



SOMATIC
ARCHAEOLOGY©
MASTER CLASS 2023



Offered by Freedom Lodge

INFORMATION

Welcome to the Somatic Archaeology© Master Class! This dynamic and intuitive training was designed by Dr. Ruby Gibson, and is hosted by Freedom Lodge. This advanced program is modeled after the Medicine Wheel - the oldest symbol of all time - and is specifically for the needs of healthcare providers / counselors and those they serve. A unique approach to recovery from historical, cultural trauma, and complex trans-generational traumatic events utilizing researched and culturally relevant tools. A 200-hour somatic, body-based approach assists each student to engage in a comprehensive, empowering, safe, multi-race, blended online learning and sharing platform with your trainers and peers.

- Cultivate personal memory, cultural knowledge, and personal resilience.
- Expand on the neurophysiology of stress, disease, and collective suffering.
- Access your body with focused breath work, mindfulness and somatic meditation.
- Identify emotional patterns and reconcile belief systems.
- Break trends of abuse, addiction, anger, anxiety, violence, and suicidal thoughts.
- Heal generational inheritance of sexual exploitation, assault, and shame.
- Remedy chronic pain, chronic fatigue, generational beliefs, and family dynamics.
- Address relationship issues, grief, depression, and forgiveness.

- Encourage a path of spiritual wellness, artistic passion, and self-love.
- Based on Medicine Wheel Alchemy and Earth-Based Methodologies.
- Identify and impact the next generation's inheritance for 7 generations!

DETAILS

- 14 generational recovery approach, this program is supported with resourcing skills, a blended learning system, and a therapeutic exchange with other health care providers.
- Expect to learn powerful modalities that will change your life and augment your profession with culturally appropriate interactions and solutions.
- Created for healthcare providers, mental and behavioral health therapists, recovery and addiction counselors, traditional healers, social workers, and domestic abuse providers.
- Provide alternatives to Talk Therapy and medication:
 1. Learn innovative neurophysiological corrective techniques: Somatic Archaeology, Hemi-Sync, Trauma First Aide, Aromatherapy, My Body, My Breath™ Skills, Mindfulness, and Biogenealogy.
 2. Reduce Suicidal Tendencies by Raising one's Emotional Intelligence.
 3. Learn Body-Based, Interactive Stress Reduction Skills and Resiliency.
 4. Address Generational Patterns of Disease, Injury, Addiction, Chronic Pain, Unhealthy Relational Dynamics, Sexual / Domestic Abuse, Self-Limiting Beliefs, Grief, Depression, Anxiety, Anger and Hopelessness.
 5. Find the Inherent Benevolence, Wisdom and Recovery Capacity of your Body©.

POST-GRADUATION

Upon completion of this program, you will be able to professionally specialize in Somatic Archaeology© and Transgenerational Trauma Recovery; provide unique presentations; enhance your workplace offerings; establish a Historical Trauma Recovery Center in your community; and be on the forefront of a growing field of study. Graduates will not be able to open a Somatic Archaeology™ center, but can recognize themselves as a SA@ therapist/counselor. Another option is to join our SAMC© Trainers Team. Prospective trainees navigate the program for three years, fulfilling a role as mentor to the students, and assistant to the primary trainer. They participate in online educational and support webinars, SAMC© Instruction Training, gather professional skills to enhance their capacity as leaders and speakers, and are supervised in an effort to strengthen therapeutic skills and knowledge. Upon completion and graduation, prospective trainees may become trainers in their own right, and earn the support of Freedom Lodge to endorse them, and potentially support trainings within their community.



TRAINER'S TEAM 2023

Dr. Ruby Gibson, primary trainer - ruby@freedomlodge.org

Kara Big Crow, BA, secondary trainer - kara@freedomlodge.org

TRAINER/DEVELOPER BIO

A mixed blood woman of Native and Mediterranean descent, Dr. Ruby Gibson has been dedicated to the craft and science of Transgenerational reconciliation, cultural healing, and generational well-being among wounded communities for 40 years. She is the lead trainer for 3 transgenerational trauma recovery models she created; *Somatic Archaeology©*, *My Body, My Earth*, and the *Historical Trauma Master Class* for Native

American Tribal Members (HTMC). Using our Body and Mother Earth as benevolent sources of biological, emotional and ancestral memory, these techniques were field tested on clients and students, researched in her Doctoral studies, and she is composing a current research journal article. Dr. Ruby is honored to witness our amazing capacity to reconcile suffering. The mother of 3 amazing children, and 3 grandchildren, she has a heart full of hope for the next 7 generations! Dr. Gibson is the author of three books:

1. ***Home is the Heart (ENG)***
2. ***My Body, My Earth (ENG, SPA, ROM), The Practice of Somatic Archaeology***
3. ***My Body, My Breath, A Tool for Transformation (w/ Ola Thompson) (ENG,SPA)***

TRAINER BIO

Kara Big Crow, BA, was born and raised on the Pine Ridge Indian Reservation in Pine Ridge, South Dakota and is an enrolled member of the Oglala Sioux Tribe. Ms. Big Crow is the Director of Freedom Lodge and serves on the Board of Directors. She has attended various Healing/Self-help trainings over the years including Mind Body Medicine, as well as Historical Trauma and Healing with Dr. Ruby Gibson. Through her commitment to somatic recovery, Ms. Big Crow has earned her place as a Trainer of the Historical Trauma Master Class and Somatic Archaeology©. Kara is in pursuit of her MBA in Psychology, with a concentration in Healthcare. Ms. Big Crow believes that healing oneself is essential to living a healthy life. As a mother to three talented sons and three beautiful daughters, Kara strongly believes that healing ourselves from the inside out will help our future generations to thrive.

COURSE COMPONENTS

This blended learning program combines five experiential, on-line modules on the Canvas Virtual Station. The five components will be delivered over 6 months to allow time for absorption and integration. All students are asked to respect each other's confidentiality.

1. Online modules: students will participate in five online components. The first four are training weekends that present the experiential coursework. The 5th training session will be the student's final presentation and graduation. These allow students to observe and practice the techniques of our healing models and to learn how to bring these techniques to themselves, their clients and communities. The five weekends are structured to emulate the 5 steps of Somatic Archaeology©. 1. I Notice, 2. I Sense, 3. I Feel. 4. I Interpret. 5. I Reconcile.
2. Instruction videos: these are pre-recorded videos that students must watch and respond to through assignments. They are assigned after the support webinars and before the next online module. Instruction videos will cover new key concepts. Each group of instruction videos will total 2-3 hours in length. Videos are designed to support content absorption.

2023 COURSE SCHEDULE

Below is a course calendar with a general overview of the content covered. For up to date and detailed information on each module and assignment, please consult our online classroom on Canvas. All times listed below are in Mountain Standard/Daylight Time (MST). Study the calendar below to ensure your availability. If you are delayed or unable to attend, notify Kara Big Crow via text on her cell at 605-454-2004 immediately.

CLASS TIMES

Online modules 1-5 will take place on Zoom. A link for each Module will be emailed to you. No audio or visual recording without permission from Trainers. No posting of class information, pictures, or charts on social media sites. Please protect our copyrights and your colleague's privacy!

CLASS SCHEDULE

All module meetings take place on Zoom Thursdays, Fridays and Saturdays. The daily schedule is 9:00am-5:00pm (MST) with a lunch break from 12:00 noon-1:00 pm (MST).

January 26-28, 2023 - Module 1 (I NOTICE)

February 16 -19, 2023 - Module 2 (I SENSE)

March 9-11, 2023 - Module 3 (I FEEL)

March 30- April 1, 2023 - Module 4 (I INTERPRET)

April 13-15, 2023 - Module 5 (I RECONCILE)

DETAILED SCHEDULE

MODULE 1 - I NOTICE

- Talking Circle and Introductions
- Guided SA Meditations on the **Circle of Life & Creation Stories**
- Review Manual and Books; Give Reading homework
- Student Orientation/Trainer Sharing/Determine Module 1 Partner
- 7 Generation Spiral Chart
- Neurophysiology & the Brain ~ Bottom Up / Not top down!
- Discuss the 5 Steps of SA and Bridge to Neurophysiology Principles
- Discuss and Share drawings of the 3 Wheels of Somatic Archaeology©
- Survival Stress versus Generational Stress
- Breathe, Ground, Settle Exercise
- Timeline - Trainer Session Demo with Student
- Dyad Draw and Exchange Timelines with Partner
- Client Intake and Trainer SA session Demo with student
- Dyad SA Exchange - Focus on area of body from Timeline
- Fill out **Compassion Fatigue & Self Care Test**
- Discuss Relevant Research
- Trainers share a significant SA Healing they have experienced

MODULE 2 - I SENSE

- Guided Somatic Meditations focused on the **Mineral World**
- Trainer SA Session Demo with Student
- Discuss ACE's and take **ACE Survey** - Refer to info in Handout Booklet
- SA session with Partner around what came up from Survey Results

- Navel Breathing Exercise - Connect to Maternal / Paternal Lineage
- Review the Wheel of Transformation and the 5 Steps of SA
- Discuss the Power and Epigenetic Influence of inheritance
- Trainer Demo Session with Student on Epigenetics
- Students Share with same Partner based on a memory
- Student Trade on Significant Memories - Allow 75 minutes per Session
- Discuss Epigenetics, Social Shame, Adoption, Belonging, Grief
- Trainer Demo Session on Endocrine system/Chronic Fatigue
- Student exchange on Resourcing and Grief/Loss

MODULE 3 - I FEEL

- Guided Somatic Meditations focused on the **Plant World**
- Students receive Essential Oils and Cases
- Discuss History, Quality and Safe Use of Young Living Essential Oils
- Demo with student emphasizing Releasing Emotional Patterns with EO's
- Practice Kinesiology in Dyads & allow time for Essential Oil Q & A's
- Support Sessions with Observations and Feedback
- Addiction & Recovery Strategies
- Discuss the use of the plant world as an addiction
- Discussion on Sexual Assault - Sexual Assault Protocol
- Trainer Demo with student on Sexual Assault Recovery
- Discuss application of EO's, and language in, the session
- Break into Dyads for session on Sexual Assault with Partner
- Review Essential Oils & emotional release in Handout Book.
- New Dyad Session Trade utilizing Essential Oils
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MODULE 4 - I INTERPRET

- Guided Somatic Meditations focused on the **Animal World**
- Discuss: How are you preparing for your Graduation Presentation?
- Dreamwork - How to work with a specific dream or series of dreams
- My Body, My Breath card strategies and practice with **New Partner**
- Working with Veterans, Children, Self-Care
- Breaking Contracts Demo / Smudging and Prayer
- Session Trade on: Adrenals for Fatigue, Endocrine System issues
- Chronic pain for Long-Standing Physical Issues or Imbalances
- Belonging for Familial Dynamics, Separation Anxiety, Emptiness

- 90 Minute Sessions - Go Deeper, What's Under That?
- Discuss the Role of Spirituality in Sessions
- Raising you Emotional IQ

MODULE 5 - I RECONCILE

- Prepare for Graduation !!!
- Guided Meditations focused on **Human / Spiritual Reconciliation**
- Have your presentation documentation ready to give to Trainers
- If you have PowerPoint or Video, send them to kara@freedomlodge.org
- Dialogue & Reconcile all you have given away and all you have gained
- Final Presentations shared with Class (spoken, musical, video, etc.)
- Group feedback and Trainer / Trainee insights will be shared with you
- Celebrate with your classmates and trainers!

SAMC© HOURS 2023

120	Classroom
30	Externship & Session notes
16	Reading - MBME (6), MBMB (4), Cultural History (6)
12	Talking Circle support meetings
6	Cultural research and paper
6	Filling out evaluations
6	Canvas Instruction Videos
2	1 on 1 Session with Trainer
2	Module 1 Prep work

200 Total hours

BE proud of what you have learned, Honor what you have healed, Liberate what you have excavated. Find a new way to walk in this world - your way! You have made your way around the Wheel of Transformation, more than once, and this will change your life, your thoughts, your choices, your ancestors, children and your grandchildren. Be a Way-Shower, an example of what is possible. Make our families/communities better, healthier, stronger and free from suffering. This power is in your hands, breathe and hearts. We walk with you, love, Ruby's Grandmothers