

A Better Way, Inc. Proudly Presents...



An Awareness-Based framework for Resilience in Youth Services, Child Welfare and Juvenile Justice: Applying Mindfulness to Self and Others

with *Gabriel Kram* of *Applied Mindfulness, Inc.*

2015-2016 Monthly Series | 1pm-4pm | CEs available | No fee | San Francisco, California

Register Here: <https://abetterwayinc.wufoo.com/forms/r1lofncqlo2d7zq/>

This course series begins with a highly experiential immersion in self-care, while laying out frameworks for understanding stress, vicarious trauma, and compassion fatigue. It will be focused on the experience of self-care and deep restoration for recovery of resilience at the level of the nervous system. We'll examine frameworks for beginning to think about the physical, psychological, and spiritual impacts of our work on our wellbeing. We'll examine the physiology of stress, look at indicators of autonomic nervous system function/dysfunction, and practice a wide variety of techniques for supporting the relaxation response, working specifically with thoughts, emotions, and sensations in the body. Over time, participants will develop a clear map of their own priorities for self-care and the approaches that best support these priorities. As participants practice and gain familiarity with this awareness-based approach to wellbeing, we will begin to explore utilizing elements of this framework with clients to support their needs. Sessions are highly experiential, and you should feel different and better by the end of each session, gradually developing a toolbox of practices and new habits around resilience to support you generally in your life, as well as in particular moments of stress and challenge.

Monthly Topics:

- Self-Care and Resilience
- Vicarious Trauma / Compassion Fatigue
- Applying Mindfulness
- Working with Emotion and Empathy
- Habit Change / Neuroplasticity
- Teaching awareness-based practices to clients

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 **CCSF** and **San Francisco 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.