

Training Series: Applied Mindfulness

Gabriel Kram, Director of Applied Mindfulness

This training series will provide information on mindfulness and its systematic application to our work in relation to our own wellness, and with the youth we serve.

August 3rd	An Introduction to Self Care for Caregivers
September 23rd	An Introduction to Awareness Training for Providers
October 19th	Introduction to Somatic Awareness
November 16th	Introduction to Emotional Self-Awareness
December 14th	Transformation through Feeling
January 18th	Transformation through Feeling, Part II
February 15th	Introduction to Creativity and Staff

Future Dates to Come.....

This training is presented in partnership with Chabot Las Positas Community College and Alameda and Solano Counties.

This course meets the qualifications for 3 BBS CEUs for LCSWs and MFTs as required by the California Board of Behavioral Sciences & is provided by Fred Finch Youth Center, Provider #3019.

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. (www.applied-mindfulness.org) 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 national models of rehabilitation. His new book: *Transformation Through Feeling: Awakening the Felt Sensibility* is currently being prepared for publication. 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.

1st Session:

August 3rd
1:00-4:00

Fred Finch
3800 Coolidge Ave
Oakland
Training Institute

This workshop is open to those who work with foster youth in Alameda and Solano Counties. To register for this FREE workshop, please email trainings@fredfinch.org. Space is limited.

