A growing online free HSP resource...

For services that are:

- designed for / relevant to HSPs or empaths
- created **by HSPs or empaths**, or by someone who has a lot of experience working with sensitive people.

HSP YELLOW PAGES



Categories:

- 1. Coaches / Healers / Teachers / Trainers / Consultants
- 2. Physical Therapy, Body Workers, Massage Therapists
- 3. Bloggers, Writers
- 4. Alternative Healing: Nutritionists, Aromatherapists, Acupuncturists etc.
- 5. Designers, Photographers, Creatives, Artists, Freelancers
- 6. Meet-up Groups
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Coaches / Healers / Teachers / Trainers / Consultants

What you offer	Address / website	Do you work locally or (also) long-distance?	Your name	Are you an HSP or empath yourself?	How you prefer to be contacted:
Teach/coach HSPs and empaths how to work with their sensitivity for more happiness (instead of fighting it).	www.thehappysensitive.com	Long-distance (Skype / landline, email)	Caroline van Kimmenade	HSP & Empath	Website contact form
Professional Counseling Services for Empaths, Outcasts, Introverts, Awkwards, The Bereaved, and People in Chronic Pain	www.wakeupyourlifetoday.info	Local, phone, e-counseling	Sherry Mullins, MA. LPC	HSP & Empath	Website contact form
Grief, trauma healing and soul retrieval - Supporting empaths and wounded healers to source their soul wounds for their superpower and strength in business and love.	www.lotuscoaching.org	Long-distance (skype/ phone/email)	Nandi Hetenyi, Psy.D.	Empath	Website contact and nandi@lotuscoaching.org
Business Improvement Coach for entrepreneurs who would like to make a positive change in the world	www.fromstartuptogrowup.co m	Local and long-distance (skype / mobile phone, email)	Linda Coussement	HSP & Empath	Website contact form
Coaching for women who have lost their joy or are undergoing scary transitions	www.mythicalenterprises.com	Long distance (Skype/Phone)	Steph Lagana	HSP & Empath	Website signup

Guiding experienced professionals to discover the green career that best leverages their existing skills, and passions to have a positive impact on the planet.	www.greencareercentral.com	Long distance - phone/Skype	Carol McClelland	HSP	Website contact form
Life coach who helps people transitioning out of therapy/recovery find the next steps in creating soulful lives.	http://soul-warriors.com/	Local and long-distance (skype / mobile phone, email)	Liz Connors	HSP & Empath	Email : liz@soul-warriors.co m or Website SignUp
Mental, emotional, and spiritual health counseling for those who find themselves stuck in an unpleasant pattern of relationships or needs help in accepting themselves and others.	www.closecounseling.net	Local and long-distance (VeeSee) video conferencing.	Linda Close, M.Ed., L.M.H.C.	HSP & Empathic	www.closecounselin g.net with option to email me from there.
Coach and mentor for people with health issues, particularly chronic fatigue and adrenal burnout, who want to heal and come home to themselves.	www.darlabrunolifecoaching.c om	Anywhere. Join my forum at http://darlabrunolife coaching.com/com munity/	Darla Bruno	HSP	Website sign up or <u>darla@darlabrunolif</u> <u>ecoaching.com</u>
Helping people who are prone to depression , heal their pain and create awesome things.	www.turnwiddershins.co.uk	both	Mary Tracy	HSP	Website and e-mail
I show men and women how to create bliss in their committed love partnerships - without the couples therapy! - because it truly only takes one person to transform a relationship.	www.julielamonica.com	Locally (San Francisco Bay Area) and long-distance via phone / video call	Julie Lamonica	oh yes: HSP & Empath	Website contact form or email: <u>lamonica.julie@gma</u> <u>il.com</u>

Launch Coaching, Marketing and Business Development Consulting, and Distance Learning Classes	www.lttyBiz.com	Long distance	Naomi Dunford	HSP Empath	Email - naomi@ittybiz.com
Coach - empowering women to assess their own inner knowing to create nourishing and soulful businesses	www.caseyerinwood.com	Long distance	Casey Erin Wood	HSP Empath	casey@caseyerinw ood.com
Intuïtive coaching and breathwork - connecting deeply to your essence, growing your self love, letting your life blossom. Spiritual pregnancy guidance.	www.breathingbeauty.nl	Long distance - Skype or telephone.	Gabriëlla Schreuder Hes	Yes	gabriella@breathing beauty.nl
Intuitive coaching, Angelic Counseling, mental health professional, angel card and mediumship readings, products and services for HSPs.	www.thesavvysensitive.com www.etsy.com/shop/thesavvy sensitive	Local and long distance(email)	Tara Farley	HSP and empath	Website contact form, or etsy shop message, or email: <u>thesavvysensitive@</u> gmail.com
I work with Conscious Women Entrepreneurs - Coaches, Consultants, & Healers, who are frustrated by how to become profitable and successful entrepreneurs. I help them create a strategic and custom-fit business, so they can make all the money they want and live a soul-based life that lights them up!	www.BlazeABrilliantPath.com	Local, Long distance, and via Skype	Blaze Lazarony, Transformational Business Strategist, Coach, Best-Selling Author & Speaker	HSP & Empath	Website or via email at: <u>Blaze@BlazeABrillia</u> <u>ntPath.com</u>

I am a coach who works with Introverts and HSPs, specializing in working with men. I help introverts & HSPs leverage their strengths & qualities to work for what they wish to achieve in life. For men my wish is to change the story of what masculinity looks like, so that the quiet and gentle men are accepted & recognized for the gifts that they offer.	www.crossingthethreshold.net	Local, phone, Skype/Facetime, email	David Johnson	HSP	Via my website contact form, or by email at <u>info@crossingthethr</u> <u>eshold.net</u>
Depth-oriented EFT and EMDR psychotherapy to help HSPs recover from relational trauma and live more integrated, connected lives.	www.carolynphd.com	Locally (San Francisco bay area)	Dr. Carolyn Swearingen	HSP & Empath	<u>carolyn@carolynphd</u> . <u>com</u>
Trainer, coach and mentor for entrepreneurs who experience overwhelm and have really full heads. I help them to find their unique way of working without stress, and in the flow of their own energy. The coaching is through Skype or outside walking. I also give workshops SoulCollage®, a great way for personal development.	www.martavansitteren.nl	Localy Bergschenhoek (the Nederlands) or long distance thrue Skype (Dutch, English and Spanish speaking)	Marta van Sitteren	HSP & empath	info@martavansitter en.nl
Coaching with bow and arrow for HSP's. Feel yourself, hear your inner voice, feel your strength and get happier while the bow shows you where you are without the need to name your issues.	www.bogenblog.de and www.jc-archery.de	Localy, Germany 83139 Söchtenau	Jean-Christoph von Oertzen	HSP	j <u>c@jc-archery.de</u>

HSP Mentoring and Life Coaching to enable Sensitive men, women and children to "Thrive through our Sensitivity"	www.HSPmentor.com	Long-Distance: Skype, Facetime, landline, email Locally-Phoenix AZ	Joseph Capriotti, Jr.	HSP	JC@hspmentor.com Or via my website contact form
Writer/Coach: Helping women HSPs tweak traditional approaches to exercise & self-care so it works for them	selfcareforsensitivewomen.co m	Long distance (Skype, landline, email)	Mely Brown	HSP & Empath	Email or website signup ("The 4 Areas of Self-Care for Highly Sensitive People" free e-guide)
Kay Sterner Coaching: I am an ICF certified coach who supports HSPs and empaths who feel overwhelmed or stuck, and are seeking the inner agency and self-care they need to make the changes in their lives they desire. In particular I love to support people who feel like work has taken over their lives, and help them reset and gain new perspective.	<u>kaysterner.com</u>	Local and long distance by phone	Kay Sterner, MAIS, certified ICF Coach	HSP & empath	Website contact form or email.

Academic coaching, school consulting, and educational therapy for students of all ages and their parentsto support more joy in the journey of learning. My specialty is serving Sensitive, Gifted, and Twice-exceptional kids who may (or may not) have social-emotional challenges or diagnosed learning differences, but who all battle some form of anxiety, intensity, and/or overwhelm, both scholastically and personally. I integrate an artistic, individualized and intuitive approach in my work and provide a strengths-based and holistic perspective to school success.	 www.cliftoncorner.com 182 8th AvenuePark Slope 245 South 16th Street Rittenhouse Square 20 South Haddon Ave Historic Haddonfield 	Local: offices in Brooklyn, New York; Philadelphia, PA; & South Jersey, USA :) Long-distance (phone/coaching calls) and Facetime or Skype.	Sandra Clifton, M.Ed., PCC, CEP, ET/P	HSP & Empath	Website Contact Form or email: <u>sandra@cliftoncorn</u> <u>er.com</u>
Paula Firtl: Empowerment Mentoring for Sensitive Souls (HSPs and Empaths). I offer a 6 week Online Mentoring Program for Sensitive Souls to Empower themselves through Education, Energy Healing, Self-Care, Manifesting and Discovering their Sensitive Superpowers.	www.paulafirtl.com.au	Long distance phone, Skype and email.	Paula Firtl BBehavSC (Psych), Reiki, EFT and TBT Practitioner	HSP and Empath	Website or info@paulafirtl.com. au
Coaching creative spirits, small businesses, and other coaches using the Co-Active Model.	http://annegaal.com	Telephone-based coaching for both local and distance	Coach Anne Gaal, Ph.D., CPCC	HSP and Empath	Free session: http://bit.ly/AG-sche d

Spiritual Direction with a focus on using (nighttime) dreams to facilitate the inner spiritual journey. Dream Interpretation, dream groups, dream coaching and spiritual direction sessions.	http://sweetgeorgiapam.com/	Long distance (skype or video chat) & local (north Atlanta, GA USA)	Pam (Sweet Georgia Pam)	HSP and Empath, 9 on Enneagram , INFP	pam@sweetgeorgia pam.com
Health Coach specializing in weight-loss and body transformations for Empaths and Highly Sensitive Peeps	www.empathfit.com	Daily email coaching AND Skype/Phone coaching *Powered by PN - Precision Nutrition's ProCoach	Doree Madge Blake B Ed, M.A PN1 Personal Trainer	HSP and Empath	CoachDoree@gmail .com
Home Organization Consultant in Greater	Greater Los Angeles Area www.sparkjoyla.com	Greater Los Angeles Area	Tiffani van Ee	HSP	<u>sparkjoyla@gmail.c</u> om

Physical Therapy, Body Workers, Massage Therapists

What you offer	Address / website	Do you work locally or (also) long-distance?	Your name	Are you an HSP or empath yourself ?	How you prefer to be contacted:
Massage Therapy, Craniosacral/Marma Therapy session, Kansa Vatki Foot Massage	10 Ferry Street, Concord, NH www.reconnectmassage.net	Locally, Concord, NH Office Setting	Tammy Podgis	HSP	Phone, e-mail thru the website
Gentle(r) Massage Therapy, Ortho-Bionomy, and Movement education; Care Concierge Coaching (helping HSPs find the care they need)	www.hummingbirdbodyworks.com	Bodywork in San Francisco, Berkeley, CA, and sometimes NYC; coaching can be done long distance (google chat, phone)	Helena Teply-Figman	HSP & Empath	Email: helena@hummingbird bodyworks.com
Work with HSP in my physical therapy home practice with CranioSacral work, and Soul Lightening Acupressure, and other techniques that support and empower HS gifts.	www.angeliquepriscilla.com	Local and distance (phone contact)	Angelique Priscilla (PNA Priscilla Downey)	HSP	Email

Bodywork for Trauma, including Reiki, Massage, CranioSacral Therapy, and Somatic Experiencing. Fragrance-Free. Tailored for physically and emotionally sensitive folks.	lots of free	Sonia Connolly	HSP & empath	Email or phone is fine. <u>TraumaHealed.com/co</u> <u>ntact/</u>
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Bloggers, Writers

What you offer	Address / website	Do you work locally or (also) long-distance ?	Your name	Are you an HSP or empath yourself?	How you prefer to be contacted:
Blog about the challenges and joys of parenting a Highly Sensitive Child / Writing children's books for Highly Sensitive Children	www.sensitiveandextraordinary.com	Long distance (email)	Leila Boukarim	HSP & Empath	Through website contact form
Author of the popular book for highly sensitive children "Henry and his Super Heart Force" available as Paperback in German (within Europe) and in English as E-book (Kindle) and Nook-book worldwide.	http://www.high-sensitivity.de/henry- and-his-super-heart-force-superhear tforce/	Long distance	Petra Neumann	HSP & Empath	E-mail: info@high-sensitivity.co m or Facebook: <u>https://www.facebook.co</u> m/pages/Petra-Neuman n/426274814189128?ref =settings in English, German and French
I write articles and blog posts for HSP and HSC, particularly with the aim of informing and supporting parents of HSC and those that are HSC. I also run a Facebook group for this target group to support each other.	http://lifewithadoublebuggy.blogspot. nl/p/highly-sensitive-children.html	Long distance	Amanda van Mulligen	HSP	Email: amanda@thewritingwell. eu

Writer - I write about how Highly Sensitive People and introverts adapt to change during transitions.	www.walkingthroughtransitions.com	Both	Ritu Kaushal	HSP and empath	Through my website: <u>http://www.walkingthrou</u> <u>ghtransitions.com/p/cont</u> <u>act-me_11.html</u>
Writing and proofreading - I have a particular interest in wellness and how an HSP can successfully run their own business. Would love to help other HSPs write web content, blog posts, press releases, etc.	http://virginiamuzik.pressfolios.com/	Based in Sydney, Australia but can work anywhere via computer!	Virginia Muzik	HSP/ Empath	Email: <u>virginia@writenoise.com</u> .au
Weekly blog Soulful Sparks of Inspiration: Inspired verses wrapped with image and color to be in touch with our highest self, and follow the seasons of your soul.	http://soulfulsparks.hamoves.net/	Online anywhere; based in New York, NY	Marta Stemberger	HSP + empath	Via my website
Education and community to support strengths and solving challenges HSP Introverts (Highly Sensitive Introverts) face every day.	highlysensitiveintrovert.com	Based in Bay Area, CA, USA. Online	Eva Rubin	HSP/Empat h/Introvert	eva@highlysensitiveintro vert.com
I take complex, esoteric concepts and write about them - simply, elegantly.	victorialucia.com	Work with clients worldwide. I am based out of Austin, TX.	Victoria Montemayor	Empath	hello@victorialucia.com

Learn How to Let go - a simple and effective method for anytime and anywhere	Learn-Letting-Go	Free Method, Strategies and Tools for Letting Go	Doree Madge Blake	HSP + Empath Intuitive Healer	Contact through website to submit your letting go questions
Writing coach, consulting and copywriting services. I help aspiring writers and bloggers feel energized, confident, and unstoppable when writing and sharing their message with the world.	www.finallywriting.com	Locally (San Francisco Bay Area), and long distance through Skype, phone and email.	Jackie Johansen	HSP	jackie@finallywriting.co m

Alternative Healing: Nutritionists, Aromatherapists, Acupuncturists etc.

What you offer	Address / website	Do you work locally or (also) long-distance?	Your name	Are you an HSP or empath yourself?	How you prefer to be contacted:
Holistic Medicine - Los Gatos, CA and a variety of online programs for becoming healthy and happy.	Clinic - Los Gatos - www.millmanclinic.com	In Clinic - Local Online programs - long distance	Dr. Kim Millman	HSP	DrKim@TheMillmanCl inic.com
Energy healing using The Wonder Method	http://www.bingzhealinghands.me	online, via email	Huang Bingjie, aka Bingz	Empath	bingz@bingzhealingh ands.me
Spiritual Artist and Energy Healer	http://www.taraarnoldart.com/	Locally	Tara Arnold	HSP & Empath	Email <u>tara@taraarnoldart.co</u> <u>m</u> or call 506-461-2227
Intuitive Readings, Spiritual Counseling, Customized Programs, Energy Medicine, Energetically Enhanced Wellness Products	www.oshunspirit.com	Locally, long-distance, phone, skype and email	Susan Berry	HSP, Empath	Website contact form or email
Tarot Consultations, Tai Chi Instruction, Spiritual Guidance, Writer	gigiminer.tumblr.com	locally, long-distance via email and soon google hang out	Gigi Miner	HSP, Empath, HSE	Email

Homeopath - specialized in HSP's, maternity, allergies.		Locally (London UK) & long-distance (Skype \rightarrow remedies are sent by post)	Ingefleur Spreij	HSP	Website contact form or e-mail: <u>homeopathy@ingefle</u> <u>ur.com</u>
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Designers, Photographers, Creatives, Artists, Freelancers

What you offer	Address / website	Do you work locally or (also) long-distance?	Your name	Are you an HSP or empath yourself?	How you prefer to be contacted:
Photography/Video - We take pictures of anything and then we are skilled at taking those pictures and photoshopping them into anything you wish.	www.westieproductions.com	Locally - Central Ohio and Internationally through the internet	Carrie Swingle	Both	carrie@westieproduct ions.com
Alchemist Jeweller. Designing bespoke jewellery and artefacts	www.sebastianpintea.com	Internationally and locally (Stockholm and London)	Sebastian Pintea	HSP	Through my website: <u>www.sebastianpintea.</u> <u>com</u> or <u>www.thepianoring.co</u> <u>m</u>
Voice-overs - I'm especially interested in voicing content for health and wellness businesses.	https://www.youtube.com/us er/VirginiaMuzik	Local (Sydney, Australia) and long distance	Virginia Muzik	HSP/ Empath	Email: <u>virginia@writenoise.c</u> <u>om.au</u>
Landscape and seascape felt and textile artworks inspired by nature and poetry. Commissions accepted and can send worldwide. Excellent quality prints, cards and 3D sheep (many breeds!) also available.	www.rowenascotney.weebly .com		Rowena Scotney	HSP and Empath	Via my website or FB page

Artist (fine art) Freelance artist (logos, illustrations, anything needed!) Art teacher (any age, and any skill level. My goal is to lead them into the skills needed to grow).	https://lisarachelart.wordpres s.com/	Locally, or online	Lisa Rachel Horlander	HSP & Empath	wentawall4u@yahoo. com or on Facebook
Fine Art Photographer - I am a Connection Artist that specialises in portraiture and intimate weddings. Particularly interested in photographing raw, wildhearted beautiful women. Passionate about promotion via authenticity - happy to do small business owners and musician shoots also.	http://www.ericawheadon.co m	Gold Coast, Australia but will travel anywhere. Particularly interested in photographing destination elopements.	Erica Wheadon	HSP & Empath	info@ericawheadon.c om
Glass Artist - I create hand blown glass memorials using the ashes of people or pets.	http://psychecremationjewelr y.com https://www.facebook.com/P sycheCremationJewelry/	Online, Central Oregon	Mark Hamilton	HSP	mark@psychecremati onjewelry.com
Virtual Assistant providing admin & social media support to solopreneurs, coaches and small business owners.	www.islandva.com	Online (based in Thailand)	Nikki Thompson	HSP	islandvirtualassistant @gmail.com

Boutique provider of mindfully engaged language services, specializing in English and Slovene, as well as other South Slavic languages of the Balkans: Croatian, Bosnian, Serbian, Macedonian, Bulgarian. Arinna, Inc. Language Services, run by Marta Stemberger, engages in translation & interpretation process based on community and communication, and thus aims to extend to the audience the feeling of being respected for who they are while offering	http://www.arinnainc.net/en/	Online everywhere; based in New York, NY	Marta Stemberger	HSP + empath	Via my website
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Meet-up Groups

What you offer	Address / website	Do you work locally or (also) long-distance?	Your name	Are you an HSP or empath yourself?	How you prefer to be contacted:
Online community for HSPs and empaths	Happy Sensitive Community	virtual community	Caroline van Kimmenade	HSP & Empath	via contact form on thehappysensitive.co m
Local HSP Meetup group (Phoenix, AZ) for education, sharing and support	www.Meetup.com Greater Phoenix Area Highly Sensitive Persons (HSPs)	Locally - Phoenix, AZ (US)	Joseph Capriotti, Jr.	HSP	Via Meetup website for local attendees; Or at: <u>JC@hspmentor.com</u> for questions related to our group and starting a Meetup in your community.
Local exchange, discussion and events group for HSPs in Montreal, Canada	www.meetup.com Highly Sensitive Person Group Montreal	Locally in Montreal, Quebec, Canada	Robyn Penney	HSP	Via the Meetup website

Dance

What you offer	Address / website	Do you work locally or (also) long-distance?	Your name	Are you an HSP or empath yourself?	How you prefer to be contacted:
Authentic Hula / Tahitian dance is used as a vehicle to help you truly feel your inner and outer beauty, intelligence, and soft strength.	WannaHula.com	-Skype -Custom order Hula/Tahitian On-Demand DVDs	Sarah Chang	Both	Email: <u>wannahula@g</u> <u>mail.com</u> Text: 202-670-4852 (HULA)
Eurythmy, a harmonious movement art. Experience the fascinating unity of a circle of people moving together in harmony. I gently lead a group of adults through simple eurythmy forms in short sessions before your lecture, presentation, meeting, or in classes and workshops for adults.	http://www.hamoves.net/	New York, NY; available to travel anywhere	Marta Stemberger	HSP + empath	Via my website