

TITLE IV-E COLLABORATIVE Presents

Non-Verbal and Somatic Strategies for Working with At-Risk Youth (afternoon session)

With

Gabriel Kram

Tuesday, December 11, 2018

1:00PM-4:00PM (afternoon session)

Registration 12:30PM

West Valley Campbell Community Center
One West Campbell Avenue, Campbell, CA

Room J-69

Registrants are encouraged to register for both the AM & PM sessions, although it is not required

It is often observed that non-verbal communication, including vocal tone and body language, plays a far greater role in our understanding of what someone is communicating than the words they use, especially when these elements are not congruent with the spoken content. This class explores vocal tone, posture, gesture, facial expression, eye gaze, and emotional resonance: cues that can expand our toolbox for accurately interpreting what a client is trying to express. We will examine the kinds of information that can be derived from non-verbal channels, and what specific signals these communications may transmit. We will also examine what our own non-verbal signals may be communicating to clients. In addition, we will look at spatial power dynamics that result from position, height, and other factors and how we can use these intentionally in our interventions. Our goal is to become more mindful of the ways that non-verbal communication of information plays out in our interactions, and become more adept at extracting information from these channels to support attunement and healing.

Gabriel Kram has a deep and abiding interest in and practice of mindfulness, emotional self-awareness, and somatics work. Over the past eighteen years, these modalities have transformed his life, and he is committed to training organizations and individuals in these tools to transform quality of life and organizational culture. He is the founder of Applied Mindfulness, Inc., an intervention design, training, and consulting firm that provides transformative experiential training to empower clients of all ages to discover and cultivate the inner resources, tools, and competencies to live healthier, more fulfilling, and effective lives. He previously directed The Mind Body Awareness Project, whose innovative mindfulness-based interventions for incarcerated youth are being scaled into new models of rehabilitation, and are the subject of both dissertations and peer-review journal articles. Gabriel studied neurobiology at Yale College, and narrative at Stanford University. He brings a reverence for indigenous culture, eighteen years of mindfulness practice, ten years of mindful movement, and a lifetime of wilderness exploration, nature awareness, and creative expression to his work. He is the author of *Inner Life Skills for Youth and Transformation through Feeling: Awakening the Felt Sensibility*.

Eligible County Employees



For questions contact Staff Development & Training at Rianna.Garcia01@ssa.sccgov.org

Must obtain Supervisor approval prior to registering

Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/ClassDetail.aspx?pk=1295555>

If you have questions please email us at:

T4e.collaborative@gmail.com