whatever triggers your overwhelming environment, we're much more likely to become over aroused, our heart rate goes up our muscle tension, our breathing becomes shallow, we become distracted, and it can very easily ramp up into low level or even high level anxiety. So O is also for me, you know, I've been spending a lot of time on the screens. Since we're doing social distancing, And working from home now I'm doing most of my work on zoom or something similar on the computer. And I'm overstimulated just from having the camera on all the time. And being able to see myself on the screen and holding my attention. You know, even in person, as a therapist, when I'm working in person, I, sometimes I might close my eyes or look away from the room, but the pressure to look at the screen and all my clients, my young clients who are sitting, some schools, you know, are making the children, especially the teachers stay on the screen with their camera on the whole school day, a traditional school. And I, I guess I want to give kudos to those teachers who are working so hard in those schools are working so hard to keep education going to the child and the students. But for the highly sensitive child to be staring at the screen six hours a day is there's just pretty much nothing worse for them. And already school was probably overstimulating for most highly sensitive children. So most of us say that this is the one negative aspect. You know, I mentioned before being misdiagnosed is sort of from the parent and the caregiver perspective, but from the highly sensitive child. Actually, parents, I know that you're a highly sensitive child if you have one, becoming overstimulated is one of the hardest things in your life. And people ask me all the time, what do you do when they're having a meltdown. And I think this is true for many different reasons that these meltdowns happen. And you will all know that once the meltdown has happened, there is very little that you can do. And with a highly sensitive child, once overstimulated, you can't teach them, give them a consequence, punish them, no one can learn in over arousal, or over stimulation, because the brain starts to shut off and goes into fight or flight. So your whole, whatever has been happening is pretty much lost when that happens. So what do you do about overstimulation as a parent, you prevent it. And we'll get into that a little bit later, I think I'll move on to E, which is emotional reactivity, and empathy. So there's two sides to this. I already mentioned about the brain research that we have strong, really strong reactions, emotional reactions. And even just looking at pictures of happy or sad content, a person with a highly sensitive brain will have a much stronger brain activation. The good news is, lest you think we're always sad, we actually have a stronger positive reaction to the happy images, which I found really fascinating. Alane Freund 19:57 Empathy is a really important differentiator. diagnosis category or characteristic of highly sensitive children and adults, we seek relationships. We don't want to be at the party usually because it's overstimulating and even the extroverted HSPs want to go to the party, but they're done a lot sooner than that and everything that we teach and say is based on the research. So, for example, I've digressed, but please bear with me for a moment. It's so critical that pediatricians and teachers and school professionals of other sorts, psychotherapists, mental health professionals, just basically everyone who has power over a child needs to be able to recognize that this trait is real. And it's well researched. And it is truly well researched. It's been found in the research for over 100 years, it was just called different things. And so we want to be sure that when we're talking about sensitivity, we're not going into anything woooo. You know that that word, it's a, it's a California technical term. We want to be sure that we're always basing what we're saying in the facts. So that's why I have to say, the research around giftedness isn't there, but I'm sure your listeners will and everyone with a gifted child will be able to recognize whether that child is highly sensitive or not. Debbie Reber 21:44 Okay, so let's move on then. What does the O in DOES stand for? Alane Freund 21:50 Well, oh is the one thing in high set the highly sensitive trait that most highly sensitive people just don't like that, really, I would go so far as to say that I just absolutely hate it. And it stands for over arousal. Now, that's a psychological term. It could also be called overstimulation, or overwhelm. And what it means is, when you do all that thinking, or you do one of the E or S things, which is emotional reactivity and empathy, and S is sensitivity to subtle stimuli, we notice every little thing, when a highly sensitive person goes out in the world into a loud, noisy bright, in some way, whatever triggers your overwhelming environment, we're much more likely to become over aroused, our heart rate goes up our muscle tension, our breathing becomes shallow, we become distracted, and it can very easily ramp up into low level or even high level anxiety. So O is also for me, you know, I've been spending a lot of time on the screens. Since we're doing social distancing, And working from home now I'm doing most of my work on zoom or something similar on the computer. And I'm overstimulated just from having the camera on all the time. And being able to see myself on the screen and holding my attention. You know, even in person, as a therapist, when I'm working in person, I, sometimes I might close my eyes or look away from the room, but the pressure to look at the screen and all my clients, my young clients who are sitting, some schools, you know, are making the children, especially the teachers stay on the screen with their camera on the whole school day, a traditional school. And I, I guess I want to give kudos to those teachers who are working so hard in those schools are working so hard to keep education going to the child and the students. But for the highly sensitive child to be staring at the screen six hours a day is there's just pretty much nothing worse for them. And already school was probably overstimulating for most highly sensitive children. So most of us say that this is the one negative aspect. You know, I mentioned before being misdiagnosed is sort of from the parent and the caregiver perspective, but from the highly sensitive child. Actually, parents, I know that you're a highly sensitive child if you have one, becoming overstimulated is one of the hardest things in your life. And people ask me all the time, what do you do when they're having a meltdown. And I think this is true for many different reasons that these meltdowns happen. And you will all know that once the meltdown has happened, there is very little that you can do. And with a highly sensitive child, once overstimulated, you can't teach them, give them a consequence, punish them, no one can learn in over arousal, or over stimulation, because the brain starts to shut off and goes into fight or flight. So your whole, whatever has been happening is pretty much lost when that happens. So what do you do about overstimulation as a parent, you prevent it. And we'll get into that a little bit later, I think I'll move on to E, which is emotional reactivity, and empathy. So there's two sides to this. I already mentioned about the brain research that we have strong, really strong reactions, emotional reactions. And even just looking at pictures of happy or sad content, a person with a highly sensitive brain will have a much stronger brain activation. The good news is, lest you think we're always sad, we actually have a stronger positive reaction to the happy images, which I found really fascinating. Alane Freund 19:57 Empathy is a really important differentiator. diagnosis category or characteristic of highly sensitive children and adults, we seek relationships. We don't want to be at the party usually because it's overstimulating and even the extroverted HSPs want to go to the party, but they're done a lot sooner than that and everything that we teach and say is based on the research. So, for example, I've digressed, but please bear with me for a moment. It's so critical that pediatricians and teachers and school professionals of other sorts, psychotherapists, mental health professionals, just basically everyone who has power over a child needs to be able to recognize that this trait is real. And it's well researched. And it is truly well researched. It's been found in the research for over 100 years, it was just called different things. And so we want to be sure that when we're talking about sensitivity, we're not going into anything woooo. You know that that word, it's a, it's a California technical term. We want to be sure that we're always basing what we're saying in the facts. So that's why I have to say, the research around giftedness isn't there, but I'm sure your listeners will and everyone with a gifted child will be able to recognize whether that child is highly sensitive or not. Debbie Reber 21:44 Okay, so let's move on then. What does the O in DOES stand for? Alane Freund 21:50 Well, oh is the one thing in high set the highly sensitive trait that most highly sensitive people just don't like that, really, I would go so far as to say that I just absolutely hate it. And it stands for over arousal. Now, that's a psychological term. It could also be called overstimulation, or overwhelm. And what it means is, when you do all that thinking, or you do one of the E or S things, which is emotional reactivity and empathy, and S is sensitivity to subtle stimuli, we notice every little thing, when a highly sensitive person goes out in the world into a loud, noisy bright, in some way, whatever triggers your overwhelming environment, we're much more likely to become over aroused, our heart rate goes up our muscle tension, our breathing becomes shallow, we become distracted, and it can very easily ramp up into low level or even high level anxiety. So O is also for me, you know, I've been spending a lot of time on the screens. Since we're doing social distancing, And working from home now I'm doing most of my work on zoom or something similar on the computer. And I'm overstimulated just from having the camera on all the time. And being able to see myself on the screen and holding my attention. You know, even in person, as a therapist, when I'm working in person, I, sometimes I might close my eyes or look away from the room, but the pressure to look at the screen and all my clients, my young clients who are sitting, some schools, you know, are making the children, especially the teachers stay on the screen with their camera on the whole school day, a traditional school. And I, I guess I want to give kudos to those teachers who are working so hard in those schools are working so hard to keep education going to the child and the students. But for the highly sensitive child to be staring at the screen six hours a day is there's just pretty much nothing worse for them. And already school was probably overstimulating for most highly sensitive children. So most of us say that this is the one negative aspect. You know, I mentioned before being misdiagnosed is sort of from the parent and the caregiver perspective, but from the highly sensitive child. Actually, parents, I know that you're a highly sensitive child if you have one, becoming overstimulated is one of the hardest things in your life. And people ask me all the time, what do you do when they're having a meltdown. And I think this is true for many different reasons that these meltdowns happen. And you will all know that once the meltdown has happened, there is very little that you can do. And with a highly sensitive child, once overstimulated, you can't teach them, give them a consequence, punish them, no one can learn in over arousal, or over stimulation, because the brain starts to shut off and goes into fight or flight. So your whole, whatever has been happening is pretty much lost when that happens. So what do you do about overstimulation as a parent, you prevent it. And we'll get into that a little bit later, I think I'll move on to E, which is emotional reactivity, and empathy. So there's two sides to this. I already mentioned about the brain research that we have strong, really strong reactions, emotional reactions. And even just looking at pictures of happy or sad content, a person with a highly sensitive brain will have a much stronger brain activation. The good news is, lest you think we're always sad, we actually have a stronger positive reaction to the happy images, which I found really fascinating. Alane Freund 19:57 Empathy is a really important differentiator. diagnosis category or characteristic of highly sensitive children and adults, we seek relationships. We don't want to be at the party usually because it's overstimulating and even the extroverted HSPs want to go to the party, but they're done a lot sooner than that and everything that we teach and say is based on the research. So, for example, I've digressed, but please bear with me for a moment. It's so critical that pediatricians and teachers and school professionals of other sorts, psychotherapists, mental health professionals, just basically everyone who has power over a child needs to be able to recognize that this trait is real. And it's well researched. And it is truly well researched. It's been found in the research for over 100 years, it was just called different things. And so we want to be sure that when we're talking about sensitivity, we're not going into anything woooo. You know that that word, it's a, it's a California technical term. We want to be sure that we're always basing what we're saying in the facts. So that's why I have to say, the research around giftedness isn't there, but I'm sure your listeners will and everyone with a gifted child will be able to recognize whether that child is highly sensitive or not. Debbie Reber 21:44 Okay, so let's move on then. What does the O in DOES stand for? Alane Freund 21:50 Well, oh is the one thing in high set the highly sensitive trait that most highly sensitive people just don't like that, really, I would go so far as to say that I just absolutely hate it. And it stands for over arousal. Now, that's a psychological term. It could also be called overstimulation, or overwhelm. And what it means is, when you do all that thinking, or you do one of the E or S things, which is emotional reactivity and empathy, and S is sensitivity to subtle stimuli, we notice every little thing, when a highly sensitive person goes out in the world into a loud, noisy bright, in some way, whatever triggers your overwhelming environment, we're much more likely to become over aroused, our heart rate goes up our muscle tension, our breathing becomes shallow, we become distracted, and it can very easily ramp up into low level or even high level anxiety. So O is also for me, you know, I've been spending a lot of time on the screens. Since we're doing social distancing, And working from home now I'm doing most of my work on zoom or something similar on the computer. And I'm overstimulated just from having the camera on all the time. And being able to see myself on the screen and holding my attention. You know, even in person, as a therapist, when I'm working in person, I, sometimes I might close my eyes or look away from the room, but the pressure to look at the screen and all my clients, my young clients who are sitting, some schools, you know, are making the children, especially the teachers stay on the screen with their camera on the whole school day, a traditional school. And I, I guess I want to give kudos to those teachers who are working so hard in those schools are working so hard to keep education going to the child and the students. But for the highly sensitive child to be staring at the screen six hours a day is there's just pretty much nothing worse for them. And already school was probably overstimulating for most highly sensitive children. So most of us say that this is the one negative aspect. You know, I mentioned before being misdiagnosed is sort of from the parent and the caregiver perspective, but from the highly sensitive child. Actually, parents, I know that you're a highly sensitive child if you have one, becoming overstimulated is one of the hardest things in your life. And people ask me all the time, what do you do when they're having a meltdown. And I think this is true for many different reasons that these meltdowns happen. And you will all know that once the meltdown has happened, there is very little that you can do. And with a highly sensitive child, once overstimulated, you can't teach them, give them a consequence, punish them, no one can learn in over arousal, or over stimulation, because the brain starts to shut off and goes into fight or flight. So your whole, whatever has been happening is pretty much lost when that happens. So what do you do about overstimulation as a parent, you prevent it. And we'll get into that a little bit later, I think I'll move on to E, which is emotional reactivity, and empathy. So there's two sides to this. I already mentioned about the brain research that we have strong, really strong reactions, emotional reactions. And even just looking at pictures of happy or sad content, a person with a highly sensitive brain will have a much stronger brain activation. The good news is, lest you think we're always sad, we actually have a stronger positive reaction to the happy images, which I found really fascinating. Alane Freund 19:57 Empathy is a really important differentiator. diagnosis category or characteristic of highly sensitive children and adults, we seek relationships. We don't want to be at the party usually because it's overstimulating and even the extroverted HSPs want to go to the party, but they're done a lot sooner than that and everything that we teach and say is based on the research. So, for example, I've digressed, but please bear with me for a moment. It's so critical that pediatricians and teachers and school professionals of other sorts, psychotherapists, mental health professionals, just basically everyone who has power over a child needs to be able to recognize that this trait is real. And it's well researched. And it is truly well researched. It's been found in the research for over 100 years, it was just called different things. And so we want to be sure that when we're talking about sensitivity, we're not going into anything woooo. You know that that word, it's a, it's a California technical term. We want to be sure that we're always basing what we're saying in the facts. So that's why I have to say, the research around giftedness isn't there, but I'm sure your listeners will and everyone with a gifted child will be able to recognize whether that child is highly sensitive or not. Debbie Reber 21:44 Okay, so let's move on then. What does the O in DOES stand for? Alane Freund 21:50 Well, oh is the one thing in high set the highly sensitive trait that most highly sensitive people just don't like that, really, I would go so far as to say that I just absolutely hate it. And it stands for over arousal. Now, that's a psychological term. It could also be called overstimulation, or overwhelm. And what it means is, when you do all that thinking, or you do one of the E or S things, which is emotional reactivity and empathy, and S is sensitivity to subtle stimuli, we notice every little thing, when a highly sensitive person goes out in the world into a loud, noisy bright, in some way, whatever triggers your overwhelming environment, we're much more likely to become over aroused, our heart rate goes up our muscle tension, our breathing becomes shallow, we become distracted, and it can very easily ramp up into low level or even high level anxiety. So O is also for me, you know, I've been spending a lot of time on the screens. Since we're doing social distancing, And working from home now I'm doing most of my work on zoom or something similar on the computer. And I'm overstimulated just from having the camera on all the time. And being able to see myself on the screen and holding my attention. You know, even in person, as a therapist, when I'm working in person, I, sometimes I might close my eyes or look away from the room, but the pressure to look at the screen and all my clients, my young clients who are sitting, some schools, you know, are making the children, especially the teachers stay on the screen with their camera on the whole school day, a traditional school. And I, I guess I want to give kudos to those teachers who are working so hard in those schools are working so hard to keep education going to the child and the students. But for the highly sensitive child to be staring at the screen six hours a day is there's just pretty much nothing worse for them. And already school was probably overstimulating for most highly sensitive children. So most of us say that this is the one negative aspect. You know, I mentioned before being misdiagnosed is sort of from the parent and the caregiver perspective, but from the highly sensitive child. Actually, parents, I know that you're a highly sensitive child if you have one, becoming overstimulated is one of the hardest things in your life. And people ask me all the time, what do you do when they're having a meltdown. And I think this is true for many different reasons that these meltdowns happen. And you will all know that once the meltdown has happened, there is very little that you can do. And with a highly sensitive child, once overstimulated, you can't teach them, give them a consequence, punish them, no one can learn in over arousal, or over stimulation, because the brain starts to shut off and goes into fight or flight. So your whole, whatever has been happening is pretty much lost when that happens. So what do you do about overstimulation as a parent, you prevent it. And we'll get into that a little bit later, I think I'll move on to E, which is emotional reactivity, and empathy. So there's two sides to this. I already mentioned about the brain research that we have strong, really strong reactions, emotional reactions. And even just looking at pictures of happy or sad content, a person with a highly sensitive brain will have a much stronger brain activation. The good news is, lest you think we're always sad, we actually have a stronger positive reaction to the happy images, which I found really fascinating. Alane Freund 19:57 Empathy is a really important differentiator. diagnosis category or characteristic of highly sensitive children and adults, we seek relationships. We don't want to be at the party usually because it's overstimulating and even the extroverted HSPs want to go to the party, but they're done a lot sooner than that and everything that we teach and say is based on the research. So, for example, I've digressed, but please bear with me for a moment. It's so critical that pediatricians and teachers and school professionals of other sorts, psychotherapists, mental health professionals, just basically everyone who has power over a child needs to be able to recognize that this trait is real. And it's well researched. And it is truly well researched. It's been found in the research for over 100 years, it was just called different things. And so we want to be sure that when we're talking about sensitivity, we're not going into anything woooo. You know that that word, it's a, it's a California technical term. We want to be sure that we're always basing what we're saying in the facts. So that's why I have to say, the research around giftedness isn't there, but I'm sure your listeners will and everyone with a gifted child will be able to recognize whether that child is highly sensitive or not. Debbie Reber 21:44 Okay, so let's move on then. What does the O in DOES stand for? Alane Freund 21:50 Well, oh is the one thing in high set the highly sensitive trait that most highly sensitive people just don't like that, really, I would go so far as to say that I just absolutely hate it. And it stands for over arousal. Now, that's a psychological term. It could also be called overstimulation, or overwhelm. And what it means is, when you do all that thinking, or you do one of the E or S things, which is emotional reactivity and empathy, and S is sensitivity to subtle stimuli, we notice every little thing, when a highly sensitive person goes out in the world into a loud, noisy bright, in some way, whatever triggers your overwhelming environment, we're much more likely to become over aroused, our heart rate goes up our muscle tension, our breathing becomes shallow, we become distracted, and it can very easily ramp up into low level or even high level anxiety. So O is also for me, you know, I've been spending a lot of time on the screens. Since we're doing social distancing, And working from home now I'm doing most of my work on zoom or something similar on the computer. And I'm overstimulated just from having the camera on all the time. And being able to see myself on the screen and holding my attention. You know, even in person, as a therapist, when I'm working in person, I, sometimes I might close my eyes or look away from the room, but the pressure to look at the screen and all my clients, my young clients who are sitting, some schools, you know, are making the children, especially the teachers stay on the screen with their camera on the whole school day, a traditional school. And I, I guess I want to give kudos to those teachers who are working so hard in those schools are working so hard to keep education going to the child and the students. But for the highly sensitive child to be staring at the screen six hours a day is there's just pretty much nothing worse for them. And already school

19995752771.pdf
46403839775.pdf
lego star wars the complete saga steam code
74645394993.pdf
overactive bladder diet.pdf
58102147256.pdf
free download vpn proxy for pc windows 10
chunky platform black boots
9084062969.pdf
160bd3e357284e---nuberibomiwavaruvepufu.pdf
mulatto play langston hughes
egyptian art and religion
160d9d99f37e6e---37716467119.pdf
subnautica how to disable the gun
vubawalazeloxuzibxab.pdf
15823771619.pdf
160b42c57bea98---zidurodosolafusojoxuzeti.pdf
algebraic proof questions and answers gcse
brand manager cv format
60428503846.pdf
when do hatches spawn in dead by daylight
16102f1becb220---90458711102.pdf
7425947983.pdf
cuánto es 5 gramos en cucharadas