

Generational Brainspotting

Harnessing the Ancestor Effect

With Ruby Gibson, Th.M.

April 28-29, 2012

New York, New York



● **Brainspotting™** is a powerful, focused treatment method developed by Dr. David Grand that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms. A "Brainspot" is the eye position which is related to the energetic/emotional activation of a traumatic/emotionally charged issue within the brain, most likely in the amygdala, the hippocampus, or the orbitofrontal cortex of the limbic system.

● **Generational Brainspotting (GBSP)** combines Brainspotting™ with Somatic Archaeology, a transgenerational healing technique developed by Ruby Gibson. GBSP is indicated for inherited familial and cultural patterns of abuse, addiction, disease or despair; intergenerational backgrounds of war trauma, genocide, ethnocide, immigration and removal from homelands; and lightening the load for our children and future generations.

● **Interest in Trans-Generational Healing** is currently on the rise and numerous research studies are highlighting its role in contemporary trauma treatment, brain science, and neurophysiology. In an article entitled, *Grow Your Mind*, in the January 10 & 17, 2011 issue of *Newsweek*, author Sharon Begley describes, "Take for instance, the 'ancestor effect.' As a paper to be published in the *European Journal of Social Psychology* reports, 'Thinking about our genetic origin' - how Grandpa survived the Depression, how Great-Grandma eluded the Cossacks, et al. - enhances intellectual performance."

● **Combine the 'Ancestor Effect' of Somatic Archaeology** with the mind attunement that comes from focusing on one object, such as a body sensation or eye position, and the result is Generational Brainspotting.

● **When Generational Memories are Accessed** through body sensation, there is a profound ability to reconcile historical traumatic events that are at the root of repetitive behaviors, dissociative tendencies, dysfunctional relationships, moral conflicts, stress patterns, antiquated coping mechanisms and chronic pain.

Ruby Gibson, ThM, is a certified somatic therapist, international educator, Brainspotting trainer, and published author. Ruby received her Master's Degree through Hofstra University, and is currently a doctoral candidate researching the impact of intergenerational trauma in our matrilineal inheritance, and our capacity to heal. With over 30 years field experience, the focus of Ruby's work has been helping children and adults reconcile transgenerational suffering through the development of Somatic Archaeology™ and kincentric ecology. Contact: trainings@rubygibson.com



Details: April 28 & 29, 2012, Saturday and Sunday 9 am-5 pm

Tuition: \$475.00 (Pre-requisite BSP Phase 1)

Continuing Ed: 14 CE's available - Fee \$30.00

Location: Industrial Building, 150 W. 28th, Room 1104, NY, NY

Registration: Freedom Lodge, Inc., PO Box 811, Evergreen, CO 80437

On-Line: <http://www.rubygibson.com/event-registration/>