

# TITLE IV-E COLLABORATIVE Presents

## Restorative Practices: Emotional Awareness for Men and Boys

With Gabriel Kram

Tuesday, May 21, 2019

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

Registration 8:30 PM

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**

Every day in our culture, men are harming others and themselves because they are unable to be present with their own emotions. In this training, we'll explore the acculturation of men around their own emotionality, reflect on the mediating role of culture in emotional awareness, reflect on theories of developing and supporting the development of emotional self- and other-awareness, and engage in practices for helping young people develop and increase their emotional intelligence. While we will focus on men, many principles of the training are generally applicable to developing EQ for all young people, and of course the training is open to all providers.

**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](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/Course.aspx?CourseGroupID=28977>

If you have questions please email us at:

[T4e.collaborative@gmail.com](mailto:T4e.collaborative@gmail.com)