

# 4<sup>th</sup> International Conference on Sensitivity Research

## June 19-20 2026, University of Pavia, Italy

We are delighted to invite you to the 4<sup>th</sup> International Conference on Sensitivity Research at the historic University of Pavia, one of Italy's oldest universities, located just 45 minutes outside metropolitan Milan. This conference brings together leading researchers, scholars and practitioners to share and learn about the latest advancements in sensitivity research.

### Scientific Committee:

Prof **Francesca Lionetti**, University of Pavia, IT

Prof **Michael Pluess**, University of Surrey, UK

Prof **Corina Greven**, Radboud University Medical Centre, the Netherlands

## Programme

### Friday, June 19

**Registration & Coffee** 9.00-10.00

#### Morning Session I

- 10.00-10.05: Welcome
- 10.05-10.45: **Keynote**  
**Sensitivity and Mental Health**  
Presenter: Michael Pluess
- 10.45-11.30: Individual talks
- Neus Vidal Barrantes: *Genetic environmental sensitivity to the childhood psychosocial exposome works "for better and for worse"*
- MacKenzie Trupp: *Mindfulness-Based Stress Reduction Wait-List RCT for High SPS Individuals*
- Shira Maya: *Feeling Deeply, Meaning-Making: Growth and Vulnerability in Highly Sensitive Adolescence*

**Coffee Break** 11.30-12.00

#### Morning Session II

- 12.00-13.00: Individual talks
- Jimmy Bordarie: *Hypersensitivity: when organisational feedback shapes cooperative behaviours*
- Véronique De Gucht: *Sensory Processing Sensitivity, Work-related Stress, and Motivation*
- Kato Colombet: *Beyond noise and light: Sensory overload and optimal work conditions across two workforce samples*
- Jessica Twomey: *Exploring SPS in Autobiographical Memory and Future Thought*

**Lunch** 13.00-14.00

**Afternoon Session I: 14.00-15.30**

- 14.00-15.00 **Invited symposium**  
**Environmental Sensitivity Across Development**  
Chair: Francesca Lionetti
- Alessandra Sperati: *Observed Sensitivity in Infancy and Its Associations with Emotional Responsiveness*
- Alexandra Burger: *Psychometric Validation of the HSC-PR in Preschoolers Across Languages*
- Marija Džida: *Changes in Environmental Sensitivity During Early Adolescence*
- Alizee Richalley: *Hypersensitivity and Internalizing Disorders: The Role of Psychological Capital in Adolescents*
- 15:00-15.30 Poster session

**Coffee Break 15.30-16.00****Afternoon Session II: 16.00-17.00**

- 16:00 – 16:50 **Invited symposium**  
**Sensitivity and ADHD**  
Chair: Corina Greven
- Lessa Schippers: *Sensory Processing Sensitivity and Attention-Deficit/Hyperactivity Disorder: A Case-Control Study*
- Anna Praat: *Associations between Autism Spectrum Condition and Environmental Sensitivity*
- Esther Bergsma: *Emotional Self-Regulation in Highly Sensitive Persons*
- 16.50-17.00 Awards and Farewell

**Leaving Reception 17-18.00****Optional Dinner 19.30-22.00** (for an additional fee)**Saturday, June 20 (Optional applied session for additional fee)****Registration & Coffee 9.30-10.00****Morning Session I**

- 10.00-10.05: Welcome
- 10.05-11.30: Workshop Session 1  
**Supporting Highly Sensitive People in Therapy and Counselling**  
Trainer: Dr. Elena Lupo

**Coffee Break 11.30-12.00****Morning Session II**

- 12.00-13.00: Workshop Session 2  
**Supporting Highly Sensitive People in Therapy and Counselling**  
Trainer: Dr. Elena Lupo

**Registration**

For **in-person attendance**, as well as to register for the optional dinner and workshop, please follow this link: [4th International Conference on Sensitivity Research - June 2026 Pavia](#) or use the QR below. The in-person registration fee includes all catering (coffee breaks and lunch on Friday) except the optional dinner.



For **online-only attendance**, please register here: [4th International Conference on Sensitivity Research - 19th June 2026 | Surrey Online Store](#)

Authors of accepted abstracts must **register for the conference** to present their work.

## Further Information

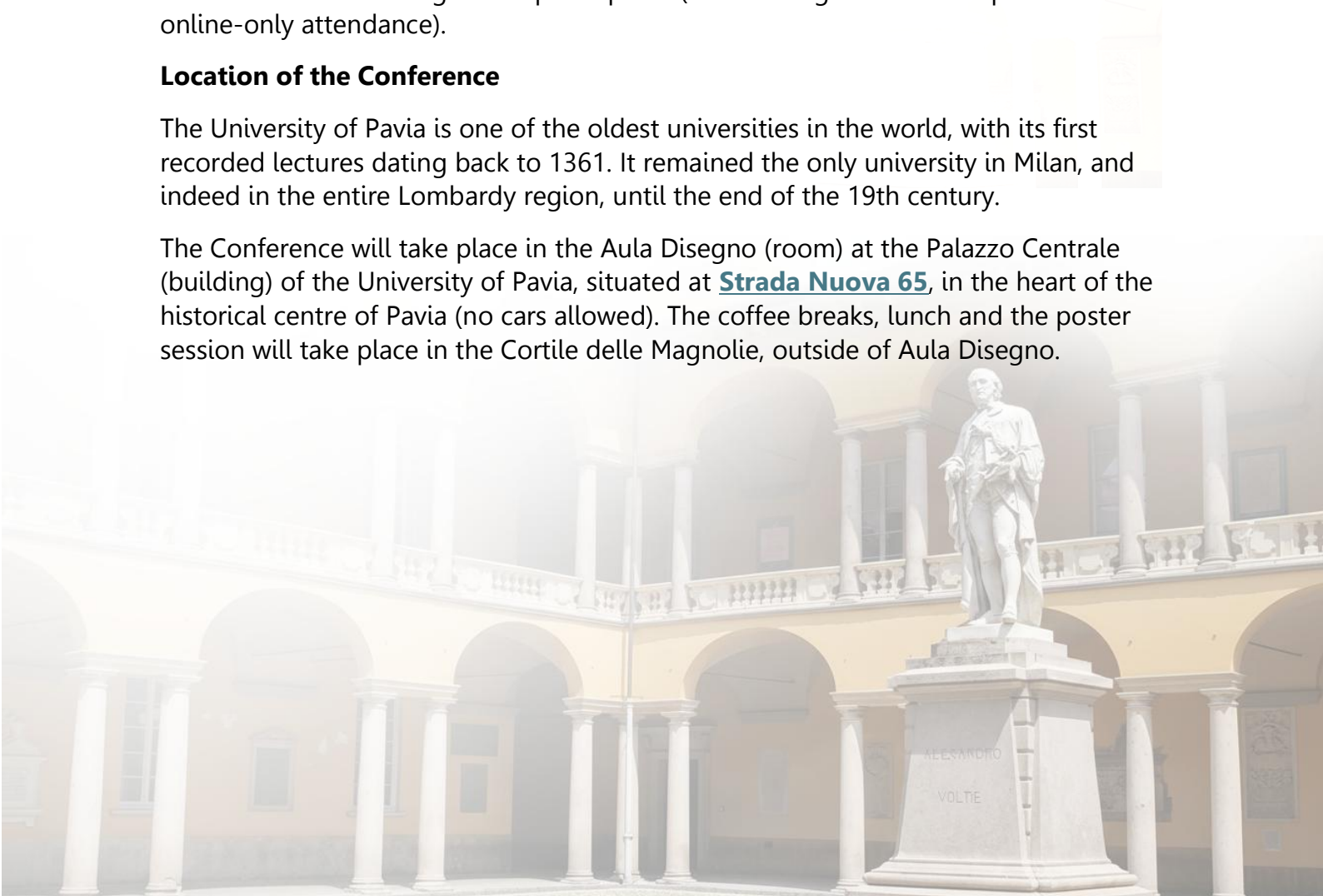
### Streaming of the Conference

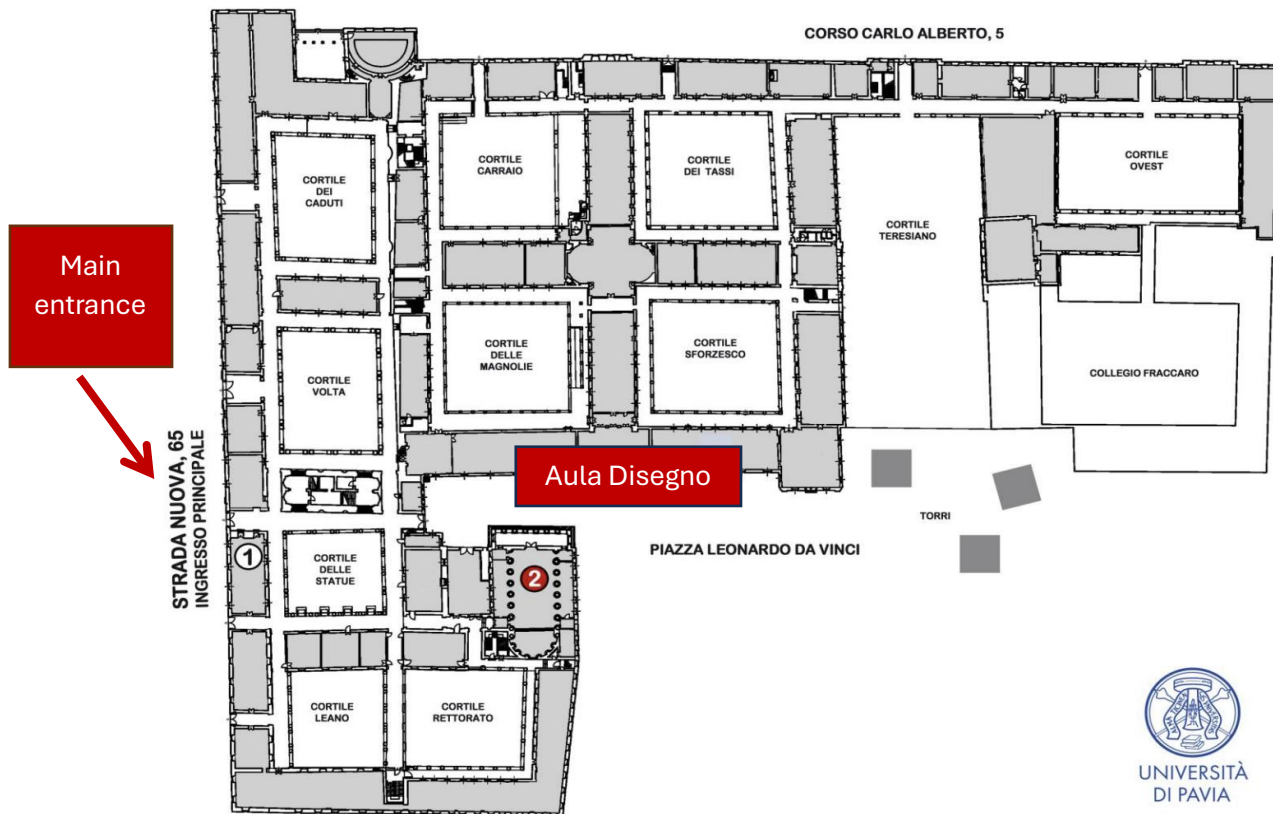
The conference will be [streamed online](#) on Zoom for those that registered for online-only attendance. All talks and the symposia will be recorded and made available after the conference to all registered participants (whether registered for in-person or online-only attendance).

### Location of the Conference

The University of Pavia is one of the oldest universities in the world, with its first recorded lectures dating back to 1361. It remained the only university in Milan, and indeed in the entire Lombardy region, until the end of the 19th century.

The Conference will take place in the Aula Disegno (room) at the Palazzo Centrale (building) of the University of Pavia, situated at [Strada Nuova 65](#), in the heart of the historical centre of Pavia (no cars allowed). The coffee breaks, lunch and the poster session will take place in the Cortile delle Magnolie, outside of Aula Disegno.





## Travel information

Whether you travel by plane or by train, reaching Pavia is straightforward. You'll simply need to take a connecting train from Milan to Pavia.

### By plane:

**LINATE AIRPORT:** This airport is situated in the city of Milan. From there, you can take a metro to Milano Centrale, and then take a train to the main station of Pavia (Pavia FS).

**MALPENSA AIRPORT:** Situated outside of Milan, you can take the Malpensa express train to Milano Centrale or Milano Bovisio, and then take a train to the main station of Pavia.

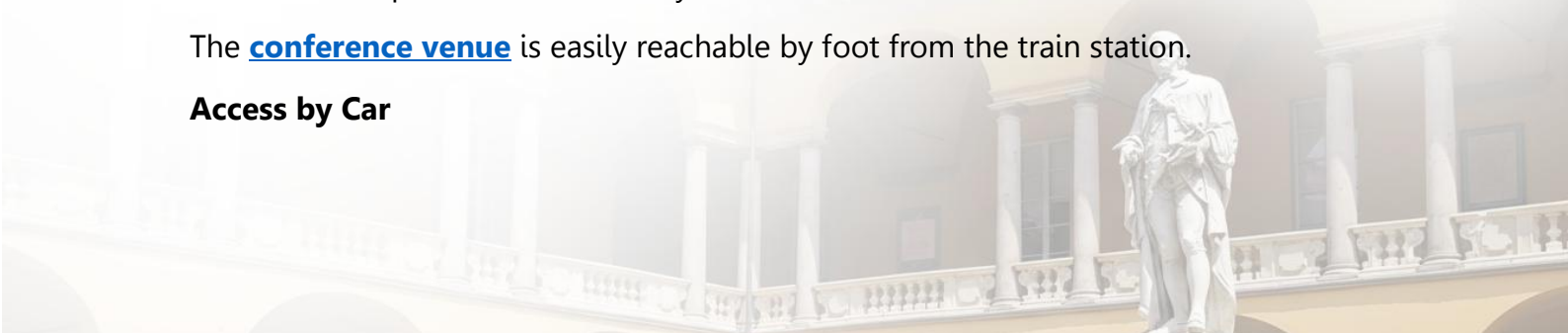
**BERGAMO (ORIO AL SERIO) AIRPORT:** Situated in Bergamo, you can take a shuttle to Milano Centrale, and then take a train to the main station of Pavia.

### By train:

There are several connections to Milan from other international cities such as Paris and Geneva. Upon arrival in Milan, you will need to take another train to Pavia.

The [conference venue](#) is easily reachable by foot from the train station.

### Access by Car



Pavia can also easily be reached by car. Please note, however, that the conference venue is located in a pedestrian/limited-traffic area, and most nearby parking options need to be paid for. We therefore recommend checking available parking facilities in advance and planning a short walk to the venue.

### **Taxi Services**

The train station is located approximately a 15–20 minute walk from the conference venue. If you prefer not to walk, taxis are usually available just outside the station, and several local taxi services operate in the area as well.

### **Catering and optional dinner**

Coffee breaks, lunch, and the welcome reception on the 19<sup>th</sup> are included in the registration fee. The workshop on the 20<sup>th</sup> includes a coffee break (but no lunch).

Tickets for the optional dinner have to be purchase separately during the registration process. The optional conference dinner will be held at [Trattoria Vecchia Pavia](#), a typical local restaurant in the city centre, around 5 minutes walking distance from the Conference venue. Dietary requirements can be specified during registration. Please note that places are limited, and we recommend booking your place in advance. Conference participants can register for only one person through the conference website. If you are traveling with family or friends and would like to book additional seats, please get in touch with us and we will do our best to accommodate your request.

### **Dietary Requirements**

We will accommodate a range of dietary requirements, including vegetarian, vegan, gluten-free, kosher-friendly, halal-friendly, and dairy-free options. Please indicate any dietary requirements during registration. Please note that meals are prepared in kitchens where gluten is handled, and therefore we cannot guarantee the complete absence of cross-contamination.

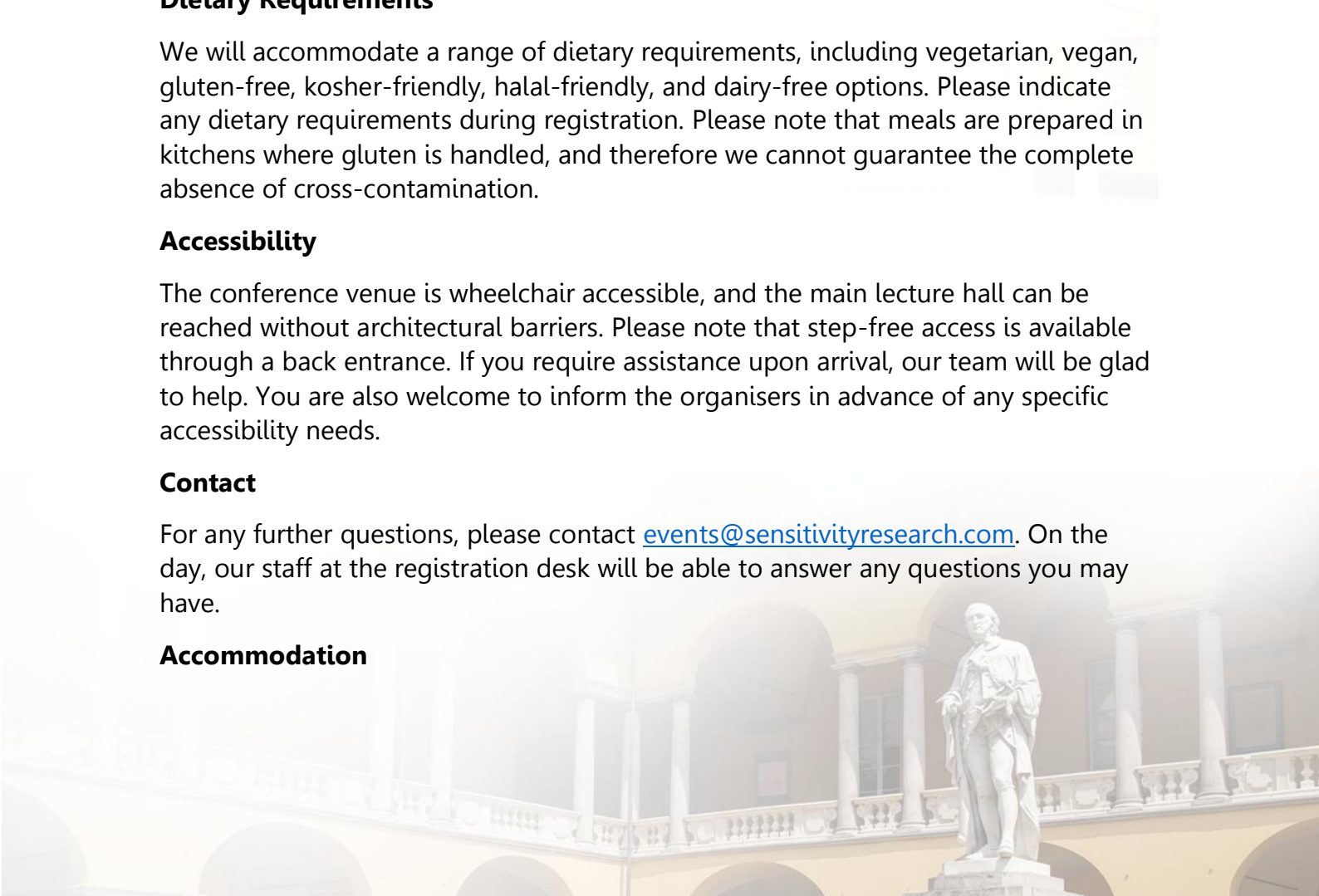
### **Accessibility**

The conference venue is wheelchair accessible, and the main lecture hall can be reached without architectural barriers. Please note that step-free access is available through a back entrance. If you require assistance upon arrival, our team will be glad to help. You are also welcome to inform the organisers in advance of any specific accessibility needs.

### **Contact**

For any further questions, please contact [events@sensitivityresearch.com](mailto:events@sensitivityresearch.com). On the day, our staff at the registration desk will be able to answer any questions you may have.

### **Accommodation**



This is a selection of accommodations, all located in the city centre and easily accessible from the conference venue.

### **Hotels and Bed and breakfasts**

All located near the station, a 10-minute walk from the conference venue as well as the historical centre.

- [Hotel Aurora](#) — 3 star hotel with modern rooms and breakfast available
- [Hotel Excelsior](#) — 3 star hotel, welcoming and familiar, and breakfast available
- [Hotel Moderno](#) — 4 star hotel combining elegance and comfort, and breakfast available
- [Arnaboldi palace](#) — Just 2 minutes from the conference venue, this charming and exclusif B&B is set in a historic building
- [32 Bnb Cameracaffè](#) — Located 10 minutes from the venue, offering a cozy and stylish stay.

Please contact hotels directly for the specific rates.

Additional hotels, B&Bs, and apartments (including Airbnb options) can also be found on major booking platforms.

For further information, please visit <https://sensitivityresearch.com/> or contact us at [events@sensitivityresearch.com](mailto:events@sensitivityresearch.com)

We look forward to meeting you at **the University of Pavia** for an engaging and insightful conference.

**Join us in shaping the future of sensitivity research!**

Warm regards,

**Francesca Lionetti, Michael Pluess and Corina Greven**

#### **Organizing Committee:**

Francesca Lionetti, Michael Pluess, Corina Greven  
Alessandra Peluzzi, Vita Keil, Antonia Isabella Gerdi Thrans