

2<sup>nd</sup> International Conference and Expo on

# Holistic Medicine and Nursing

August 14-15, 2017 Toronto, Canada



## Todd E Pressman

Pressman and Associates at Logos Wellness, USA

### Holosynthesis: the new “radical joy” approach

A breakthrough model in Holistic Psychology, “Holosynthesis” is based on the understanding that fear is the prime mover of our human condition, obstructing the way to personal fulfillment and spiritual realization. This seminar lays out powerful new techniques for releasing the resistances that keep fear alive, getting at their source and transforming them into a sense of high purpose and meaning. There is a “core fear” at the root of all suffering, expressing itself in five universal themes of loss: abandonment (loss of love), loss of identity, loss of meaning, loss of purpose (the chance to express oneself) and fear of death (including fear of sickness and pain). We develop our primary defenses as our best attempt to protect ourselves from these fears, but always at too great a cost. This leaves us constantly holding vigil on the lookout for the resurfacing of the threat. We organize our entire personality upon this fear-defense dynamic. As such, it becomes the architect of our perceptual reality, building a three dimensional, multi-sensory hologram that we take as true. The theory and techniques offered in this presentation-including “The Alchemist”, “The Witness” and “The Warrior’s Stance”-will teach you how to uncover the core fear and chief defense quickly and reliably. Armed with this knowledge, new strategies for dismantling the chief defense and resolving fear have proven extremely successful. This spontaneously opens the way to the discovery of a “mighty purpose” (G B Shaw) through a process called “Vision Questing”. Participants will undergo the actual techniques being presented, making for a rich and highly experiential presentation. Come prepared for an exciting adventure into the deepest regions of the unconscious, where the hidden fears at the source of our suffering live, making them available for rapid and deep transformation. Based on Dr. Pressman’s highly acclaimed book *Radical Joy: Awakening Your Potential for True Fulfillment*, people have described this seminar as “life changing”, “outstanding” and “one of the best seminars I’ve ever attended”.

### Biography

Todd E Pressman is a Clinical Psychologist and international seminar leader. He is widely known for his work with Transpersonal Breathwork and *A Course in Miracles*. He graduated with degrees in Psychology from the University of Pennsylvania and Saybrook Institute. His books *Radical Joy: Awakening Your Potential for True Fulfillment* and *The Bicycle Repair Shop: A True Story of Recovery from Multiple Personality Disorder* have received high acclaim. In 1982, he traveled the world to study the great wisdom and healing traditions, including with a Zen master, a Jain family, a Zoroastrian high priest, Sri Lankan firewalkers and Balinese fakirs. His education also included an internship under Stanislav Grof, mentoring by Stanley Krippner and Raymond Moody, participation in the Council Grove conferences with Elmer Green and other leaders in the Consciousness movement. With a background deeply rooted in tradition (he was groomed by a father whose teachers were taught by Sigmund Freud), he has integrated this wide-ranging experience into a new program of Psychological development called “Holosynthesis”. His working model is based on Michelangelo’s ideal: to release the statue from the stone, the spiritual Self from the overlays of imposed identity, into the discovery of freedom, joy and fulfillment.

toddpressman@comcast.net

### Notes: