



[Arizona Society For Professional Hypnosis](#)

www.hypnosisaz.com

[ASPH Newsletter Hyperlink](#)

Next Meeting – Tuesday, August 6, 2013

7:00 p.m. SHARP

Presenter – Barney Howell

Topic – “Hypnosis for PAIN – Physical, Mental and Emotional ”

Demonstrations.... Volunteers Welcome... Invite Your Friends!

[Meeting Location](#)

All future ASPH meetings, on the first Tuesdays of each month, will be held in the Anglican Chapel BEHIND, or to the right (west) side of Holy Cross Lutheran Church.

3110 North Hayden Road

Scottsdale, AZ 85251-6619

<https://maps.google.com/maps?hl=en&tab=nl>

Here are some easy landmarks:

Once you are on Hayden Road in Scottsdale:

If you are coming from the south and driving north on Hayden Road, the church will be on the left hand side, past Thomas Road. You will pass a Dunkin Donuts and then you will see a large cross on the

left hand side of Hayden Road. The cross is on the Lutheran church, near the road. The Anglican chapel is BEHIND the Lutheran church.

Turn left into the Lutheran church parking lot and drive to the right side of the church. Go all the way around to the back. Follow the sign for the Anglican Church/Chapel. You will see the chapel building connected to the religious school classrooms. We will place an ASPH MEETING sign on the chapel door.

If you are coming from the north and driving south on Hayden Road, you will pass the cross street of Osborn. A golf course will be on the right hand side. BEFORE you come to Thomas, you will see a large cross on the right hand side of Hayden.

The cross is on the Lutheran church, which is in front of the Anglican chapel. Again, the church and chapel are on the right side of Hayden Road if you are coming from the north and driving south.

Turn into the church parking lot and drive to the right side of the church. Go all the way around to the back. Follow the sign for the Anglican Church/Chapel. You will see the chapel building connected to the religious school classrooms. We will place an ASPH MEETING sign on the chapel door.

August 6, 2013 - Barney Howell, CHt

Topic: "Hypnosis for PAIN - Physical, Mental and Emotional"

An experienced Hypnotherapist knows how easy it is to help clients manage their pain, whether physical, mental or emotional. Hypnosis practitioner, educator and administrator Barney Howell will demonstrate his successful procedures for helping clients identify, understand and release various forms of pain and pain-related issues.

Barney Howell, CHt is the Owner & Director of [Atwood Institute for Research & Education, Inc.](#), a state licensed vocational school that offers training and certification in Clinical Hypnotherapy. Barney is also a past president of ASPH.

About Atwood Institute: "Our programs are offered in classrooms in Phoenix AZ and also in a home study format now on DVD. In 1989 as video cassette recorders became an ever growing staple to our lifestyle, Atwood Institute recognized home education through video instruction as a new medium to share information with those who would not otherwise have the opportunity to participate.

"We were the pioneers then not fully knowing how well this concept was going to be accepted in the community. We were flattered when we were received not only with resounding approval from our peers and students but also with the sincerest form of flattery, that of imitation. We now offer the course on DVD with menus, so the video is even now easier to review.

“Our 300 Hour Clinical Hypnotherapy programs have been acclaimed over the last 20 plus years as the most extensive in terms of breadth and depth available in the field.”

For more information, email Barneyhowell@atwoodinstitute.org or call 623-853-9516.
www.atwoodinstitute.org

UPCOMING TOPICS & PRESENTERS

August 6 – Barney Howell – “Hypnosis for PAIN – Physical, Mental, and Emotional

September 3 – Bill Regner

October 8 – Leo Gagnon

November 5 – Dawn Upton/Nominations

December 3 – Holiday Party

Tuesday Meetings: 7:00 PM - 9:00 PM (Free for Members)

Certificates & C. E. U. Credit Hours Awarded for Attendance

(2 credits per meeting attended – Contact NGH to record your attendance.)

C.E.U Credits for National Guild of Hypnotists are submitted for Members only. Members should contact NGH by email to have their credits recorded.

Officers

President: Robert J. O’Connor – rjocstar@juno.com

Vice-President: Kate Ellis – kellis19@hotmail.com

Secretary: Debbi Combs – info@hypnosisaz.com

Treasurer: Tom Hajek – tmhypnosis@live.com

ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS

Membership Renewal Form

RENEW YOURSELF WITH ASPH for another year by going to the website, www.hypnosisaz.com

and paying online, or:

Send a \$35.00 check, "PAY TO THE ORDER OF ASPH"

Mail to:

Thomas Hajek, ASPH Treasurer

2844 E. Quiet Hollow Lane

Phoenix AZ 85024

ASPH Website

www.hypnosisaz.com and www.hypnosisaz.org are the domains for Arizona Society for Professional Hypnosis. [Click here](#) for a link that takes you directly to the newsletter posted online.

ASPH Email Address

The ASPH email address is info@hypnosisaz.com

Visitors and guests are welcome to attend two meetings free of charge, after which they are invited to join ASPH. They also have the option of paying a \$5.00 fee for each month attended thereafter. Spouses and partners of members are considered part of the ASPH and have free meeting privileges.

Attention All Practicing Hypnotherapists:

If you wish to have your contact information listed on the ASPH website followed by a brief paragraph, 300 words maximum, kindly send this written information (MS Word Document) to Debbi Combs, ASPH Secretary, by email at info@hypnosisaz.com as soon as possible.

You can also send all announcements of future events [seminars, classes, presentations, etc.] to Debbi Combs at info@hypnosisaz.com.

Notes from the Secretary: Debbi Combs

A reminder ... The cut-off date to add event information to the monthly newsletter is the 14th of the month following the last meeting, or at the mid-point of the month before the next meeting. Please submit your event information on or before that date via email to info@hypnosisaz.com.

Member Newsletter Announcements should be approximately 1/4 page and ready to cut and paste into the newsletter. All newsletter announcements must be directly connected to enhancing hypnosis techniques and therapies or serve as a support to the business and profession of hypnosis and hypnotherapy.

A private discussion group for ASPH members has been organized by Tom Hajek at asph@googlegroups.com. Any ASPH member may comment, post, and participate in discussions.

To help grow your hypnosis/hypnotherapy business, check out this link: <http://arizonaguide.com/events-calendar> . It is a monthly calendar of Arizona events that you may want to attend and hand out your business cards and meet people.

Jonathan Patrick hosts a "Hypnosis Practice Group" on the last Tuesday of the month at 6:00 PM at the Phoenix Agave Library. For more details, contact Jonathan at jonathan@effect-effect.com.

PAST LIFE REGRESSION THRU HYPNOSIS

Clear Your Past and Finally Let Go

Don Rice and Sandi Graves

Discover the Secrets of Your Soul's Journey

July 28 – 2 to 4 PM

Vision Quest Bookstore

2225 N. Scottsdale Road

Visit [Arizona Family Hypnosis.com](http://ArizonaFamilyHypnosis.com) or Call 480-628-5436 for more details

PEAK PERFORMANCE PLUS, LLC



Presents

SPORTS HYPNOSIS CERTIFICATION-A ONE DAY SEMINAR

By

Sam Sterk, Ph.D.

Dates:

Choose the date: August 24, 2013; September 21, 2013

Time: 8:00-5:00 PM

Place: Office of Dr. Sterk

Course Highlights:

Fee: The \$249.00 fee includes a Manual, lunch and a handsome certificate of course completion.

- ***Initial interview and Assessment Tools; contract vs. the hourly rates. You will learn several Assessment tools which facilitates "Contracting" with your client for services.***
- ***Breakthrough Sport Psychology Concepts such as "The Psychological Performance Contract" which is written by the athlete.***
- ***Hypnotic Interventions including pain reduction techniques for the injured athlete.***
- ***Uses of Visual Imagery to enhance Focus in sports.***
- ***Uses of Stop-Thought Techniques to enhance sports performance***
- ***How to regain Concentration when it's been lost***
- ***Uses of Positive Self Talk***
- ***Arousal Regulation prior and during competition***
- ***Marketing your Sports Hypnosis skills-developing a market***

To Register:

Call: 480-767-0956 to ensure your placement in the course

Email: your interest to: peakplus@aol.com

You can pay by check or credit card (Visa or Master Card)

Dr. Sam Sterk's Bio:

Sam Sterk, Ph.D., is a trained Psychoanalyst, a Sport Psychology Consultant and a Certified Master Hypnotherapist. He completed his post graduate training at the New York Institute for Psychoanalytic Psychotherapy and Psychoanalysis. Dr. Sterk is the Director of Peak Performance Plus LLC, a Counseling, Hypnosis and Sports Psychology practice. He has been the Director of several counseling agencies. Dr. Sterk teaches Medical Hypnosis at Midwestern University AZCOM and teaches Psychology at several community colleges. As a Certified Sport Psychology Consultant he has been affiliated with the United States Olympic Center. Dr. Sterk's graduate training was in the field of Behavioral Health at the State University of NY at Buffalo, Columbia University and Clayton University.

Office space available. Very quiet location. 16th Street and Missouri in Phoenix. If interested, call Betsy at 602-263-0837.

Alan Handelsman

602-478-8346

Credit Card Processing Solutions for Your Business

This company is a preferred vendor of The National Guild of Hypnotists and their members.

Accept Visa, MasterCard, Discover, American Express, Diners Club, JCB, ATM, debit cards, Electronic Benefits Transfer (EBT cards), electronic gift and loyalty cards as well as a variety of private label and smart card technologies. Whether you're a retail store, restaurant, supermarket, gas station or lodging merchant, we have the transaction processing solution that's right for you. We also offer solutions for mail order and telephone order, e-Commerce, Internet and home-based businesses.

Contact:

Linda Monico

New England Payment Systems

1.888.624.7800

603.475.9345 Cell

1.866.236.5424 Fax

Networking

The following members are available to easily network among ASPH members. If you would like to have your contract information included in this list of ASPH members, please email info@hypnosisaz.com with your name, phone number and email address.

Carol Adler info@caroladler.com 480-452-9183

Lindsay Brady hypnotherapist@lbrady.com 480-966-8571

Sandi Graves sandi@arizonafamilyhypnosis.com 480-628-5436

Phil Hamilton phil@trancepathways.com 602-330-6886

Alan Handelsman alanhand@aol.com 602-478-8346

Robert J. O'Connor rjocstar@juno.com 602-593-4006

Susan Poznanski smf85308@q.com 602-843-8835

Martha Reed martha@insightsforlife-coach.com 623 249-5888

Sam Sterk peakplus@aol.com 480-767-0956

Tina Sacchi TinaSacchi.com 623-261-6167

Cheryle Timbrook Azrltr218@aol.com 480-201-7723

Social & Professional Networking on the Internet:

www.selfgrowth.com

www.hypnothoughts.com

www.linkedin.com

www.facebook.com

www.twitter.com

Have you read any good articles about hypnosis in a magazine or on the web lately? Feel free to share them with ASPH members. Email a copy or link to the article to our secretary at info@hypnosisaz.com to be included in our next newsletter.

Treasurer's Announcements

Please help us by sending in your Renewal Membership Dues ASAP!! Thank you!