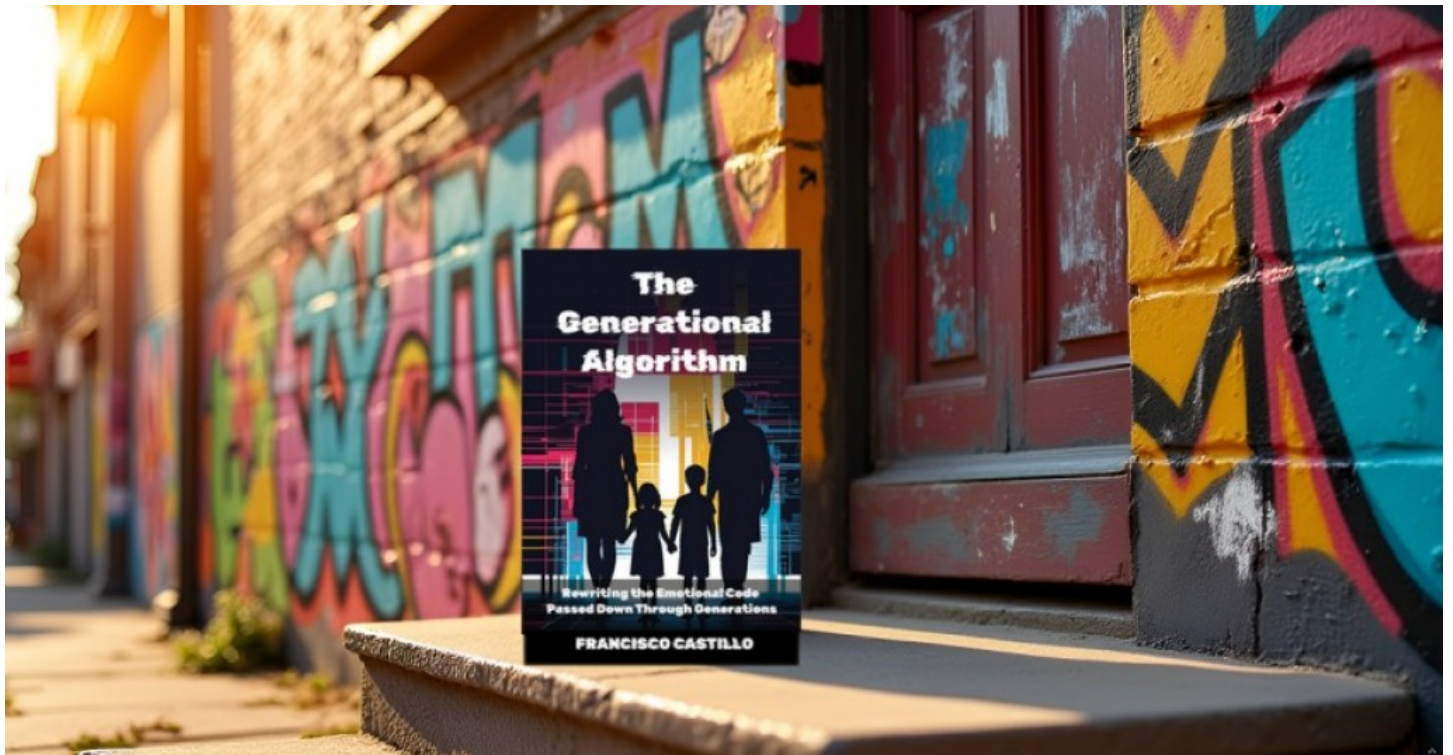


Licensed Therapist Francisco Castillo Decodes Generational Trauma through His Book “The Generational Algorithm”



Honolulu, Hawaii Aug 14, 2025 ([Issuewire.com](https://www.issuewire.com)) - Licensed Marriage and Family Therapist and revered author, Francisco Castillo, is best known for offering a therapeutic approach to dealing with life and relationships. The author has accumulated his learning and experience in his latest book, “The Generational Algorithm: Rewriting the Emotional Code Passed Down Through Generations.” The book was published in August 2025, and it is currently available on Amazon for readers to purchase. The book has a purpose to turn this world into a better place by offering a clear analysis of generational trauma and how it is passed on through generations like an algorithm of similar patterns.

“The Generational Algorithm” showcases how a family works on an emotional ‘algorithm’ that gets instilled among children by their parents, and it continues through multiple generations. The inherited trauma patterns can be removed from life by utilizing the innovative DECODE method offered by acclaimed therapist Francisco Castillo. It is a 90-day program with proven strategies that can help readers learn invisible patterns that control choices and lead to anxiety, stress, self-loathing, people-pleasing, and self-sabotage. The cycle can be broken by not passing trauma on to the next generation and transforming family pain into a process of generational healing. The book combines practical exercises, neuroscience, and real-life client stories, which can help to rewrite life for everyone. The author believes that healing a person can change the entire family line, breaking the cycle of trauma.

Author Francisco Castillo, based in Hawaii, is well-renowned for offering marriage and family therapy that works for all kinds of individuals and families. He provides a unique combination of personal transformation and postmodern therapeutic approaches, which can help to remove generational trauma from this world. A fair portion of his learning started after serving 20 years in the Navy, and then he

finished his Master of Science in Counseling Psychology to understand human behavior and the human mind while exploring the complexities of relationships and human resilience. The latest publication of “The Generational Algorithm” can offer readers his findings and vision that can empower individuals and their families. Follow the author on Instagram and find the latest book at <https://www.amazon.com/Generational-Algorithm-Rewriting-Emotional-Generations/dp/B0FLK91VC1>.



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