

TITLE IV-E COLLABORATIVE Presents

Boundaries around Technology: Caring for Self in an Always 24/7 Tech World

With

Gabriel Kram

Tuesday, March 26, 2019

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

Registration 12:30AM

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

Not happy with the amount of time you are spending on your phone? Not liking the way it is affecting your mood? Your attention? Your relationships? Want to examine/ change this? Smartphones have quickly centered themselves in our lives. We will carefully examine our relationship with our phones, within the context of social service work, becoming aware of what is beneficial about them, and what is harmful. With this new awareness we will have the opportunity to change how we relate to them so that they become a more useful tool, and less of an addictive distraction. We will re-configure our devices, we will explore changing our behaviors in using them, we will explore lifestyle changes, and we will look at the psychological needs they are fulfilling- in terms of our attention and needs for connection, and explore healthier ways of meeting those needs.

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/Courses.aspx?CourseGroupID=28977>

If you have questions please email us at:

T4e.collaborative@gmail.com