

HSP YELLOW PAGES

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.



Let's make sure this information gets organised from day 1 - Yellow Pages Style:

- Add your biz info to one of the **existing categories** or **add a new category**.
 - You can see a list of categories on the left in the Outline view. Note: if you cannot see this, go to 'Tools' and select 'Document Outline'. Click on the relevant category and you will automatically be taken there.
 - Categories are also listed on the next page.
 - Don't worry about creating the "right" category. If your work doesn't fit under an existing category, just create a new general category that makes sense to you and that you fit under. This document will be checked and adjusted if needed before it's published as a PDF so if you come up with something outrageous, it will be fixed 😊
- Don't delete other people's info.
- Don't add yourself to multiple categories: pick one. If you have two different businesses, you can list each separately.
- If there are no new rows to add your details, **right-click on the last row to add a new empty row**
- Keep your biz description short and to the point.
- Add your info according to the column set-up
 - If your business is local, add the location. If you're in the US, remember to say so! This is an international document.

If you have questions about this document, contact me (Caroline) through my contact form on TheHappySensitive.com

Categories:

1. Coaches / Healers / Teachers / Trainers
2. Physical Therapy, Body Workers, Massage Therapists
3. Bloggers, Writers
4. Alternative Healing: Nutritionists, Aromatherapists, Acupuncturists etc.
5. Designers, Photographers, Creatives, Artists
6. Meet-up Groups
7. Dance
8. Business / Finance / Law
9. Virtual Assistance

Coaches / Healers / Teachers / Trainers

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:
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.	https://www.sacredalchemyhealing.com/	Long-distance (skype/ phone/email)	Nandi Hetenyi, Psy.D.	Empath	Website contact and nandi@lotuscoaching.org
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
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.closecounseling.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.darlabrunohealing.com	Anywhere.	Darla Bruno	HSP	Website sign up

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.	http://juliewolfcoaching.com/	Locally (San Francisco Bay Area) and long-distance via phone / video call	Julie Lamonica	oh yes: HSP & Empath	Website contact form or email: lamonica.julie@gmail.com
Launch Coaching, Marketing and Business Development Consulting, and Distance Learning Classes	www.IttyBiz.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@caseyerinwood.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: Blaze@BlazeABrilliantPath.com

<p>I work with those who identify as introverts or highly sensitive (HSPs), and also with those who better want to understand the quieter ones in their places of work or home lives. I help introverts & HSPs leverage their strengths & qualities to work for what they wish to achieve in life. A mentor for Gentle Men.</p>	<p>www.crossingthethreshold.net</p>	<p>Local, phone, Skype/Facetime, email</p>	<p>David Johnson</p>	<p>HSP</p>	<p>Via my website contact form, or by email at info@crossingthethreshold.net</p>
<p>Depth-oriented EFT and EMDR psychotherapy to help HSPs recover from relational trauma and live more integrated, connected lives.</p>	<p>www.carolynphd.com</p>	<p>Locally (San Francisco bay area)</p>	<p>Dr. Carolyn Swearingen</p>	<p>HSP & Empath</p>	<p>carolyn@carolynphd.com</p>
<p>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.</p>	<p>www.martavansitteren.nl</p>	<p>Locally Bergschenhoek (the Netherlands) or long distance thru Skype (Dutch, English and Spanish speaking)</p>	<p>Marta van Sitteren</p>	<p>HSP & empath</p>	<p>info@martavansitteren.nl</p>
<p>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.</p>	<p>www.bogenblog.de</p>	<p>Locally, Germany 83139 Söchtenau</p>	<p>Jean-Christoph von Oertzen</p>	<p>HSP</p>	<p>jc@jc-archery.de</p>

<p>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.</p>	<p>kaysterner.com</p>	<p>Local and long distance by phone</p>	<p>Kay Sterner, MAIS, certified ICF Coach</p>	<p>HSP & empath</p>	<p>Website contact form or email.</p>
<p>Academic coaching, school consulting, and educational therapy for students of all ages and their parents--to 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.</p>	<p>www.cliftoncorner.com 182 8th Avenue--Park Slope 245 South 16th Street--Rittenhouse Square 20 South Haddon Ave--Historic Haddonfield</p>	<p>Local: offices in Brooklyn, New York; Philadelphia, PA; & South Jersey, USA :) Long-distance (phone/coaching calls) and Facetime or Skype.</p>	<p>Sandra Clifton, M.Ed., PCC, CEP, ET/P</p>	<p>HSP & Empath</p>	<p>Website Contact Form or email: sandra@cliftoncorner.com</p>
<p>Coaching creative spirits, small businesses, and other coaches using the Co-Active Model.</p>	<p>http://annegaal.com</p>	<p>Telephone-based coaching for both local and distance</p>	<p>Coach Anne Gaal, Ph.D., CPCC</p>	<p>HSP and Empath</p>	<p>Free session: http://bit.ly/AG-sched</p>

<p>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.</p>	<p>http://sweetgeorgiapam.com/</p>	<p>Long distance (skype or video chat) & local (north Atlanta, GA USA)</p>	<p>Pam (Sweet Georgia Pam)</p>	<p>HSP and Empath, 9 on Enneagram, INFP</p>	<p>pam@sweetgeorgiapam.com</p>
<p>Discover your path to your true self through your true heart. I guide you toward your answers about what you want to express in your life. We take it slowly, one small change at a time. The best part is that I am a communication expert and teach you ways to use your body and voice to communicate into your current life so you do not encounter resistance that might just steal your progress. I also teach storytelling, the most gentle way to express your changes and we plan when and where for you to tell those in your life how you are more authentic.</p>	<p>www.dianahartleyconsulting.com</p>	<p>In US, but can Skype meetings</p>	<p>Diana Hartley</p>	<p>HSP, intuitive, empath, communication expert</p>	<p>Contact me: diana@dianahartleyconsulting.com</p>
<p>Health coaching for individuals who are highly self-aware, motivated and looking to live their best life.</p>	<p>www.vibrancyhealthcoaching.com</p>	<p>Long-distance and locally in New Hampshire, USA</p>	<p>Amber Brown</p>	<p>HSP & Empath</p>	<p>Website Contact Form</p>
<p>Psychotherapy and life coaching for individuals and groups</p>	<p>www.sacredlistener.com</p>	<p>Individual phone sessions and local individual and group sessions in Chapel Hill, NC</p>	<p>HarDarshan Khalsa</p>	<p>HSP, empath, psychotherapist, yoga teacher and trainer</p>	<p>hardarshan@sacredlistener.com</p>

<p>Care for the HSP who may desire psychiatric medication for mental health needs. HSPs have specific needs for treatment of anxiety, depression, insomnia. Medications doses may be lower than usual. It is important not to pathologize the HSP trait. HSP-informed psychiatric care.</p>	<p>www.atyourservicepsychiatry.com</p>	<p>Psychiatric Medications licensed to treat people via telepsychiatry living in Arizona, Colorado, Connecticut, District of Columbia, Hawaii, Idaho, Illinois, Iowa, Maine, Minnesota, Montana, Nebraska, Nevada, New Hampshire, New Mexico, North Dakota, Oregon, South Dakota, Vermont, and Washington</p>	<p>Allison Sikorsky, PMHNP Psychiatric Mental Health Nurse Practitioner and owner of AtYourServicePsychiatry.com</p>	<p>HSP with empath traits</p>	<p>Allison@atyourservicepsychiatry.com HIPAA-secure texting at 833-297-7792 https://atyourservicepsychiatry.com/who-we-help/highly-sensitive-person/</p>

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:
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@hummingbirdbodyworks.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

<p>Bodywork for Trauma, including Reiki, Massage, CranioSacral Therapy, and Somatic Experiencing. Fragrance-Free. Tailored for physically and emotionally sensitive folks.</p>	<p>Portland, OR, United States TraumaHealed.com - lots of free articles, and 2 books published.</p>	<p>Local</p>	<p>Sonia Connolly</p>	<p>HSP & empath</p>	<p>Email or phone is fine. TraumaHealed.com/contact/</p>
<p>12+ years as a certified Hellerwork Structural Integration (Rolfing) practitioner.</p>	<p>www.timetorealign.com</p>	<p>Local Vernon, BC & Duncan, BC & Whitehorse, Yukon - all in Canada</p>	<p>Janelle Hardy</p>	<p>HSP & empath</p>	<p>hellerwork@timetorealign.com</p>
<p>Conscious Soma offers craniosacral therapy and body-oriented trauma techniques that help adults heal pain, stress, and trauma.</p>	<p>www.ConsciousSoma.com</p>	<p>Local: San Diego, CA, USA</p>	<p>Virginia Wilke</p>	<p>HSP & Empath</p>	<p>Email, phone, or text virginia_wilke@yahoo.com</p>
<p>I do transformational work one-on-one and in a group process called the Art of Personal Mythmaking. I'm also a hands-on trauma-informed bodyworker with 12+ years experience as well as an artist/writer and teacher of adults with 17+ years experience.</p>	<p>www.janellehardy.com</p>	<p>Local (Vernon, BC, Canada) and online</p>	<p>Janelle Hardy</p>	<p>HSP, empath</p>	<p>jaha@janellehardy.com</p>

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:
<p>Blog about the challenges and joys of parenting a Highly Sensitive Child / Writing children's books for Highly Sensitive Children</p>	<p>www.sensitiveandextraordinary.com</p>	<p>Long distance (email)</p>	<p>Leila Boukarim</p>	<p>HSP & Empath</p>	<p>Through website contact form</p>
<p>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.</p>	<p>http://www.high-sensitivity.de/henry-and-his-super-heart-force-superheartforce/</p>	<p>Long distance</p>	<p>Petra Neumann</p>	<p>HSP & Empath</p>	<p>E-mail: info@high-sensitivity.com</p> <p>or Facebook: https://www.facebook.com/pages/Petra-Neumann/426274814189128?ref=settings</p> <p>in English, German and French</p>
<p>Writer - I write about how Highly Sensitive People and introverts adapt to change during transitions.</p>	<p>www.walkingthroughtransitions.com</p>	<p>Both</p>	<p>Ritu Kaushal</p>	<p>HSP and empath</p>	<p>Through my website: http://www.walkingthroughtransitions.com/p/contact-me_11.html</p>

<p>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.</p>	<p>http://virginiamuzik.pressfolios.com/</p>	<p>Based in Sydney, Australia but can work anywhere via computer!</p>	<p>Virginia Muzik</p>	<p>HSP/ Empath</p>	<p>Email: virginia@writenoise.com.au</p>
<p>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.</p>	<p>http://soulfulsparks.hamoves.net/</p>	<p>Online anywhere; based in New York, NY</p>	<p>Marta Stemberger</p>	<p>HSP + empath</p>	<p>Via my website</p>
<p>Education and community to support strengths and solving challenges HSP Introverts (Highly Sensitive Introverts) face every day.</p>	<p>highlysensitiveintrovert.com</p>	<p>Based in Bay Area, CA, USA. Online</p>	<p>Eva Rubin</p>	<p>HSP/Empath/ Introvert</p>	<p>eva@highlysensitiveintrovert.com</p>
<p>I take complex, esoteric concepts and write about them - simply, elegantly.</p>	<p>victorialucia.com</p>	<p>Work with clients worldwide. I am based out of Austin, TX.</p>	<p>Victoria Montemayor</p>	<p>Empath</p>	<p>hello@victorialucia.com</p>
<p>Learn How to Let go - a simple and effective method for anytime and anywhere</p>	<p>Learn-Letting-Go</p>	<p>Free Method, Strategies and Tools for Letting Go</p>	<p>Doree Madge Blake</p>	<p>HSP + Empath Intuitive Healer</p>	<p>Contact through website to submit your letting go questions</p>

<p>The Art of Personal Mythmaking is a 5 month transformational memoir-writing course (online.) I run in-person writing/healing retreats. I'm also a hands-on trauma-informed bodyworker with 12+ years experience as well as an artist/writer and teacher of adults with 17+ years experience.</p>	<p>www.personalmythmaking.com www.janellehardy.com</p>	<p>Online</p>	<p>Janelle Hardy</p>	<p>HSP, empath</p>	<p>jaha@janellehardy.com</p>
<p>Writing For Therapy sessions, editing, web content and other content</p>	<p>www.sakshissongs.com</p>	<p>Online/Offline</p>	<p>Sakshi Singh</p>	<p>HSP, Empath</p>	<p>sakshising@gmail.com sakshissong@gmail.com</p>

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:
Spiritual Artist and Energy Healer	http://www.taraarnoldart.com/	Locally	Tara Arnold	HSP & Empath	Email tara@taraarnoldart.com 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
Homeopath - specialized in HSP's, maternity, allergies.	www.ingefleur.com	Locally (London UK) & long-distance (Skype → remedies are sent by post)	Ingefleur Spreij	HSP	Website contact form or e-mail: homeopathy@ingefleur.com

Designers, Photographers, Creatives, Artists

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@westieproductions.com
Alchemist Jeweller. Designing bespoke jewellery and artefacts	www.sebastianpintea.com	Internationally and locally (Stockholm and London)	Sebastian Pintea	HSP	Through my website: www.sebastianpintea.com or www.thepianoring.com
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.	http://www.rowenascotney.com/		Rowena Scotney	HSP and Empath	Via my website or FB page

<p>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.</p>	<p>http://www.ericawheadon.com</p>	<p>Gold Coast, Australia but will travel anywhere. Particularly interested in photographing destination elopements.</p>	<p>Erica Wheadon</p>	<p>HSP & Empath</p>	<p>info@ericawheadon.com</p>
<p>Glass Artist - I create hand blown glass memorials using the ashes of people or pets.</p>	<p>http://psychecremationjewelry.com https://www.facebook.com/PsycheCremationJewelry/</p>	<p>Online, Central Oregon</p>	<p>Mark Hamilton</p>	<p>HSP</p>	<p>mark@psychecremationjewelry.com</p>

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:
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: JC@hspmentor.com 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.	https://www.superherohula.com/	-Skype -Custom order Hula/Tahitian On-Demand DVDs	Sarah Chang	Both	Email: wannahula@gmail.com 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

Business / Finance / Law

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:
<p>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 the linguists the sense of being valued for the work they perform.</p>	<p>http://www.arinnainc.net/en/</p>	<p>Online everywhere; based in New York, NY</p>	<p>Marta Stemberger</p>	<p>HSP + empath</p>	<p>Via my website</p>

Virtual Assistance

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:
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