



Dr. Katie T. Larson, PhD: Embodiment Practices for the Highly Sensitive



Dr. Katie T. Larson, Ph.D. is a Growth & Transformation Specialist who works with highly sensitive people, empaths and intuitives. She is a researcher, author, speaker, and founder of GrowthQuests. In this session you will experience heightened pleasurable sensations, embody and neutralize felt-emotions, and learn how to create healthy boundaries. This session will combine holistically-inspired movement, guided meditation, and embodied creativity. Participants will leave feeling whole, empowered and confident in their sensitive superpowers.

**TOP EMBODIMENT TIP:** “Allow yourself pleasure and find it in every way you can.”

Identifying as a Highly Sensitive Person (HSP):

- A highly sensitive person is a deep processor, relates to their emotions strongly, has heightened senses and may feel a sense of disconnection with the body. **Discover yourself through the acronym:**
  - **D:** Deep Processor
  - **O:** Overstimulated Easily
  - **E:** Emotional and Energetic
  - **S:** Sensitive to Subtleties

HSP's Strengths and Challenges: What leads to disembodiment?

- We are deep processors, so we're quick witted; and we're very intensely focused with our mind.
- We relate strongly with our emotions but miss where it lives in the body.
- Heightened senses make us feel unsafe, making it hard to trust the body.

Embodied Practices: Returning to our bodies as HSPs

- **Enhancing Pleasure Practice** - amplify pleasures of the felt sense to calm the nervous system.
- **Feeling Feelings Practice** - allowing emotions to flow in motion.
- **Healthy Bodies** - trusting your body's yes and no.

Resources:

- ❖ **Music:** [Amy's Spotify Playlist](#)
- ❖ **Quest Courses:** [growthquests.com/coaching](https://growthquests.com/coaching)
- ❖ **Website:** [growthquests.com/](https://growthquests.com/)
- ❖ **Instagram:** [@drkatiegrowthquests](https://www.instagram.com/drkatiegrowthquests), **Facebook:** [facebook.com/GrowthQuests/](https://www.facebook.com/GrowthQuests/)
- YouTube:** [Unfold Groth Quests](#)
- ❖ **References:** Dr. Elaine Aaron, premier researcher of high sensitivity



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