Welcome to My Newsletter

Dear Friend,

I'm **Francesco Carco**, an *Integrative Trauma Recovery Therapist & Human Potential Facilitator*. For over two decades I have been dedicated to helping people heal from emotional wounds, overcome life's challenges, and awaken to their highest potential.

My work brings together advanced therapeutic approaches — such as **Havening, EMDR, EFT, hypnotherapy, regression therapy, breathwork, energy healing, and functional medicine** — with the wisdom of **transpersonal psychology, consciousness studies, and spiritual traditions**. I am also certified as a **Holotropic Breathwork and Psychedelic Therapy Facilitator** through the Grof Legacy Training.

I have created this newsletter because many of you have asked for ongoing insights, tools, and guidance to support your journey. By being subscribed, you'll receive regular updates covering a wide spectrum of themes related to mental, emotional, physical, and spiritual wellbeing.

What You Can Expect

- Trauma recovery & emotional healing
- Addiction release & habit change
- Breathwork for body & mind
- Depression, stress, and anxiety management
- Energy work, Reiki, and Pranic healing
- Spiritual awakening & higher states of consciousness
- Psychedelic-assisted therapy programs in the Netherlands & Spain
- Grief work & emotional integration
- Life coaching & manifestation techniques
- Aligning mental, physical, and spiritual wellbeing

My Mission

This is more than a newsletter.

It's an invitation to explore healing and transformation at every level of your being so that you can live a life of clarity, purpose, and balance.

Coming Up Next

Coming up next: How trauma is stored in the body and brain — and practical ways to start releasing it safely.

FRANCESCO CARCÓ

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