



INSTITUTE FOR CREATIVE SOLUTIONS, LLC

"A Better You • A Better World"

2010

- SCHEDULE
- TUITION
- TAX DEDUCTIONS
- DIRECTIONS

EVENT	DATE	TIME	LOCATION	FEE
SELF-EMPOWERMENT TRAINING/CREATIVE SOLUTIONS (The new Silva Life Systems Training)	Fri./Sat. March 19-20	9:00 AM - 5:00 PM	Casa Grande, AZ	\$450 Early* \$495 Late**
	Fri./Sat. Oct 15-16	9:00 AM - 5:00 PM	Casa Grande, AZ	\$450 Early* \$495 Late**
SELF-EMPOWERMENT FOR KIDS (AGES 7-17)	Tue./Wed. March 16-17	9:00 AM - 5:00 PM	Casa Grande, AZ	\$200
SELF-EMPOWERMENT TRAINING/CREATIVE SOLUTIONS (Intuition Training-Focus on developing your intuition and healing abilities.)	Fri./Sat. April 16-17	9:00 AM - 5:00 PM	Casa Grande, AZ	\$450 Early* \$495 Late**
	Fri./Sat. Nov. 19-20	9:00 AM - 5:00 PM	Casa Grande, AZ	\$450 Early* \$495 Late**
THE ULTRA SEMINAR OF ENERGY HEALING TECHNIQUES WITH LAURA SILVA	Sat./Sun June 26-27	9:00 AM - 6:00 PM	Casa Grande, AZ	\$295 Early* \$350 Late**
"SPEAKING OF ANGELS" (All proceeds go to the Casa Grande Food Bank.)	Sat. Dec. 11	9:30 AM - 1 :30 PM	Casa Grande, AZ	\$30 Early* \$35 Late**
SYNCHRONIZED WORLDWIDE HEALING MEDITATION	Fri. Dec. 31	5:00 AM	Casa Grande, AZ	Free
MONTHLY GRADUATE MEETINGS (Graduates are encouraged to re-audit annually, and to participate in graduate	Third Monday of each month.	7:00 PM - 9:00 PM	Casa Grande, AZ	Free

SEMINAR TUITION:

Your investment is in the Self-Empowerment Program. The tuition fee entitles you to free repeat privileges for one year, excellent networking opportunities, and ongoing support circles to continue enhancing your Silva skills.

In addition to the training, you will receive a manual of the techniques, a certificate of completion, and an 1.0 card that will allow you one year free repeat privileges as often as you wish throughout the United States and the world, and access to free local Graduate support meetings.

Reaudit fee for the Self-Empowerment Training Institute Creative Solutions. (The New Silva Life Systems Training, the Silva Intuition Training System, the Advanced Self-Empowerment Training and the Silva Method Graduate Seminar) is only \$50.00.

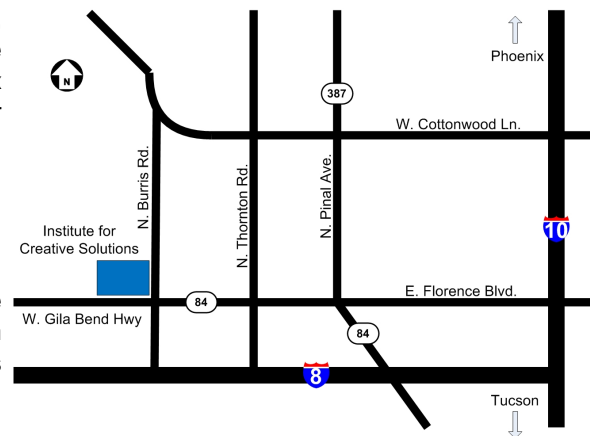
TAX DEDUCTIONS:

The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

DIRECTIONS:

From Phoenix or Tucson:
Take Route 1-10 to Exit 194 and drive west 7 miles into Casa Grande on Florence Boulevard which becomes Route 84 (West Gila Bend Highway). Go west one mile to the Institute.

* Early registration is a minimum of 10 days prior to the seminar & is only \$450. A late registration fee of \$495 will be charged after that date



LOCAL HOTELS:

- Super 8, Tel.: 520-836-8800
- Comfort Inn, Tel.: 520-421-9878
- Best Western, Tel.: 520-836-1600
- Holiday Inn (newly remodeled), Tel.: 520-426-3500
- Francisco Grande Resort, Tel.: 520-836-6444



SELF-EMPOWERMENT TRAINING/CREATIVE SOLUTIONS (The New Silva Life Systems Training)

The former four-day Silva Basic Lecture Seminar has been divided into two individualized seminars: The Silva Life Systems Training and the Silva Intuition Training.

Both of these outstanding two-day seminars will help you to develop untapped potential of your mind in countless ways.

This dynamic two-day course is based on the world-renowned Silva Method of Mind Development and Stress Control, presented worldwide since 1966. In this practical and informative training, you learn to relax physically for increased health, wellness, and vitality. You will also learn techniques to become better focused, develop innovative and creative thinking, and develop abilities to manifest your goals and dreams.

The mind is your greatest asset. Why not develop it to the best you can?

Day One:

PHYSICAL HEALTH AND WELL-BEING

8:30 AM

Registration and check-in
(Lunch on your own daily from 12:30 PM - 1:30 PM)

9 AM – 5 PM

- Introductions, Overview, Personal goals
- How to "Mentally Houseclean;" Body-Mind connection; Reducing stress and accelerating healing; The Long Relax
- Causes of stress; Effects of stress; How to develop a stress reduction plan
- Increasing energy, stamina, and vitality: Sleep to Awake, and Awake Techniques; Self-direction strategies: Dream Control, Pain Control Techniques

Day Two:

FOCUSED THINKING

9 AM – 5 PM

- Accessing dynamic solutions, superior mental functioning, mental discipline, and Right-Brain problem-solving: Mental Rehearsal, Memory Enhancement, Three-Fingers Triggering Technique
- Using mental attraction, attention and focus to achieve any goal desired: Mirror of the Mind and Habit Control Techniques
- Overcoming limitations; "How to get out of your way;" Glass of Water Technique
- Emergency pain control: Glove Anesthesia Technique
- Developing your Mind Senses for ease in living
- How to access the creative dimension: Developing Your Lab and Counselors

BENEFITS YOU WILL RECEIVE FROM THIS EXCITING TRAINING.

- Ability to reduce the effects of stress, such as headaches, colds, high blood pressure and other physical or emotional reactions.
- Increased health, energy and vitality.
- Stronger immune system functioning to improve chronic disease such as diabetes.
- Control over unwanted habits, such as smoking or overeating.
- Improved concentration and mental alertness.
- Improved memory and learning ability.
- Happier, more harmonious relationships.
- Ability to utilize intuition to improve your life.
- Greater ease in attaining goals.
- Enhanced tranquility, spirituality and peace of mind.
- Improved self-esteem Improved self-awareness and ability to reduce worry, fear, anxiety, or irritability.
- Prevention or reduction of "burnout".



INSTITUTE FOR CREATIVE SOLUTIONS, LLC

"A BETTER YOU · A BETTER WORLD"

- SILVA INTUITION TRAINING
- BENEFITS OF THE TRAINING

SELF-EMPOWERMENT TRAINING/CREATIVE SOLUTIONS (The Silva Intuition Training)

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Both of these outstanding two-day seminars will help you to develop untapped potential of your mind in countless ways.

This dynamic two-day course is based on the world-renowned Silva Method of Mind Development and Stress Control, presented world-wide since 1966. In this practical and informative training, you learn how to think in a special way, and apply the Right-Brain senses. You will also learn techniques to become better focused, develop innovative and creative thinking, and develop abilities to manifest your goals and dreams.

The mind is your greatest asset. Why not develop it to the best you can?

Day One:

8:30 AM

9 AM – 5 PM

DEVELOPING THE MIND SENSES FOR GREATER PROBLEM-SOLVING

Registration and check-in
(Lunch on your own daily from 12:30 PM -1:30 PM)

- Introductions, Overview.
- What is ESP?: Definitions and Terms.
- Key Concepts for Problem Solving.
- The "Centering" Exercise.
- Development of the Four Right Brain Senses.
 - Projection to Metals.
 - Projection to Tree and Leaves.
 - Projection to Pets.
 - Projection to Humans.

Day Two:

9 AM - 4:45 PM

4:45 PM

DEVELOPING SUPERIOR INTUITION

- Accessing a New Way of Thinking .
- Guidance from Higher Intelligence.
- Remote Viewing.
- Unlocking Secrets of the Mind and Human Potential.
- Mental Video Technique That Allows Everyone to Obtain Guidance.
- Becoming Part of the Second Phase of Human Evolution on the Planet.
- Directions for Psychometry.
- Case working Practice to Develop Intuition and Solve Problems.
- Graduation.

BENEFITS YOU WILL RECEIVE FROM THIS EXCITING TRAINING

- Access Your True Purpose in Life
- Manifest Goals Creatively
- Access Information from Higher Intelligence
- Using Right-Brain Senses in Daily Life
- Maximize the Potential of the Human Mind
- Make better decision in daily life

1424 West Gila Bend Highway · Casa Grande · Arizona 85193 · Tel: 520-421-9547 · FAX: 520-876-5638 www.instituteforcreativesolutions.org

CHECK OUT OUR WEB SITE FOR ADDITIONAL PROGRAMS.



THE INSTITUTE FOR CREATIVE SOLUTIONS

"A Better You • A Better World"

- MISSION
- ABOUT THE INSTITUTE
- INSTRUCTORS
- TAX DEDUCTION
- 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. Antonio 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, 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, Whos 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.



THE INSTITUTE FOR CREATIVE SOLUTIONS

"A Better You' A Better World"

REGISTRATION

Please register me for the: _____ Seminar on: _____

Name: _____ Phone: _____

() Visa () Master Card. 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 85193 • e-mail: jmcgillicuddy@helpingassociates.com