

Historical Trauma Recovery Specialist 100-hour Certificate Program

NATIVE-WISE™

Tribal Community Training

Providing Alternatives to Talk Therapy & Medication

Learn Body-Based, Interactive Life Skills

Developed by Dr. Ruby Gibson

Produced by Freedom Lodge non-profit group

Funded by the Indigenous Peoples Fund of the Tides Foundation.



Registration open to Tribal-Health Care Professionals, RN's, School Educators / Staff, Counselors, Social Workers, Hospital Staff, EMT's, Police, Suicide Prevention groups, and those providing healthcare to Native American communities.

Spring 2017 Program Overview

100 hour specialized certificate training in Historical Trauma Recovery

Register: Fill out HT-RS application form and submit to our office via mail or email.

Acceptance: We will contact you with acceptance via email. Space is limited, apply early.

Fee: No charge for tribal-enrolled members / \$1,200.00 for non-tribal members (payment plans avail).

Attendance: Students must attend all 4 modules.

Required Textbooks: All students must buy their own books (please inquire).

My Body, My Earth, The Practice of Somatic Archaeology by Ruby Gibson (2008)

An Indigenous People's History of the United States by Roxanne Dunbar-Ortiz (2015)

HT Recovery Specialist Program Outline

Module One - I Notice (24 hours)

January 26-28, Thursday & Friday & Saturday 8:30 am-5:30 pm

- Overview of Program / Introductions / Expectations / Cultural Competency
- Historical Timeline Flow Chart of Sioux Nation - Seven Generation Trauma Clusters and Significant Events
- Impacts of Colonialism, Religion, Residential Schools & Forced Relocation
- Biogenealogy and the Inheritance of Instinct & Culture
- Matrilineal Epigenetics & The Role of the Father
- Mother Earth as a Keeper of Memory
- Historical Amnesia & The Neurobiology of We
- Historical Trauma-Informed Classroom (
- Lecture, Personal Review of History, Triad Discussions and Class Sharing

Module Two - I Sense (24 hours)

February 23-25, Thursday & Friday & Saturday 8:30 am-5:30 pm

- How HT Affects our body, brain development & recovery efforts
- Basic anatomy and neurophysiology of stress & the 5 Steps of Somatic Archaeology
- Medicine Wheel of Suffering, Wheel of Healing, Wheel of Transformation
- Reduce hormonal fatigue, chronic pain, repetitive injuries, inherited patterns
- Depression, grief, apathy, lethargy and suicidal tendencies
- Addressing self-sabotage, sexual abuse, addictions, rebellion, anger
- Sensory tracking / Sensory breathwork / Sensory layers
- Pendulation, resourcing, integration model (Breath, Resource, Settle)
- Lecture, Instructor Demo, Dyad Exchange and Class Sharing

Module Three - I Feel (24 hours)

March 23-25, Thursday & Friday & Saturday 8:30 am-5:30 pm

- Indigenous Brainspotting training (combining Brainspotting with the 5 Steps of Somatic Archaeology) taught by Dr. Ruby Gibson
- 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.

Module Four - I interpret (24hours)

April 27-29, Thursday & Friday & Saturday 8:30 am-5:30 pm

- Our Benevolent Bodies: Envisioning Cure
- Making sense, identifying barriers, building resources, creating change
- Review of relevant research, becoming an educator and specialist in this field
- How to apply the skills learned - Instructor demonstration and student practice
- Ways to serve your community - group discussion, special speakers, elder sharing
- Graduation Celebration!

Externship - I Reconcile - (4 hours)

- Practice / document / research educational and community experiences

Treatment Protocols Utilized in the HT-RS Program

Somatic Archaeology® (SA) is a specific therapeutic approach designed by Dr. Ruby Gibson to mediate and reduce detrimental intergenerational effects and augment positive characteristics of Historical Trauma. In this approach familial, cultural, religious, environmental, and epigenetic influences are somatically explored using a method designed to inform and empower people to create wellness for themselves, and to thereby change patterns passed on to their children. The technique is documented in Dr. Gibson's book, *My Body, My Earth, The Practice of Somatic Archaeology* (iUniverse 2008).

"The body is the reservoir for somatic-based memories of trauma going back many generations. This concept (SA) offers a route for healing trauma through a process involving specific breath-work, imagery, aromatherapy and other somatic techniques. My Body, My Earth provides a detailed and eloquent rationale and description for how this remarkable technique works, both as a therapeutic model and a self-help manual. It is a major contribution to the burgeoning literature in the field of somatic psychology." - Robert Scaer, M.D., author, *The Body Bears the Burden: Trauma, Dissociation and Disease*, and *The Trauma Spectrum: Hidden Wounds and Human Resiliency*

Body tension reflects an internalized conflict or a crisis that persists because patterns of stress are ignored, suppressed or prolonged, inhibiting the resolution of somatic tension as a survival mechanism. Tension and stress held over a period of time or across generations manifests itself as inflammation, a primary precursor to the top epidemic conditions of this generation: chronic pain, heart disease, cancer, arthritis, fibromyalgia, immune-disorders, diabetes, obesity, etc., along with prolonged anxiety, mental disease and post-traumatic stress syndromes. The 5 Steps of Somatic Archaeology follow neurobiological pathways and varied manifestations of tension and stress in the body, providing us with a teachable map that can transform suffering, allow for emotional expression, increase causal understanding, and provide spiritual relief through remembering.

Indigenous Brainspotting™

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 orbito- frontal cortex of the limbic system.

Indigenous Brainspotting (IBSP) combines Brainspotting™ with Somatic Archaeology®. IBSP is indicated specifically for inherited familial and cultural patterns of domestic and sexual abuse, addiction, disease or despair; intergenerational backgrounds of war trauma, genocide, ethnocide, immigration and removal from homelands; earth-centered spiritual fracturing; and for those who wish to lighten the load for our children and future generations.

Biogenealogy

Biogenealogy explains the family dynamics and the way of transmission of ancestral memories of traumas. It brings a brand new understanding on how biological, behavioral and psychological patterns are transmitted, and offers amazing techniques to deprogram them on the family level. Working on these ancestral memories helps the person in freeing herself from them, as well as liberating the whole lineage, from her ancestors to her descendants. We understand that diseases, emotional impacts associated with them, and memories of traumas can be transmitted to future generations via the genes. It seems logical that in many cases the primary cause of physical, emotional and behavioral dis-orders may stem from previous generations.

Historical Trauma Timeline Mapping

A means of chronicling events and cultural stories that provides an overview of cause and effect. Research has shown that most of our behaviors, diseases and their emotional imprints don't belong to us but to our parents, and our grandparents, and great-grandparents. We notice patterns that emerge from clusters of emotionally intense events that bind people together in shared

trauma. Curiosity is the driving mechanism for this intervention, as we compare an individual's timeline to their parents or grandparents in order to highlight and identify specific issues that can be pulled out of the timeline and addressed individually. Cultural generational traumas often mix together with positive events, and it can be difficult to sort them out and draw strength from joyful or beneficial or creative inheritance. Just by revealing these life cycles to a person may break the cycle and allow them to change the course of her life. It is also important to point out the importance of the happenstance and psychological state in the parents' life during the period from the conception until the first year of the child. The climate of this period with the unconscious projects of the parents and their emotional impacts on the fetus, predetermine the sense (direction and purpose) of the child and its future behaviors and diseases.

Traditional Lifeways

Many Native counselors bring traditional tribal ceremonies and healers into the counseling process. Dependent upon the cultural values and practices, a variety of spiritual interventions may be recommended and provided. These include:

- Participation in traditional healing and cultural activities
- Culturally based wilderness camps and programs
- Vision quests, coming of age ceremonies, visits to sacred sites
- Talking Stick Circles to address specific issues
- Elder Storytelling and Historically Accurate Knowledge
- Community development initiatives, among others.

The role of Traditional Lifeways is very important, creating a feeling of belonging and acceptance by family and friends. Positive interactions shared in school, youth groups, ceremonies and reclamation of cultural knowledge can designate that one is "being in a good way."

This Certificate Program is designed, developed and taught by Dr. Ruby Gibson, Executive Director of Freedom Lodge. For the past 35 years, Ruby has been dedicated to the craft and science of Historical Trauma recovery among our Native Peoples all around Turtle Island for 30+ years. She developed two intergenerational trauma recovery models - Somatic Archaeology© and Indigenous Brainspotting™. Using our Body and Mother Earth as a source of biological, emotional and ancestral memory, these techniques were field tested for 20 years on clients and students with amazing effectiveness. Dr. Ruby's recovery principles are shared at professional conferences, universities, hospitals, tribal consultations, ceremonies, veteran gatherings, youth groups, and high schools. Ruby is honored to witness the amazing capacity that each person has to reconcile personal & cultural suffering. As the mother of 3 children, and grandmother of one, Ruby has hope for the next seven generations!

