Generational Brainspotting in Sant Cugat and on line
Personal work workshop and session analysis
with Dr. Ruby Gibson

aleces

May 27 and 28 (16 hours)

**Personal work for sensory integration
of Historical and Transgenerational Trauma,
linking the work of David Grand's Brainspotting
with the Somatic Archaeology developed by Ruby Gibson.**

Although it may seem that the word somatic and archaeology are a strange combination, they are intertwined together in a healing model that affects our past, present and future. Our bodies, like the Earth, are the keepers of memory. Just as the Earth contains the historical library of life in its ruins, tombs, trees, rocks and oceans, our bodies inherit the archives of our ancestors in our cells, muscles, blood and bones.
Transgenerational trauma and historical amnesia may be the root of many personal problems, but they also provide the doorway to access these patterns and reconcile family dynamics,

Workshop content:

* Theoretical introduction on Friday morning. It is essential to have read the book My Body, My Earth, by Ruby Gibson. It is available on Amazon, also Kindle version.

* At least 6 personal works will be carried out with the consequent analysis of the session. **No more places available for personal work.**

Every time you are tempted to react in the same old way, ask yourself if you want to be a prisoner of the past, or a pioneer of the future,

Deepak Chopra

Presented by Ruby Gibson, ThD

Ruby Gibson, ThD, is the originator of Transgenerational Brainspotting and Somatic Archaeology. Dr. Gibson travels sharing her innovative techniques in a variety of cultural settings as a trainer, author and researcher.

www.rubygibson.com and www.brainspotting.pro

Organizes: **aleces**

Place of Delivery (also online):
Aula de Alecés, C/ Dos de Maig 25, 3º2ª - Sant Cugat - Barcelona
Prize: 300 € + 70 € with personal work
Time table: Friday & Saturday from 10 to 2 and 4 to 8

Information and Inscriptions
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