

TITLE IV-E COLLABORATIVE Presents

Restorative Practices: Helping Young People Be in Their Bodies

With

Gabriel Kram

Tuesday, May 21, 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

In this training we will explore interoceptive awareness, the inwardly-oriented sense perception of what is happening inside the body. Although recognized as a perceptual category, somatic awareness, or interoceptive awareness is a perceptual category that is neither measured, assessed, or cultivated in young people, although deficits in interoceptive competence adversely affect a wide variety of functioning, from physiological self-regulation, to self-calming, to emotion regulation. Furthermore, when interoceptive competence is not developed, young people don't learn how to channel the wisdom of their embodied experience into decision-making, or understand how to incorporate what they feel in how they respond to their worlds. In this training we'll look at the neurophysiology of interoception, as well as how to cultivate and enhance somatic and embodied awareness, and how to utilize it in our decision-making.

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