



SOMATIC
ARCHAEOLOGY©
MASTER CLASS 2023
Offered by Freedom Lodge



INFORMATION

Welcome all to the Somatic Archaeology© Master Class! This dynamic and intuitive training is designed specifically for the needs of healthcare providers and those they serve. This training is 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 / peers. Open to people around the world.

LEARN

- Cultivate personal memory, cultural knowledge, and personal resilience.
- Expand on the neurophysiology of stress, disease, and collective suffering.
- Access your body with focused breathwork, mindfulness and somatic meditation.
- Clear emotional patterns and decolonize belief systems.
- Break trends of abuse, addiction, anger, anxiety, 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.
- This training is designed for each of us and the communities we serve.

HEALING PATHWAYS

- 14 generational recovery approach, this program is supported with resourcing skills, a blended learning system, and an interactive / supportive 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.
- Provides 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 and Mindfulness, and Biogenealogy
 2. Based on Medicine Wheel Alchemy and Methodologies
 3. Reduce Suicidal Tendencies/Depression by Raising one's Emotional Intelligence
 4. Learn Body-Based, Interactive Stress Reduction Skills and Resiliency
 5. Address Generational Patterns of Disease, Injury, Addiction, Chronic Pain, Unhealthy Relational Dynamics, Sexual / Domestic Abuse, Self-Limiting Beliefs, Grief, Depression, Anxiety, Anger and Hopelessness

6. Discuss Cultural Recovery and the Future of Community Wellness
7. 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 Historical 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.

OUR 2023 TRAINER TEAM

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

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

INSTRUCTOR - Dr. Ruby Gibson

A mixed blood woman of Native and Mediterranean descent, Dr. Gibson has been dedicated to the craft and science of Historical Trauma reconciliation, cultural healing, and generational well-being primarily among Indigenous Peoples/ for 40 years. She developed, and is the lead trainer for 3 transgenerational trauma recovery models; Somatic Archaeology©, Generational Brainspotting™, and the Historical Trauma Master Class. Dr. Gibson is the author of two books, *My Body, My Earth, The Practice of Somatic Archaeology*, and *My Body, My Breath, A Tool for Transformation (with artist, Ola Thompson)*, which are available in English and Spanish. Using our Body and Mother Earth as benevolent sources of biological, emotional and ancestral memory, Dr. Ruby's techniques were field tested on clients and students, and researched in her Doctoral studies with amazing effectiveness. Building leadership skills in Native Wellness, she is honored to witness the amazing capacity to reconcile suffering. The mother of four amazing children, and three grandchildren, she has a heart full of hope for the next seven generations!

INSTRUCTOR - Ms. Kara Big Crow, BA

Kara Big Crow 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 earned her Bachelors in Psychology at Southern New Hampshire University. 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 4 months to allow time for absorption and integration. All students are asked to respect each other's confidentiality.

- 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 Notice 2. I Sense. 3. I Feel. 4. I Interpret. 5. I Reconcile.
- 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.

- Cultural history exploration: Your history is not simply the study of high culture or alternatively of peoples' past rituals. It is best characterized as an approach which considers the domain of representation and the struggle over meaning as the most fruitful areas for the pursuit of historical understanding. A paper that expresses your personal and familial cultural knowledge and antidotes will help you to deepen into your own lineage and customs, as we explore seven generations of inheritance. Today, cultural history practices are increasing applied to a wide variety of subjects, generating histories of the body or of food, for example.

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 or at our office at 605-791-0787 immediately.

MEET-UPS AND 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!

TRAINING SCHEDULE

All module meetings will 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).

August 10-12, 2023 - Module 1 (I NOTICE)

August 24 - 26, 2023 - Module 2 (I SENSE)

September 14-16, 2023 - Module 3 (I FEEL)

September 28-30, 2023 - Module 4 (I INTERPRET)

October 19-21, 2023 - Module 5 (I RECONCILE)

ATTENDANCE AND GRADING

Student attendance AND participation are crucial to learning, absorption and practice of the material presented. The assignments and final projects will not be graded, however, it is imperative that you complete all the assignments PRIOR TO MODULE 5 to support student learning, and contribute to the collective learning community. The Trainers will receive all your assignments and respond as needed to craft the Modules. Please attend all modules. In case of an emergency that prohibits a student from attending, it is the student's responsibility to make up that day with the Trainers or a Trainee, if possible. Not all training days can be made-up due to content and real time exchanges.

Assignments: Throughout the course, you'll be asked to complete several assignments to support the coordination of the program and your own learning. These are the forms and assignments you are required to complete.

PROGRAM MATERIALS

Below is a list of all the books and program materials that Freedom Lodge will provide over the course of the program. Additional reading, research, and video links will be printed for you and/or saved in the online Canvas library for you to access. All the items below marked with an * (asterisk) are items that are mailed to you upon receipt of your registration fee. Other items will be mailed as needed.

- SAMC™ 2023 Handbook*
- SAMC™ Study Workbook*

- *My Body, My Earth, The Practice of Somatic Archaeology* by Ruby Gibson*
- *Mi Cuerpo, Mi Tierra: La Práctica De La Arqueología Somática*© (Spanish Edition) by Ruby Gibson (Upon request)
- *My Body, My Breath Cards* by Ruby Gibson & Ola Faye Thompson *
- *The Biogenealogy Sourcebook, Healing the Body by Resolving Traumas of Past* by Christian Flèche *
- Freedom Lodge Journal *
- *Releasing Emotional Patterns with Essential Oils* by Carolyn Mein, DC
- Young Living Essential Oils

REQUIREMENTS

- Logistical: Share information to support the coordination of the program in a timely manner, such as completing anonymous evaluation surveys.
- Prep work & homework: Includes reading, breathing practice, exploring familial and cultural history, session exchanges.
- Reading/Book Reports: Homework includes reading/utilizing all required books during the training.
 1. *My Body, My Earth, The Practice of Somatic Archaeology* (2 page report)
 2. *Biogenealogy Sourcebook* (reference book only)
 3. *Releasing Emotional Patterns with Essential Oil* (reference book only)
 4. *Personal Cultural / Familial History* (2 page report)
 5. *My Body, My Breath Card Booklet* (2 page report)
 6. A 5 minute video presentation on each book may replace written work.

- Cultural/ Community research: Write 1-2 pages about your own family and community, to include interview(s) with elders / knowledge keepers that can share cultural history. A 10-minute video presentation on research may replace written work.
- Externship: Each student must complete 24 actual hours of Somatic Archaeology© practice, to include: at least 12 total hours of private, individual sessions with 3 clients, community sharing, presentations and talking circles. An externship form must be filled out defining time spent doing these activities.
- Sessions: Students are required to give and receive peer learning sessions in class, and at least one 90 minute individual session with a trainer on Zoom.
- Final Project: a 15 minute final presentation will be shared with the class and recorded during the Graduation weekend. The presentation may include, but is not limited to; a verbal presentation, a PowerPoint, a Ceremony, a Storyboard, a Timeline, etc. This requirement is designed as a way for students to highlight how the SAMC training affected them personally and professionally. It's a time for celebration! More details will be shared during the training.

CONTACT INFORMATION

Logistics: Kara Big Crow, trainer - kara@freedomlodge.org / 605-791-0787

Program Questions: Dr. Ruby, trainer - ruby@freedomlodge.org / 303-870-0730

Trainee: Support: Adelina Trujillo, lina@freedomlodge.org

Canvas/Tech Support: Jinji Thompson, jinjihelp@gmail.com

PREPARATION

1. COMPLETE the CANVAS ORIENTATION VIDEO
2. CONNECT with CLASSMATES on CANVAS by INTRODUCING YOURSELF ONLINE
3. BE SURE YOUR SCHEDULE is CLEAR for TRAINING WEEKENDS
4. PREPARE a COMFORTABLE STUDY / WORKSPACE at HOME

DETAILED SCHEDULE

MODULE 1 - I NOTICE

Day 1. Prayer and Smudging

- Talking Circle and Introductions
- Guided SA Meditation - **Circle of Life & Creation Stories**
- Student Orientation/Trainer Sharing/Determine Module 1 Partner
- Review Manual and Books. Give Reading homework: My Body, My Earth, Biogenealogy Sourcebook & Cultural History
- 7 Generation Spiral Chart (in Training Manual)
- Neurophysiology & the Brain ~ Bottom Up / Not top down!
- Survival Stress versus Post-traumatic Stress (PowerPoint)
- *Breathe, Ground, Settle Exercise (in Training Manual)
- Timeline Trainer Session Demo with student
- Class discussions and Q & A

Day 2. Prayer and Smudging

- * MBME Guided Meditation
- Journal Time/Peer Sharing with Partner on Meditation Experience
- Dyad Draw and Exchange Timelines with Partner (2 hours)
- Group Sharing and Feedback
- Discuss the 5 Steps of SA and Bridge to Neurophysiology Principles
- Discuss and Share drawings of the 3 Wheels of Somatic Archaeology©
- Client Intake and Trainer SA session Demo with student
- Q & A's focused on Student Feedback, The 5 Steps observed
- Client Intake session with Class Partner based on their timeline (2 hours)

Day 3. Prayer and Smudging

- Dyad SA Exchange - Focus on area of body from Timeline (2.5 hours)
- Group Sharing - how was the experience of giving and receiving?
- Fill out **Compassion Fatigue & Self Care Test** (on Canvas - 30 minutes)
- Share results with Student Partner
- Discuss any Relevant Research (Handout Booklet)
- Trainers share a significant SA Healing they have experienced
- Close Module 1 with Breath, Ground, Settle, Smudge and Prayer

MODULE 1 - CANVAS INSTRUCTION ASSIGNMENTS

Welcome, Overview & Concept, Recipe for Elemental Balance, Four Worlds, Wheel of Suffering, Wheel of Healing, Wheel of Transformation, Conclusion (2 hours)

MODULE 2 - I SENSE

Day 1. Prayer and Smudging

- Talking Circle and Check-In ~ Discuss recent Dreams and Changes
- Guided Somatic Meditation focused on the **Stone People**
- Take time to journal meditation experience and then discuss in triads
- Trainer SA Session Demo with Student
- Discuss ACE's and take **ACE Survey** - Refer to info in Handout Booklet
- Share ACE Score with a **New Partner**
- SA session with Partner around what came up from Survey Results
- Allow 75 minutes each per Session
- Group Discussion and Sharing about Sessions and Challenges
- Support Sessions with Observations and Feedback

Day 2. Prayer and Smudging

- * MBME Guided Meditation
- Navel Breathing Exercise - Connect to Maternal Lineage
- Review the Wheel of Transformation and the 5 Steps of SA
- Discuss the Power and Epigenetic Influence of the Grandmothers
- Discuss the Role and Influence of the Grandfathers
- 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

Day 3. Prayer and Smudging

- Group Discussion and Sharing about their Sessions and Challenges
- Discuss Epigenetics, Social Shame, Adoption, Boarding Schools, Grief
- * MBME Guided Meditation
- Trainer Demo Session on Endocrine system/Chronic Fatigue
- Student exchange on Resourcing and Grief/Loss
- Group Sharing on Experiences and Body Wisdom
- Close Module 2 with Breath, Ground, Settle, Smudge and Prayer

MODULE 2 - CANVAS INSTRUCTION ASSIGNMENTS

Prep work for Module #2, Welcome, Plant World, History of Essential Oils, Application of Essential Oils, Therapeutic Use of Essential Oils (2 hrs)

MODULE 3 - I FEEL

Day 1. Prayer and Smudging

- * MBME Guided Meditation with Essential Oils
- Guided Somatic Meditation focused on the **Plant World**
- Students receive Essential Oils and Cases
- Discuss History, Quality and Safe Use of Young Living Essential Oils
- Refer to info in Handout Booklet and Essential Oil Videos
- Demo with student emphasizing Releasing Emotional Patterns with EO's
- Students determine a **New Partner**
- Practice Muscle Testing in Dyads & allow time for Essential Oil Q & A's
- Prepare for Dyad sessions, allowing 75 minutes per Session
- Support Sessions with Observations and Feedback

Day 2. Prayer and Smudging

- Group Discussion on Sexual Assault and Lineage
- Review 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
- Group Sharing and Emotional Response

Day 3. Prayer and Smudging

- Group Discussion & Sharing about Sessions: Successes & Concerns
- Discuss the use of the plant world as an addiction
- Addiction & Recovery Strategies
- New Dyad Session Trade utilizing Essential Oils
- Review Essential Oils & emotional release in Handout Book (Module 3)
- Close Module 3 with Breath, Ground, Settle, Smudge and Prayer

MODULE 3 - CANVAS INSTRUCTION ASSIGNMENTS

Prep Work for Module 3, Module 3 Instructional Information, Discuss Learning about SA & Sexual Assault, Emotional Release Limits, Familiarize Students with Healing with Essential Oils book (1 hour)

MODULE 4 - I INTERPRET

Day 1. Prayer and Smudging

- Talking Circle
- Guided Somatic Meditation focused on the **Animal World**
- Discuss: How are you preparing for your Graduation Presentation?
- Reminder: Complete Reading Assignments and write Book Reports
- Reminder: Complete Externship Forms and send to Kara
- Reminder: Complete writing Community Research
- Dreamwork - How to work with a specific dream or series of dreams
- My Body, My Breath card strategies and practice with **New Partner**
- Integrate All Skills Learned
- Working with Veterans
- Sessions with Children
- Self-Care - Refer to My Body, My Earth book
- Breaking Contracts Demo

Day 2. Review Relevant Research (in HTMC Booklet Module 4)

- Discuss Role of the Adrenals in the Body / Relationship to Endocrine Sys
- Read from Biogenealogy Book
- Trainer Demo with a Student
- Partner Dyad Session Trade on one of these areas:
- 1. Adrenals, 2. Chronic Pain, or 3. "Belonging"
- Adrenals for Fatigue, Insomnia, 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?
- Session Feedback and Support

Day 3. Smudging and Prayer

- Discuss the Role of Spirituality in Sessions
- Review Spiritual Protection methods
- Animal Medicine or Totem
- Raising you Emotional IQ
- Intuition VS Instinct
- Session of Choice
- Session Feedback and Support
- Close Module 4 with Breath, Ground, Settle, Smudge and Prayer

MODULE 5 - I RECONCILE

Days 1-3. Smudging and Prayer

- Prepare for Graduation !!!
- Have your presentation documentation ready to give to Trainers
- If you have PowerPoint or Video, send them to kara@freedomlodge.org
- Reconcile all you have given away and all you have gained
- We will proceed with presentations from last names Z to A
- Group feedback and Trainer / Trainee insights will be shared with you
- Celebrate with your classmates!

TOTAL 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 children and your grandchildren. Be a Way-Shower, an example of what is possible in our world. And make our communities better, healthier, stronger and free from suffering. This power is now in your hands and hearts. Will you own it?

With deep love, we walk with you, Ruby & Grandmothers