

TITLE IV-E COLLABORATIVE Presents

Teaching Polyvagal (trauma-informed) Mindfulness

With

Gabriel Kram

Tuesday, April 23, 2019

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**

The Polyvagal Theory is a paradigm-shattering evolution in our understanding of the Autonomic Nervous System, which mediates connection and threat states. When we approach mindfulness from a polyvagal perspective, it says a great deal about how we should intervene with youth to support their wellbeing. Some of the observations arising from polyvagal theory include: don't tell young people to shut their eyes, don't tell them to hold still, focus on creating a felt sense of safety, bring attention outward before you bring it inward, pay more attention to creating appropriate contexts for practicing mindfulness that cue safety, learn how to read nervous system states and tune mindfulness intervention to nervous system state, use invitational rather than directive language, prioritize relational mindfulness

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