

TITLE IV-E COLLABORATIVE Presents

Applied Mindfulness: Bringing the Connection System Online

With

Gabriel Kram

Tuesday, April 23, 2019

9:00AM-12:00PM (morning session)

Registration 8:30AM

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*.

For 30 million years humans evolved within what researcher Darcia Narvaez terms 'the evolved developmental niche'. This context prioritizes the development and stabilization of the connection system—the neurophysiological systems that support connecting to ourselves, to each other, and to the living world. In the past several hundred years, the way that we have been living has begun to radically deviate from this ancestral context, with extremely negative impacts on our ability to connect. The connection system is the primary source of wellbeing and regulation, so knowing how to access it and turn it on is critical for our own wellbeing.

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/Courses.aspx?CourseGroupID=28977>

If you have questions please email us at:

T4e.collaborative@gmail.com