

A Better Way, Inc. Proudly Presents...



Holiday Season Self Care: Teaching Children Self Care Skills by Increasing the Effectiveness of Our Self-Care

With Gabriel Kram of Applied Mindfulness

Tuesday, December 15, 2015 | 9am-4pm | CEs available | No fee | Oakland, California

Register Here: <https://abetterwayinc.wufoo.com/forms/s18pf4lr1c0rwko/>

Providers in direct service work face a variety of challenges arising from the increasing acuity of the needs of the populations they serve. Since much of what we do in direct service is happening through human relational contact, as clients face increasing levels of stress and trauma, those of us working with them are in turn experiencing increased stress levels. This phenomenon, known as 'vicarious' or 'secondary' trauma or 'empathic fatigue' can have profound impacts on providers. Increased and chronic stress has a cascade of negative health repercussions, including the obvious (hyper-tension, difficulty sleeping, lack of enjoyment of work) as well as immune dysregulation, negative emotionality, and effects on memory. This daylong training will take us deeply into the exploration of the relaxation response, to help us cultivate resilience at the level of the nervous system. We will engage in a variety of movement and mindfulness practices to support integration and well-being, and learn how to tailor these awareness practices to the present moment state of our nervous system, increasing their integrative potency and efficacy in supporting our internal equilibrium. We'll also explore core beliefs around self-care, and develop a concrete self-care plan.

LEARNING OBJECTIVES

- Examine our own core beliefs about self-care
- Understand that the practice of self-care is the practice of changing habits
- Understand the neurological basis of behavior change in neuro-plasticity
- Learn about the physiology of the relaxation response, and why it needs to be practiced
- Cultivate the relaxation response, increasing equilibrium and positive emotionality

Trainer GABRIEL KRAM has a deep and abiding interest in and practice of mindfulness, emotional self-awareness, and somatics work. Over the past sixteen 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. He previously directed The Mind Body Awareness Project, whose innovative mindfulness-based interventions for incarcerated youth are being scaled into new national models of rehabilitation, and are the subject of both dissertations and forthcoming peer-review journal articles. He studied neurobiology at Yale College, and narrative at Stanford University. He brings a reverence for indigenous culture, sixteen 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 the Inner Life Skills Curriculum for Youth and Transformation through Feeling: Awakening the Felt Sensibility.

This training is provided by **A Better Way, Inc.** in partnership with **Chabot Los Positas Community College District** and **Solano County**. Public and Private Child Welfare Staff are encouraged to attend. A Better Way Title IV-E Training Supports AB 636 Child Welfare Outcomes for SAFETY, PERMANENCE AND WELL BEING. This course meets the BBS requirement for 3 CEs. CEs are provided by A Better Way, Inc., Provider # PCE387. Participants must attend all hours to receive CE credit.
