

# TITLE IV-E COLLABORATIVE Presents

## Culturally Sensitive Restorative Practices

With

Gabriel Kram

Tuesday, March 26, 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*.

When we engage in conversations about self-care, the representational politics of this discourse are generally white. Self-care, and often the mindfulness movement in general, uses language and framing that speaks to a white-dominant middle class culture, and which therefore poorly meets the needs of other cultures to see themselves reflected in its language and values. How then do we extract the value of restorative practices, including mindfulness, which are truly universal, but set them within a cultural context that makes them relevant and accessible within other cultures? How do we claim appropriate symbols and frameworks that take into consideration race, class, and gender and the ways these shape understanding of what self-care and restorative practices might mean? In this training we'll tackle these questions, and work to formulate cultural-specific framings of self-care and restorative practices that are more effective in translating universal and scientific concepts into particular cultures and conversations.

### Eligible County Employees



For questions contact Staff Development & Training at [Rianna.Garcia01@ssa.sccgov.org](mailto: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](mailto:T4e.collaborative@gmail.com)