

TITLE IV-E COLLABORATIVE Presents

Impacts of Technology on the Developing Brain

with

Gabriel Kram

Tuesday, June 18, 2019

9:00 AM to 12:00 PM (morning session)
Registration 8:30 AM

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**

A recent study by the Kaiser Family Foundation found that the average American teenager is sending/ receiving well over 100 texts a day, and spends in excess of 7 hours per day in front of some kind of screen. Our society is presently engaged in an unprecedented experiment as young people are exposed earlier and earlier to an ever-increasing amount of digital technology. In many instances, digital technology is either replacing face-to-face interactions, or markedly changing them, in ways that we are just beginning to understand. What happens in the brain of a young child who is left unsupervised with a tablet computer? What happens when teenagers text instead of talking? Our multi-faceted interactions with technology, through screen time, social media, video games, and texting, have profound impacts on our attention, our creativity, and on our relationships with ourselves, and with each other. What do we know about the developmental impacts of all of this technology? How is it conditioning and changing our brains and nervous systems? What do these changes lead towards? And more importantly, how can we strategically counter-act the impacts that are negative?

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