What is claimed is:

1. A method comprising:

generating a plurality of primary beams from a laser beam;

generating, from at least a first primary beam of the plurality of primary beams, a first secondary beam and a second secondary beam; and

focusing the first secondary beam to a first focal region in a target tissue and the second secondary beam to a second focal region in the target tissue, wherein the first focal region is located at a first depth from a surface of the target tissue, and the second focal region is located at a second depth different from the first depth of the surface of the target tissue.

2. The method of claim 1, wherein the first secondary beam is configured to generate a first plasma in the first focal region and the second secondary beam is configured to generate a second plasma in the second focal region.

3. The method of claim 1, wherein the first focal region extends from the first depth to the second depth.

4. The method of claim 3, further comprising:

generating from a second primary beam of the plurality of primary beams, a third secondary beam and a fourth secondary beam;

focusing the third secondary beam to a third focal region and the fourth secondary beam to a fourth focal region in the target tissue.

5. The method of claim 4, wherein the third secondary beam is configured to generate plasma in the third focal region and the fourth secondary beam is configured to generate plasma in the fourth focal region.

6. The method of claim 5, further comprising distorting the surface of the target tissue to locate the third focal region at the first depth from the surface of the target tissue and the fourth focal region at the second depth from the surface of the target tissue.

7. The method of claim 4, wherein the first and the second secondary beams are focused by a first lens of a multi-lens array, and the third and the fourth secondary beams are focused by a second lens of the multi-lens array.

8. The method of claim 4, wherein the first, the second, the third and the fourth secondary beams are focused by an objective.

9. The method of claim 1, wherein a first diffractive optical element is configured to receive the laser beam and generate the plurality of primary beams.

10. The method of claim 9, wherein the first diffractive optical element is a diffractive beam splitter.

11. The method of claim 1, wherein an optical element having numerical aperture between about 0.3 and about 1 focuses the first secondary beam to the first focal region.

12. The method of claim 2, wherein the generated first plasma is configured to produce a thermal damage at the first focal region in the target tissue, the thermal damage extending from about the first depth to about the second depth.

13. The method of claim 2, wherein the first secondary beam is configured to selectively generate plasma in a volume that includes a target in the quasi-diffraction-free focal region.

14. A system comprising:

a diffractive beam splitter configured to receive a laser beam and produce a plurality of primary beams;

a diffractive element located down-beam from the diffractive beam splitter, the diffractive element configured to receive at least a first primary beam of the plurality of primary beams and generate at least a first secondary beam and a second secondary beam; and

a focusing element located down-beam from the diffractive element, the diffractive element being configured to focus the first secondary beam to a first focal region in a target tissue and focus the second secondary beam to a second focal region in the target tissue,

wherein the first focal region is located at a first depth from a surface of the target tissue,

and the second focal region is located at a second depth different from the first depth of the surface of the target tissue.

15. The system of claim 14, wherein the first secondary beam and the second secondary beam are generated by a first Fresnel zone plate in an array of Fresnel zone plates.

16. The system of claim 15, wherein the diffractive element is configured to:

receive a second primary beam of the plurality of primary beams and generate at least a third secondary beam and a fourth secondary beam; and

focus the third secondary beam to a third focal region and the fourth secondary beam to a fourth focal region in the target tissue.

17. The system of claim 16, wherein the third secondary beam is configured to generate plasma in the third focal region and the fourth secondary beam is configured to generate plasma in the fourth focal region.

18. The system of claim 16, wherein the first and the second secondary beams are focused by a first lens of a multi-lens array, and the third and the fourth secondary beams are focused by a second lens of the multi-lens array.

19. A system comprising:

a diffractive element configured to receive a laser beam including a characteristic wavelength and separate the laser beam into one or more beamlets having the single wavelength; and

a focusing optical element located down-beam from the diffractive element and having a first numerical aperture, the focusing optical element configured to focus a first beamlet of the one or more beamlets to a focal volume beneath a tissue surface,

wherein the focal volume has an elongated length that extends from a first depth to a second depth in the tissue, and an intensity of the first beamlet is above a predetermined therapeutic threshold in the focal volume.

20. A method comprising:

generating a laser beam;

generating, from the laser beam, a first secondary beam and a second secondary beam;

focusing the first secondary beam to a first focal region in a target tissue and the second secondary beam to a second focal region in the target tissue, wherein the target tissue comprises a first tissue layer proximal to a surface of the tissue and a second tissue layer beneath the first tissue layer and the first focal region and the second focal region are located within the second tissue layer; and

controlling, using a controller, at least one laser beam parameter to introduce a therapeutic effect within the first focal region and the second focal region without introducing a deleterious effect within the first tissue layer.