

*Organic Solutions to
Real-Time Challenges*

A New York City
Focalizing Weekend

With Dr. Michael Picucci
& Colleagues



Saturday, January 27th & Sunday, January 28th

Focalizing, a process that removes the blind spots that prevent us from achieving goals and realizing intention, can also free us from feeling stuck, minimize suffering, and support innovative possibilities. Focalizing is different from coaching, counseling, psychotherapy and business consulting because the goal is to clarify and illuminate the power of the *life-force* itself. Individuals or groups who are interested in moving away from being baffled or suffering and shifting in the direction of realizing their current needs, dreams and desires will benefit. Other benefits are for those interested in unleashing collaborative leadership potentials.

Process

Building on Michael's latest research and fieldwork, together we will experientially explore how logical systems of thought limit fulfillment and texture in our lives. Focalizing provides *felt sense* moments that will connect you with that which is ordinarily hidden, allowing you to experience luminous insight, firm inner instruction, and a state of *knowingness* that far surpasses our previous understanding. When these openings in consciousness occur we are forever changed. This process incorporates the energy psychology methods recognizing that the single *intention* that one brings to a focalizing weekend is the most important factor. Dr. Picucci, as focalizer, allows this intention to energetically guide a natural process leading to illumination and clarity.

Why This Is Different

Dr. Michael Picucci guides a process that empowers the individual to use her or himself as a tool for tuning, focusing, clarifying, amplifying, and directing the energy and choices in a way that in our beings feels *right and good*. Focalizing is distinct from psychotherapy in that we focus on what naturally feels **right** for us, rather than what we may think or feel is **wrong** with us.

In focalizing we dissolve barriers to our intentions and allow natural forces to illuminate and guide our process. We drop into our innate intelligence and build on what works for us (even on unseen levels), rather than perceived shortcomings.

Focalizing also guides us to suspend our everyday thinking and comfortably reach the threshold of nothingness, an invisible bridge we must cross before we can access *something better*. This (over)

transformation can occur when we organically tap into the mysterious, primal part of the brain that draws on instinct, sensing, and universal wisdom for resourcing. Through discussion and subtle ritual, we bring our intentions, energy, inspirations and results to bear for the highest good to resolve the matters at hand.

Dr. Michael Picucci

Dr. Picucci is a Licensed Psychotherapist, Master Addictions Counselor (MAC), Sexologist, Somatic Experiencing Practitioner (SEP), and Organizational Consultant. He has been investigating, observing and practicing rituals for sane, healthy living with individual clients, couples, groups and organizations. Focalizing naturally evolved out of his practice. The story of his journey and discoveries is told in his recently published book, "Ritual as Resource: Energy for Vibrant Living." Michael is also a psychologist who has spent the last 30 years researching Social Sciences, Organizational Development and Energy Psychology. His quest has focused on addictions, trauma healing, sexuality, and interpersonal and group dynamics. He has authored three books on healing and wholeness for individuals and communities. In 2000, he was the recipient of the National Institutes on Health (NIH-NIDA) "Outstanding Leadership in Research Award" for what became his second book. Dr. Picucci has concurrently had a private psychotherapy and consulting practice over these many years. His colleagues recognize him as an intuitive healer, and a pioneer.

When, Where & How

Saturday, January 27th & Sunday, January 28th

9:30 AM – 5:30 PM

at the SLC Center

352 7th Ave (29th St)

16th Floor

Fee: \$250.

To reserve space, send \$100. deposit payable to **The Institute** and mail to:

Dr. Michael Picucci
85 Fifth Avenue, Suite 900
New York NY 10003

Any questions contact Dr. Picucci's assistant Frank Sunder or Michael directly.

212-242-5052 or 800-409-5713

Or email:

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The Focalizing Weekend is sponsored by research in progress at:

The Institute for Authentic Process Healing

www.theinstitute.org

and

The Institute for Staged Recovery

www.stagedrecovery.com