



David &  
Karen  
Gamow



# Martial Arts for the Mind

## *Stress & Resilience Skills for Emergency Service Personnel*

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This training provides physiological and cognitive techniques to overcome the negative impacts of stress, and to increase our capacity to bounce back from adversity.

Navy Seals use these techniques to calm intense fear before combat. Actors and athletes use them to reduce stress and enhance performance under pressure. Learn how to stop the stress response before it arises, and to find effective ways to release it once present. Learn how to:

- Understand and communicate more sensitively with others without denying or sacrificing your own feelings
- Manage challenging work situations with greater calm and clarity of mind
- Release stress with clinically-proven relaxation, breathing, and meditation techniques that can be done in just a few moments
- Achieve significant relief from chronic pain, insomnia, and high blood pressure, among many other health conditions
- Increase focus amid 24/7 hyper-connectivity and distractions

### ON-SITE TRAINING

**3 hours** (*shorter lengths possible*)

Cost: \$2,400 San Francisco area  
\$4,200 Western States | \$5,700 Midwest  
\$6,400 East Coast, Hawaii, Alaska  
\$2,800 *Each additional training*

### VIRTUAL TRAINING

**90 minutes**

Cost: \$2,100 up to 50 people  
\$2,400: 50-100 | \$3,000 for 150  
\$3,500 for 200 | \$4,000 for 300

David and Karen Gamow have trained over 35,000 employees for clients including the U.S. Navy, National Park Service, NOAA, Department of Justice, City of Denver, San Jose Police and Fire Departments, Santa Clara County, and many other city and state agencies. For years their training has been an integral part of leadership training intensives for GE, NASA, and the Social Security Administration. They have spoken about stress on behalf of the American Heart Association. Authors of *Freedom from Stress*, their work has been featured in *Investor's Business Daily*, *Huffington Post*, and *Money Magazine*.  
Clarity Seminars • karen@clarityseminars.com • (650) 917-1186 • www.clarityseminars.com

"Excellent. This should be base-line training for all new and old LE officers. I've been in law enforcement for over 30 years, and we can be a tough crowd to present to. Our officers truly appreciated what you taught us."

—Jim Hjelmgren, Chief, Law Enforcement, National Wildlife Refuge System of Alaska, U.S. Fish & Wildlife Service

"These skills are critical for working effectively with the public, handling the constant stress, and making sure our employees can leave those stresses at work when they go home to their families."

—Lt. William Bonifacio, Manager San Mateo County Sheriff's Department

"We spent a year looking for a training that would help our people work with a demanding public. We all know what to do. What's important is being able to respond well under pressure. Everyone spoke highly of it: maintenance workers, fire fighters, administrators, and executives. This was one of the most outstanding trainings we've ever had."

—Teresia Zadroga-Haase, Human Resources Director, City of Manhattan Beach, CA (now HR Director, City of Santa Clara)

"I'm a 25 year Police veteran, and have seen the negative effects of stress on many colleagues over the years. The response to this training was overwhelmingly positive. I strongly recommend their course."

—Training Commander, San Jose Police Department

## Our instructional strategy

The training is a combination of lecture, experiential techniques, Q & A, and voluntary interaction between the instructor and participants. Participants experience exercises and ideas as observers/scientists, and are encouraged to test them for themselves, in the classroom. The program is sometimes humorous but also challenging, with the goal of a significant shift in understanding.

## Course content

The training consists of two approaches to stress: **cognitive and physiological**. The cognitive training culminates in a 4-step process developed at Harvard that helps participants break the cycle of responding to challenging situations in stressful or non-productive ways. Participants gain an understanding of the mind and its habitual, unconscious responses to external challenges, and also learn how to consciously and naturally choose a different response. To the extent that stress is a feeling of being out of control, stress is reduced as we gain mastery over our responses, even in small ways.

The second prong of the training is hands-on practice in a number of relaxation, breathing, and meditation techniques that are clinically proven to reduce stress and enhance mental focus. Participants are also trained to relax the body at will, relieve physical tension, and relieve or eliminate pain. Other benefits include reducing or eliminating insomnia, reducing blood pressure, and enhancing resilience.

## Course outline

### 3 hour training

Intro and clinical research (30)  
Guided techniques/Q&A (40)  
Cognitive skills (60)  
Break (15)  
Guided techniques and Benefits of each technique (30)  
Closing (5)

### 2 hour training

Intro (10)  
Guided techniques/Q&A (35)  
Cognitive skills (45)  
Break (10)  
Guided techniques and benefits (15)  
Closing (5)

### 90 min training (live or virtual)

Intro (10)  
Guided techniques/Q&A (35)  
Cognitive skills (40)  
Closing (5)



*“Employees are clamoring for help with stress, but it’s rare to find a program that’s effective. The Gamows’ easy presentation style coupled with an obvious deep knowledge of human physiology and psychology gives them great credibility with their audiences.”*  
—Jeanne Batey, HR Director, Office of Economic Development, City of Denver

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## Federal agency clients

United Nations  
U.S. Department of Education  
U.S. Department of Energy  
U.S. Department of Justice  
U.S. Department of Transportation  
U.S. Department of Treasury  
Office of the Comptroller of the Currency  
San Francisco Federal Reserve Bank  
Social Security Administration  
U.S. Post Office  
Hawai’i Volcanoes National Park  
National Weather Service  
NASA  
*Kennedy, Johnson, and Stennis Space Centers, Wallops, Ames Research*  
*HQ Leadership Through Influence (LTI)*  
U.S District Courts  
*Western District of WA, Middle District of PA, Eastern District of PA, Northern District of FL*  
NOAA  
Defense Information Systems Agency  
U.S. Department of the Interior  
U.S. Forest Service

## City and County agencies

City of Clearwater  
City of Denver  
City of Dublin  
City of Elk Grove/Police Department  
City of Roseville  
City of San Jose  
City of Sunnyvale/ Sunnyvale Police  
Denver International Airport  
Fort Bragg Police Department  
San Jose Fire Department  
San Jose Police Department  
San Mateo County Sheriff  
San Mateo Dept of Education  
San Mateo County 911 Association  
Santa Clara County / Fire Department  
Santa Clara County Emergency Services  
Santa Clara District Attorney  
San Francisco Police Academy  
Stanford University Police Department  
South San Francisco 911 / Police

## *Additional testimonials*

“This training program was helpful, not only in terms of how to deal with people who stress you out, but especially on how you handle yourself, so you don’t let the slings, arrows, and other misfortunes that others may sling your way get you down. It was rather liberating, in fact.”

—John Lom, Deputy Chief Counsel, Alcohol and Tobacco Tax and Trade Bureau, U.S. Department of the Treasury

“The ability to react calmly in pressure situations is an invaluable skill. Your ability to not only show us how to do that, but motivate and inspire us to do it, is what makes your program so valuable.”

—Brenda Velasquez, 911 Dispatch Manager, South San Francisco Police Department

“Our staff are under tremendous pressure from the heightened security needs we face since 9/11, and it has taken a toll on our people. Your program is a life-saver.”

—Mary Jo Snell, Human Resources Training Manager, Denver International Airport

“I’ve thought long and deeply about how to respond to the people who appear in my courtroom, given their frustrations, lack of respect for authority, and the necessity to be both understanding and strong. I intend to implement all of the tools in my professional and personal life.”

—A federal judge (anonymous as required by law)

“Having a core of trained people has benefited the whole Center. Even one person with calm energy in the face of challenge helps everyone to respond at their best. I recommend your work highly.”

—Charles Palmer, Jr. 351st Civil Affairs Admin, U.S. Army

“I believe our officers have truly benefited from your training. The reviews were all positive. Stress is a major contributor to illnesses and death amongst our officers. Because of your training, our officers now have a practical approach easily at hand. Thank you.”

—Don Johnson, Chief, Sunnyvale Department of Public Safety, Sunnyvale, CA

“Our department has been through a year-long training and redefinition of our mission and how we work together. Your program was just what I was looking for. The officers were engaged and involved, and afterwards, gave this training high ratings. That’s no easy achievement with a police audience. The skills you teach are critical for success in work and in life.”

—Mark Puthuff, Chief of Police, Fort Bragg, CA

“Police officers are one of the toughest audiences you’ll find anywhere. You really connected with their realities with your stories and examples. I was pleased at how receptive everyone was. This was a great success. We don’t usually have resources to bring this kind of program to our people, but thanks to some

impoundment funds that became available, we were able to. It’s the best use of those funds that I could imagine.”

—Kevin Burke, Chief, Healdsburg Police Department

“Very informative and eye-opening. Being a new officer to the service, this workshop really opened my eyes to dealing with stress, and ways to manage it.”

—Pete Harvey, Federal Wildlife Officer, U.S. Fish & Wildlife

“This program is about changing myself, not others. Gave me tools to separate emotionally and step back. You folks are great. Thank you.”

—Vincent Gaudio, United States National Park Police

“Thumbs up. I wish I had seen this 30 years ago. I have 200 top executives under me, and 1200 mid-level managers under them. I’d like everyone to take this.”

—Pete Kutras, Director, Office of the County Executive Santa Clara County

“It’s pretty amazing how this program can change your thought process in just a few hours. It was by far the most relevant and eye-opening training in my 20 year career with the NPS.”

—Mark Norbey, Fee Supervisor, Glacier National Park

“This training program was helpful, not only in terms of how to deal with people who stress you out, but especially on how you handle yourself, so you don’t let the slings, arrows, and other misfortunes that others may sling your way get you down. It was rather liberating, in fact.”

—John Lom, Deputy Chief Counsel, Alcohol and Tobacco Tax and Trade Bureau, Department of the Treasury

“Our employees include some of the country’s finest research scientists, and they gave this program top ratings. It’s a big plus that the program is based on clinical research and that people can experience the results of the techniques first-hand. Even our traditional skeptics were won over.”

—Erin M. Shatara, Training Coordinator, Stanford Linear Accelerator

“Your program really affected me. I’ve been shot at in the last month. I work with some very violent criminals, including several sex offenders. I’m filled with anger most of the time, at work, and at home. But something you said in your program hit me hard. I realized, this isn’t my 6 year old son’s fault or my family’s fault. It’s me, and I can do something about it. I did your exercises in my room last night. They are powerful. I know a lot of people won’t admit this, but police professionals need this training. We need to get over our macho exterior, keeping anything from getting to and affecting us. This really changed me. I want you to know that a lot of people here needed this. You made a real difference here. Thank you so much.”

—Anonymous, Federal Probation Officer, U.S. District Courts