

TITLE IV-E COLLABORATIVE Presents Best Practices in Self-Care for Helping Professionals

with Gabriel Kram

Tuesday, January 15, 2019

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

Registration 12:30 PM

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**

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*.

Behavioral health providers, due to the relational nature of their work with clients who are specifically referred for services because they are dealing with stress and imbalance, experience a particular relational burden in their work. This burden is particular, involving cases where the specific content of what a client is presenting may be distressing because it is either generally upsetting, distressing, or activating, or because it in some personal way relates to something a provider may have experienced themselves. It is also cumulative, because a provider is having repeated interactions with a variety of people who are having a hard time. Because the primary mediator of successful behavioral health outcomes is the quality of the relationship between the client and the provider, the provider's ability to be present, regulated, and empathic is of primary importance to the quality of the care provided, and treatment outcomes. Because this combination of particular and cumulative emotional burden is experienced by the provider physiologically as stress, providers require sustainable restorative practices to give them tools for processing emotional content, maintaining autonomic balance, and restoring wellbeing and resilience. Over the course of 15 years of work in this area, Applied Mindfulness has developed a body of best practices tailored to assisting helping professional increase their wellbeing and resilience.

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=1333344>

If you have questions please email us at:

T4e.collaborative@gmail.com