



Arizona Society For Professional Hypnosis

www.hypnosisaz.com

ASPH Newsletter Hyperlink

Next Meeting – Tuesday, May 6, 2014

6:30 – 8:30 p.m. SHARP

Presenter – Edwin Bebee

Topic – “Self-Hypnosis Simplified”

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

Meeting Location

All future ASPH meetings, on the first Tuesdays of each month, will be held at the Scottsdale Senior Community Center

1700 North Granite Reef Road

Scottsdale AZ 85257

Meeting Room 6

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

Self-Hypnosis Simplified

Something that they don't teach in high school and may fail to emphasize or even mention in many college courses is that as mammals, we humans are specifically designed to exercise vigorously each day and to relax deeply in our off hours.

Instead, we are taught to strive to acquire things for ourselves (feather our nests) and to provide for our families by working as hard as possible. For healthy and enthusiastic individuals, this process can result in great acquisition of stuff.

Neglected in all this acquisitive frenzy is the specific, inherent design FACT that our minds and bodies need frequent rest and release from TENSION as we proceed in our daily lives. One way that seems to release tension is napping.

When we NAP, we intentionally lie back or lie down and permit ourselves to subside into somnolence – that is lose consciousness and enter a temporary state of sleep. And we may note that all our lives we are either ASLEEP or AWAKE.

Lost is our appreciation of the peaceful AWARENESS states, which occur both prior to sleep and before awakening. Physiologists have names for these states.

Hypnagogia is the name for the physiologic PROCESS of sleep entry.

Hypnopompia is the name of the physiologic PROCESS of emerging from sleep. Both of these processes are physiologically identical but psychologically quite different from each other. They differ distinctly in our level of AWARENESS.

This is because when we volitionally, intentionally seek to enter the sleep state or “go to sleep,” we are AWARE that we are going to sleep. However, emerging from sleep occurs spontaneously either by alerting (alarm) or by simple awakening.

Thus, we recognize that there are truly THREE states of mental activity within which we experience all our lives: AWAKE, ASLEEP and AWARE. It is within AWARENESS occurring while we are deeply relaxed that hypnosis is achieved.

UNDERSTAND THIS: Hypnosis occurs when your mind is AWARE that the body is sleeping. We obtain the hypnotic state of mind by allowing the body to subside into sleep WHILE our mind remains AWARE. This is the true basis of hypnosis.

AND KNOW THIS: When we enter a deeply relaxed state of AWARENESS, we automatically become highly sensitive and receptive to SUGGESTION. This is a very important psycho-physiologic FACT. It constitutes the basis for CHANGE.

Self-Hypnosis Simplified {2}

Practicing self-hypnosis easily, peacefully and naturally is easy and rewarding with a reasonable amount of daily practice. I recommend to my clients, that they focus on the attainment of perceptible symptoms of the hypnotic state of mind.

Numerous symptoms can be noticed while one is entering or experiencing the hypnotic state. Principally, we experience NUMBNESS, STILLNESS, HEAVINESS, TWITCHES and RESPIRATORY PATTERN CHANGE. (These are the big five.)

The perception of NUMBNESS occurs within hypnosis because while the body sleeps, less sensation is sent to the brain from the peripheral areas: fingertips, hands, palms, wrists, toes, soles feet and ankles all easily experience numbness.

STILLNESS & HEAVINESS are perceived as the major muscles in the body release their tone and subside automatically into catalepsy. Feelings of DRIFTING and FLOATING frequently accompany the deep calmness in bodily musculature.

BREATHING PATTERN CHANGE is noticeable as both a slowing down of breaths per minute and a modification of the relative duration of inspiration (shorter &, briefer) and exhalation (longer & slower) with a longer expiratory pause.

IMPORTANCE & NATURE OF EYE-ROLL. Clinicians have long noticed that in fainting (syncope) the individual first rolls their eyes upward (elevates their gaze) then collapses as muscle tone rapidly subsides throughout the body.

EYELID CATALEPSY is the process which keeps the eyes shut while we sleep. It also tends to occur rapidly & powerfully following intentional eye-roll and eyelid closure. Thus hypnosis can easily be induced by directed eye-roll & lid-closure.

TEST for this by having the client roll her eyes upward, close her eyelids while the eyes are rolled upward, then deeply relax & notice that she can raise the eyebrows while the eyelids remain closed (Demonstrate this process to your clients.)

EXPLAIN to your client that as the eyes have rolled & the eyelids have passed the test for catalepsy, the eyes are free to roll back further, move side to side or come back down and stare at the underside of the lids while relaxing more & more.

RECALL that hypnosis is easily obtained by the mind remaining AWARE while the body attains & maintains the physiologic state of sleep. Within this awareness the individual in hypnosis becomes intensely sensitive & receptive to suggestion...

THUS, self-hypnosis consists of intentionally entering the hypnagogic state followed by reviewing suggestions for change, then volitionally shifting to hypnopompia for emergence from the self-hypnotic state, hmmm?

HYPNOTIC hypnagogia can also be achieved by triggering the shift in response to focusing on a preset word while maintaining awareness of the bodily sleep-entry process. This causes an acute dissociative shift for experienced individuals.

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Ed Bebee's BIO

Ed Bebee has been interested in the phenomenon of hypnosis since his teen-aged years in the 1950's when books on the subject were hard to find for a high school student. He did, however obtain a 33&1/3-rpm recording on hypnosis sold mail order by a Dr. Abraham Azadien. Dr. A. suggested on the record that one could become hypnotized by simply allowing oneself to feel: "Very, very, drowwwwsy, now..." The instructions with the record recommended listening to the first side ten times before starting to listen to the second side. This became so boring that he never got to the other side... From time to time, however, he encountered spotty pieces of information on the subject and was able to determine that people could be hypnotized into a state of receptivity to suggestion by the presentation of appropriate metaphoric material. Sooooo, one happy spring afternoon in 1965, he invited a girlfriend over to his apartment on 2nd St. East of the University of Arizona campus in Tucson. Her response to metaphoric hypnotic presentation was quite surprising. He learned a fascinating lesson from this, which he will share with us at his talk for the May, 2014 ASPH meeting.

Over a quarter of a century later, in 1992, he had the opportunity to take a "C.Ht." hypnosis certification course in Tucson followed by attaining the C.M.H. certification in Phoenix. Given that high level of credentialing, he was deemed qualified to pay half the rent of a practicing psychiatrist's office in Tucson. In January, 1993, he received a referral of a seriously ill chronic pain patient, who had suffered traumatic avulsion of both lower extremities and who, over ten years post-incident, was suffering chronic phantom pain in his legs diagnosed as periosteal inflammation. He also had frequent severe nightmares, which caused him to profoundly disturb his wife's sleep. The basis of his successful hypnotherapy took several years, which I'll share briefly with the ASPH.

Ed joined the National Guild of Hypnotists in 1992 and has since attained numerous certifications and awards from The NGH as well as having made many one & two-hour talks on hypnotic technique at their International Convention in New England.

1967 Bachelor of Arts & Sciences (Chemistry & Psychology) University of Arizona, Tucson.

1967 – 1992 A quarter century of research chemistry and hospital clinical work as Lab. Director.

1991-1992 Trained with two doctors in Tucson and completed National Guild Hypnosis Course.

1992 NGH Certified Hypnotherapist (C.H.)

1997 NGH Certified Instructor (C.I.) in Manhattan, New York .

1997 – 2011 Taught twelve individual NGH Certification Courses in Tucson, Arizona.

1999 NGH Basic Board Certification (BCH) in Merrimack, New Hampshire.

2000 Alternative Doctorate, Clinical Hypnotherapy (D.C.H.) in Manhattan, New York.

2002 NGH Member of the Year Award, in Marlboro Massachusetts.

2003 NGH Fellow, (FNGH) Advanced Board Certification in Marlboro Massachusetts.

2007 NGH Order of Braid, (OB) Lifetime Hypnosis Achievement Award, Marlboro, MA.

2002-2014 Publication of 48 quarterly articles accepted by the Journal of Hypnosis.

2005-2013 Presentation of 16 Hypnosis Lectures to Senior Psychiatric Residents, Tucson.

1993-2014 Twenty one years of full time office practice as Prof. Consulting Hypnotist in Tucson.

Arizona Clinical Hypnosis

Edwin M. Bebee, CH, CI, FNGH OB

Board Certified Hypnotherapist

Fellow National Guild of Hypnotists

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Tucson, Arizona 85719-3410

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Please note that we will be starting our May meeting at 6:30 P.M. and ending at 8:30 P.M. This time change was suggested by our ASPH president, Lew Heller. Michael DeShalit made a motion for the time change and the attending members at our April meeting approved it.

We have to be out of the building by 9:00 P.M. and many like to stay and chat for a few minutes after the meeting, so the attendees decided to give this time change a try.

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

My Esteemed Colleagues, I have been very busy creating something special for the ASPH, a Professional Lending Library.

It currently has 197 titles, and seeking more as I continue to tweek this project.

It will be ready this Spring exclusively for ASPH Members Only.

I am seeking books on hypnosis and related fields, as well as audio/video/dvd/cd learning tools.

Please let me know if you or any of our other colleagues would like to donate their beloved materials.

I am particularly interested in Elman books and NGH Conference CD's, I would appreciate anyone who has previous conference CD's to perhaps even donate copies... just a thought.

To review/view collected works, please visit: www.facebook.com/hypnosisaz

All my bestest,

kate ellis,ccht 480-695-1936 480-695-1936

www.thehealingquest.com

www.empowerpuzzles.com



The Healing Quest ~ Hypnotherapy ~ Consultations

www.linkedin.com/in/kellis19

www.facebook.com/kate.ellis19

Dear Friends and Colleagues:

Many of the Arizona athletes trained in their sports and took medals in the last 2 Olympic Games. Sport participation is huge in AZ. If you're a Hypnotist who'd like to increase your income and skills, this message is of crucial importance to you.

Attend a one day seminar, learn several assessment techniques in your work with athletes, master many new Inductions and deepening methods with your own workbook, have a complimentary lunch and earn a certificate of course completion. All this-Yes for \$249.00!!!!

Sam Sterk, Ph.D. is both a Psychoanalyst, a Sport Psychology Consultant and a Certified Hypnotherapist with over forty years of experiences. Dr. Sterk is the Director of Peak Performance Plus LLC www.peakplusaz.com

Date: Saturday, 05-31-2014

Time: 9am-6pm

Location: at the Peak Performance Plus office, located in Scottsdale

To register: please call [480-767-0956](tel:480-767-0956) or email: peakplus@aol.com to RSVP your place in the class. Space is limited and the first ten people will be enrolled.

Peak Performance Plus LLC

Tel/Fax [480-767-0956](tel:480-767-0956) Cell: [480-861-6718](tel:480-861-6718)

peakplus@aol.com

www.peakplusaz.com

www.azolderadultplacement.com

Ron Benninghoff is organizing a community event for ASPH Members to participate in helping the public become acquainted with hypnosis and its value as a therapeutic modality. Ron is searching for a place to have this event. If you know of a place, please email me at info@hypnosisaz.com and I will pass the information onto Ron.

Lew Heller, our ASPH president has suggested that we have two holiday parties a year, one party in October and then our usual December party. Lew would like some member feedback on his suggestion. You can send your comments to info@hypnosisaz.com.

UPCOMING TOPICS & PRESENTERS

May 6 – Ed Bebee – “Physiological Effects of Hypnosis”

June 3 – Michael DeShalit

July 1 – Linda Bennett

August 5 – Skype: Devin Hastings

September 2 – TBA

October 7 – TBA

November 4 – TBA

December 2 – Annual 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: Lewis Heller, M.D. – lewisheller@mac.com

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

Secretary: Debbi Combs – info@hypnosisaz.com

Treasurer: Tom Hajek – tmhypnosis@live.com

ASPH Website

www.hypnosisaz.com is the domain 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 “professional hypnotist” contact information listed on the ASPH website, please send your name, areas of expertise, your website address, business name, city, address and location (cross streets), phone number, email address, and a picture of yourself (optional) to Tom Hajek at info@hypnosis.com. The one-time cost is \$35.00. You can also hand all your information and payment to Tom at an ASPH meeting.

You can 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.

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

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

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

Tina Sacchi [Tina@TinaSacchi.com](mailto:TinaSacchi.com) 623-261-6167

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.