

Ashton Ralston, LCSW



"Think being highly sensitive is just about emotions? Think again. Ashton Ralston, LCSW clarifies what it REALLY means to be an HSP and why it's often misunderstood.

Along with being a successful mental health clinician for twenty years, Ashton's true passion is leading groups through the process of discovering what it *really* means to be highly sensitive while cultivating the ability to value its gifts and honor the challenges.

In addition to wisdom gained from her personal journey with Sjogren's disease, Ashton utilizes her certifications in HeartMath® and Energy Psychology to help her students manage the stress that often leads to chronic illness.

Also a three time cancer survivor, she has what it takes to inspire others to do their own healing work.

SIGNATURE TOPICS

- ✓ Sensitives in love- The do's and don'ts of HSPs in relationships
- ✓ High Sensation seeking HSPs have more fun! Truth or recipe for disaster?
- ✓ Learn 3 easy Energy Psychology tools to overcome emotional overwhelm
- ✓ Discover the relationship between high sensitivity and autoimmune disorders? 3 key concepts
- ✓ Learn 2 simple HeartMath techniques to optimize heart rate variability for HSPs

LET'S WORK TOGETHER

 Discover if you are an HSP Quiz:

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HeartMath.
Certified Practitioner


MEMBER
ASSOCIATION FOR COMPREHENSIVE
ENERGY PSYCHOLOGY
DIPLOMATE COMPREHENSIVE
ENERGY PSYCHOLOGY



TESTIMONIAL ”

I have a profound new acceptance & love for parts of myself that previously felt "wrong" or "too much". I felt very apologetic and shameful about my sensitivity for most of my life. Since joining Ashton's group, I've been able to embrace my sensitivity in a way I honestly never thought was possible. I feel more confident, more at ease, and I've been able to give myself what I need without feeling bad about it...even if what I need looks wildly different from what others do. -J.G.

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