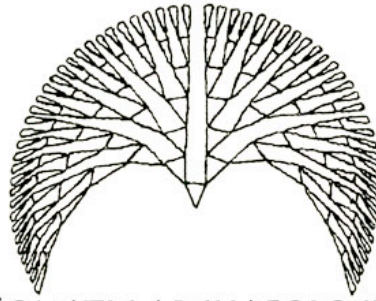


Freedom Lodge Non-Profit Group presents



SOMATIC ARCHAEOLOGY™
HEALING FOR SEVEN GENERATIONS

Somatic Archaeology™ Master Class

100-Hour Certification Program

Transgenerational Reconciliation and Earth Centered Healing Skills for Professionals

Taught by Ruby Gibson, ThM, program developer and trainer

SPRING 2012 TRAINING: April 20-22, May 11-13, June 15-17, and July 13-15, 2012

Location: Puerta De La Luna, 546 Harkle Rd, Santa Fe, NM 87505

Days / Times: Friday 10:30 am – 7:30 pm & Saturday and Sunday 9:00 am – 6:00 pm

Cost: \$2,100.00 – Includes application fee and class materials. CE's may be available.

Application: Contact Ruby Gibson: trainings@rubygibson.com or 303-670-7300. Request an application form or download it from our website. Make checks for \$100 application fee payable to Freedom Lodge, PO Box 811, Evergreen, CO 80437.

Lodging and Accommodations: Santa Fe listings available by request.

Pre-requisites: Open to all Professional Health Care Providers: Mental Health Therapists, Social Workers, Counselors, Doctors, Nurses, Somatic Therapists, Bodyworkers and Educators.

Individual Student Mentoring: Available at a distance via phone consultation with your Instructor for additional support working with clients. Inquire regarding cost and details.

Instructor Bio: Ruby Gibson, ThM, LMT, has a Masters Degree in Theology with a Special Emphasis in Transformational Psychology, and is a Doctoral Candidate at Holos University. She is a gifted empath, earth-centered ceremonialist, international educator, aromatherapist and Certified Somatic Therapist specializing in generational reconciliation of suffering for thirty years. The author of ***My Body, My Earth, The Practice of Somatic Archaeology***, Ruby developed Somatic Archaeology in 1995 and teaches training programs nationwide. An advocate of healthy living since the age of thirteen, Ruby is a child advocate, mother of three, and co-founder of Freedom Lodge non-profit group residing in the foothills of Colorado. For more information on Ruby's work, please visit www.rubygibson.com.

Ruby also offers transgenerational workshops and trainings in Generational Brainspotting, Somatic Archaeology for Bodyworkers, Somatic Archaeology Community Healing Circles and inspirational conference presentations.

Freedom Lodge, Inc, PO Box 811, Evergreen, CO 80437-0811
303-670-7300 ~ www.somaticarchaeology.com ~ www.rubygibson.com

Somatic Archaeology Master Class: 100-Hour Certification Program

Generational Reconciliation and Earth Centered Healing Skills for Professional Therapists

Taught by Ruby Gibson, ThM, program developer and trainer

Hours: 96 in class + 4 hours to prepare and present final project = 100

Master Class Program Description: This training program focuses on the circle of life as the circle of healing. Everything we do and everything we inherit – familial, cultural and spiritual – has a cause and an effect. We call this effect our Life Story. Many of us unconsciously live out the consequences of cause and effect, while never recognizing that we have the power and capacity to change the Story – for ourselves, for our family or for our Earth.

Somatic Archaeology offers tools to “excavate” seven generations of our familial history in order to explore the root or origin of our current experiences and Life Story. Once uncovered, we can carefully “dust off” and remember the trail of events that have led us to this moment in time. This infuses us with incredible power and relief, for we can now clearly discern our truth and create a bridge to conscious, life-affirming choices. This unburdens our children and grandchildren, benefiting seven generations forward.

As a therapeutic collaboration utilizing the ancient Medicine Wheel, indigenous kincentric principles, energy psychology, biogenealogy, breathwork, neurobiology, and spirituality, the Somatic Archaeology Master Class teaches therapists to guide another to unearth the origins of their Life Story in order to create awareness and reconciliation of tragedies, life patterns and cultural myths. This experiential program offers the concepts, techniques, and skills for integrating the power of Somatic Archaeology into your practice and into your life. We explore:

- The Five Steps of Somatic Archaeology
- The Neurobiology of Memory
- Trauma First Aid and Somatic Resourcing
- Remedies for Depression, Anger, Addictions, Grief and Guilt
- Therapeutic Sound, Movement and Breathwork
- The Medicine Wheel as a Diagnostic Tool
- Trauma Recovery and Empowerment Protocols
- Dancing with The Four Worlds: Animal, Plant, Mineral, Human
- Releasing Emotional Patterns with Essential Oils
- Strategies for Working with Warriors and Military Families
- Finding the Gift Within the Wound: Unearthing Joy, Purpose, and Compassion
- Archetypes and Cultural Symbolism
- Working with Your Ancestors

TRAINING DETAILS

The SA generational skills are designed to be woven into other therapeutic settings and self-application practices. The Master Class training is open to students with diverse professional backgrounds: somatic therapists, mental health professionals, bodyworkers, healers, massage therapists, chiropractors, spiritual counselors, social workers, etc. All applicants must be familiar with therapeutic interactions, have liability insurance, and be able to work with others in an externship program. Due to the traumatic content of the class, we recommend that participants have a **circle of care and support** for themselves during the training.

The Somatic Archaeology Master Class includes four 3-day training weekends, once a month for four months, in the same town and location. We typically offer two Master Class trainings per year, one in the spring and one in the fall. Each student will be required to present a creative final project synthesizing the principles of Somatic Archaeology. Master Class students must complete all four weekends of the training program in succession.

In addition, students must agree to the following provisions: 1) This is an advanced training program and all graduates must comply with their local and/or state regulations regarding licensure of body workers, psychotherapists, counselors, etc; 2) Student must provide instructor with copies of educational certifications or degrees to practice Somatic Archaeology in a externship setting; 3) Student must be willing to abide by professional ethics and standards of care that display integrity in their actions and respect the boundaries of their clients; 4) Students must accept full responsibility for their well-being, participation in, and creation of this program; 5) Full attendance in the Master Class is required. In emergency circumstances, class make-up may be offered.

REGISTRATION STEPS

Upon receipt of an application form and non-refundable application fee, you will be contacted by the instructor with follow-up questions and confirmation of acceptance. You can download an application form [here](#). Please fill out and mail to the address on the form along with check or money order made payable to Freedom Lodge. The application fee cannot be paid by credit card. The training cost is \$2,000.00, payable in one sum, or in four payments. A signed payment plan commitment must be received to begin training program. A certificate of completion will be issued only upon payment in full of all tuition charges. All handouts and in-class supplies are included in the tuition. Students are required to purchase and read *My Body, My Earth, The Practice of Somatic Archaeology* in advance of the first weekend of training. More specific details will be sent upon registration. Feel free to contact us with any questions or specific requests you may have.

“It is the occupation of our generation to remember. When we wish to peer into our collective past and examine how we progressed as a culture, we dig in the earth—which stores the symbols, skeletons, shadows and trails of our communal evolution. When we wish to explore our personal past, we go to our body—which is the keeper of our individual history and inherits the memories, behaviors and beliefs of our ancestors, along with our spiritual lineage. But when we suppress or forget our personal past, we cork up a very turbulent energy. Historical amnesia creates inner pressure and external conflict, anchoring us into the very thing we wish to avoid—repeating history. This dynamic is the source of most suffering. The key to building our global society into a mutual articulation of harmonious, peaceful living is the empowerment of the individual to reconcile their past and reclaim their ability to co-create a graceful life. This is the journey of Somatic Archaeology. History may predispose the future, but EXAMINING history gives alternatives to the future. I invite you to remember.” - Ruby

Course Descriptions and Hours

In-class hours: 96 + 4 hours to prepare and present final paper or project = 100

Weekend One: Somatic Archaeology and the Wheel of Transformation – 24 hours

This weekend establishes a basic awareness of the somatic experience as a means to personal transformation. We will study core issues, and explore the origins of grief, depression, anxiety, addictions, chronic pain, biogenealogical conflicts and disease processes. Learn empowered recovery skills for PTSD and trauma following instinctual neurobiology and a quadrune brain model. Guided imagery, mental discipline, somatic attunement, trauma first aide and breathing skills for creating safety. Explore the wheel of healing, the wheel of suffering, the wheel of transformation, and the potential for unearthing joy in the body. Create alchemy for transgenerational healing through the medicine wheel, the four worlds and the four aspects of self. Instructor demonstration of a Somatic Archaeology session and guided somatic meditations.

Weekend Two: Energy Medicine – 24 Hours

Learn the fundamentals of energy medicine, the chakra system, the luminous body and black holes. The therapeutic use of essential oils and the plant world for emotional release, stabilization and trauma recovery will be highlighted. Bring in archetypal energy of the maternal lineage, birth trauma, and relevant symbols for nurturing, remembering attachment, and honoring. Learn to integrate dreamwork symbols, along with exploring personal and cultural myths. Application and embodiment of the warrior, magician, and lover archetypes in your role as healer. Develop energy handling techniques for tracking, grounding, boundaries, resourcing, soundwork and breathwork to release stagnant energy. Learn skills for self-care, self-protection and intake procedures. Discuss effects of psychological medications in Somatic Archaeology and obstacles to cure. Instructor demonstration, student exchange, and guided somatic meditations.

Weekend Three: Treatment Protocol – 24 Hours

We will discuss protocol for somatic dissociation, titration, and pendulation, as well as identifying choice points, somatic looping, empowerment and long-term treatment plans. Learn how our body stores accumulated memories, associated somatic filters and coping skills, and how our relationship to the Earth influences memory. Bring in archetypal energy of the paternal lineage, for healing PTSD, combat stress, traumatic brain injuries, intergenerational trauma, cultural suffering, loss of tribal lands, and the neurobiology of repetitive stress syndromes. The therapeutic use of the mineral world, stones and crystals for transforming energy will be highlighted. Skills for working with severely traumatized clients, children and the inner child. Reconstruction of self for soul wounds. Creating independence with client affirmations, journaling and homework. Instructor demonstration, student exchange, and guided somatic meditations.

Weekend Four: Reconciliation – 24 Hours

We will explore the reciprocal union between masculine and feminine, and how this impacts our health, with a focus on spiritual ethics and sacred law. Learn to break generational or spiritual contracts and exit from cycles of suffering. Discussion of timelines, spiritual dimensions, and karma VS dharma. Heal for seven generations, past and future. Incorporate use the Animal World and related symbology. Therapeutic use of prayer, meditation and ceremony will be incorporated, as we design ceremony as co-creative energy of the mystery. Skills for navigating in the unseen worlds and calling in your ancestors and spirit helpers. Healing the Earth with Somatic Archaeology. Review medicine wheel diagnostics, reseal joy and authenticity into the body for a new paradigm. Discussion of “coming into right relationship” and how to take what you’ve learned out into the world – focus on marketing, professional guidelines, ethics and community. Instructor demonstration, student exchange, and guided somatic meditations. Present final paper or project, closing ceremony and receive diploma.