



Highly Sensitive Child

Facilitator(s):	Tania Johnson
Date:	May 22, 2020
Time:	12:30 pm – 2:30 pm
Cost:	No charge
Location:	Virtual
Type:	Webinar
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About this Learning Opportunity

A highly sensitive child [HSC] is one of the fifteen to twenty percent of children born with a nervous system that is highly aware and quick to react to everything. This makes them quick to grasp subtle changes, prefer to reflect deeply before acting, and generally behave conscientiously. They are also easily overwhelmed by high levels of stimulation, sudden changes, and the emotional distress of others (Aron, 2018).

About the Facilitator(s)

Tania Johnson

I am a Registered Psychologist, Registered Play Therapist and one of the Co-founders of the Institute of Child Psychology. I grew up in South Africa and have had the opportunity to travel extensively, including living and working in Asia for several years. I have a deep respect for cultural diversity. In 2006-2007, I was the recipient of an International Internship at "Cancer Treatment Centers of America" where I provided ongoing support for individuals diagnosed with advanced stages of cancer. This experience ingrained within me the vital connection between the mind and the body.

In 2012, I received my Masters of Counselling from City University of Seattle. During my Master's degree, I worked both on the front lines and as a counsellor with foster and adoptive families who faced a range of emotional, behavioural and cognitive challenges.

Since completing my degree, I have worked in a private practice setting with children, teens, adults and families. My work with the Institute of Child Psychology has given me the opportunity to present to parents, professionals and caregivers on topics pertaining to children's mental health. I currently specialize in working specifically with parenting issues.

I work primarily from an attachment based perspective. This means that I work with clients to explore how early relationships impact how we come to understand our self, other people and the world.