



INSTITUTE FOR CREATIVE SOLUTIONS, LLC

“A Better You • A Better World”

- MISSION
- ABOUT THE INSTITUTE
- INSTRUCTORS
- REGISTRATION

MISSION

The purpose of the Institute for Creative Solutions, LLC is to provide individuals, businesses, and organizations with effective, practical, scientifically-based methods of increasing both productivity and creativity while reducing the stress of everyday life.

By developing the use of the mind’s potential, participants who attend our seminars can expect to experience a more enriched life.

ABOUT THE INSTITUTE

The Institute for Creative Solutions, LLC, was founded in 2004 by Dr. Joan McGillicuddy, LPC and Dr. Antonio Estrada. It arose from the work they began with their organization, Helping Associates, Inc. (HAI), a professional counseling firm that originated in Central Arizona in 1982, and grew to serve over 750 clients weekly.

Through the combined vision of Dr. McGillicuddy and Dr. Estrada, a need for a distinct outgrowth of HAI was recognized. They chose one that focuses solely in helping individuals, businesses and organizations acquire the tools necessary to manage stress

and increase their ability to solve problems creatively.

The Institute provides scientifically proven, innovative training that has been refined and established to be successful for thousands of participants.

INSTRUCTORS

Dr. Joan McGillicuddy, Ph.D., LPC and **Dr. Antonio Estrada**, Ph.D. have been Instructors of the Silva Method of Mind Development since 1986, training extensively with Dr. Jose Silva. The two are among very few instructors worldwide, who are certified to teach all three of the Silva courses: The Basic Lecture Seminar, the Graduate Seminar and the Ultra (Healing) Seminar.

In addition to teaching Silva Seminars, the two doctors co-founded Helping Associates, Inc. (HAI) in 1982. HAI is a professional counseling organization that promotes mental and physical Health through Education, Learning, and Planning (HELP). Each holds a Doctoral Degree in Human Services/ Counseling Psychology, and have been psychotherapists for nearly 30

years. They now administer their organization and supervise a staff of 30, serving hundreds of individuals weekly throughout Central Arizona.

In 2004 they began the Institute for Creative Solutions, LLC, an organization specifically designed to help individuals learn to utilize their dynamic inner potential to create solutions and live a more peaceful, joyful life.

Dr. Estrada is a combat Vietnam Veteran who demonstrates a deep appreciation for life due to that experience. He is a warm, compassionate and intuitive teacher. Dr. McGillicuddy is listed in *Who’s Who in American Women*, *Who’s Who in the World* and is a dynamic, energetic and humorous presenter. Both doctors have been awarded “Outstanding American Lecturers” numerous times by Silva Mind International, and they deeply impact participants with their enthusiasm, expertise and experience. They are known for “living the Silva Method,” and bringing a wealth of experience and practical application to their seminars.



INSTITUTE FOR CREATIVE SOLUTIONS, LLC

REGISTRATION

“A Better You • A Better World”

Please register me for the: _____ Seminar on: _____

Name: _____ Phone: _____

Address: _____

() Visa () MasterCard Card No: _____ Exp. Date: _____

Signature: _____

Register by phone (520-421-9547), FAX (520-876-5638) or mail. VISA/ MasterCard accepted. Make checks payable to: Institute for Creative Solutions, LLC • 1424 West Gila Bend Highway, Casa Grande, AZ 85293 • e-mail: jmcgillicuddy@helpingassociates.com