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Stress and depression: Befriending head-noise as an effective antidote

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Psychotherapy is swiftly changing, as are our clients. The new element is what we're learning in trauma resolution, particularly methods similar to somatic experiencing, EMDR and sensorimotor psychotherapy. It's a shift away from the archeological digs of psychoanalysis and more cognitive techniques where depression and anxiety linger intermittently. The previous tools have been and continue to be helpful, yet they cannot be as effective as the newer methods of going within to move beyond. These new approaches transcend talk-therapy using a no-shame, no-blame, right-here, right-now milieu that resolves habitual stress and anxiety. These graceful naturopathic processes make clients aware of the separation of the mind (as a tool of execution) and the body and heart as an access to aliveness and well-being. Minds are a creative tool of execution, yet it is also a reservoir of past conditioned thinking (often wrong or outdated). It can thwart the life force with what I love refers to as head-noise. Minds know nothing of the future and lack the comprehension of love, multidimensionality, or nuance. The body's innate intelligence with grounding in nature awakens in our clients an impressively wiser aptitude, which allows our hearts and soul to provide an organic inner-compass to our next best step forward. As clients experience this self-regulation, they become better custodians of their mind and all the head-noise of conditioned thinking that produces stress and anxiety. These techniques are quite simple to learn, yet cannot adequately be put into the mind's language of words. Therefore they will be evoked within the keynote presentation; thereby sharing a take-home experience of our own inn wisdom that already resides in our body.

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