

# Arizona Society For Professional Hypnosis

[www.hypnosisaz.com](http://www.hypnosisaz.com)

**Next Meeting: ASPH**

**Tuesday, April 5, 2011**

**7:00 p.m. SHARP**



[www.hypnosisaz.com](http://www.hypnosisaz.com)

## **Topic: Hypnosis to rid oneself of Headaches**

**Presenter: Dr. Lewis Heller, M.D.**

The intent of this presentation is to be able to show hypnotists who do not have a medical license how to use hypnotic techniques to approach medical conditions. A simple technique will be demonstrated that can be used to relieve headaches. A discussion will also be held regarding other medical conditions that easily respond to hypnosis

Dr. Heller has a successful background as a medical doctor, surgeon and hypnotherapist. He is most known for his compassion and perception in helping to resolve medical issues.

After receiving his Bachelor of Science Degree from Haverford College, where he also was a member of Phi Beta Kappa, he then attended the prestigious University of Pennsylvania Medical School. Upon graduation from medical school, Dr. Heller

completed an internship and residency program in Obstetrics and Gynecology at the Medical College of Pennsylvania. He also earned a Masters Degree in Business Administration from the executive program at Arizona State University, and is a Certified Hypnotherapist and member of the well-known National Guild of Hypnotists

Dr. Heller has almost 30 years of clinical experience as a practicing physician, including 13 in private practice as a board certified Obstetrician and Gynecologist. He holds the distinction of delivering the first “test tube” baby born in Arizona. It was while he had the privilege of providing health care that he found success in utilizing hypnotherapy and other holistic health care techniques as part of his medical/surgical practice.

Dr. Heller obtained formal training in hypnotherapy in 1995 to help his patients quit smoking, reduce stress, lose weight, have an easier childbirth and control pain. Since that time, he has greatly expanded his hypnotherapy practice. Dr. Heller saw the awesome power of hypnotherapy and has been delivering steadfast results to clients ever since.

His post-formal training includes specialized teachings with Deepak Chopra, M.D., Jonathan Wright, M.D., Abram Ber, M.D., and other pioneering practitioners in holistic health care. He has accepted repeat requests by medical training programs to teach hypnosis to medical psychiatry residents. Dr. Heller has on several occasions been a guest lecturer at Arizona State University’s Introduction to Psychology class.

Currently seeing clients at two locations -

11120 N Tatum Boulevard

Suite 101

Phoenix, AZ

and

7450 E Pinnacle Peak Road

Suite #258

Scottsdale, AZ 85255

***Location:***

HomeTown Buffet

1312 NORTH SCOTTSDALE RD, SCOTTSDALE, AZ 85257

[On the West Side of Scottsdale Road, just south of McDowell]

[Please no dining during the meeting.]

*Directions - Google "Home Town Buffet - Scottsdale AZ"*

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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)  
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**UPCOMING TOPICS & PRESENTERS**

***Meeting Dates:***

March 1, 2011- Alan Handelsman - "Do You Have The Courage To Relax?"

April 5, 2011 – **Dr. Lewis Heller, M.D. "Treating headaches with Hypnosis"**

May 3, 2011- **Sam Sterk, Ph.D. – "Sports Injury Recovery and Confidence Building using Hypnosis"**

June 7, 2011 - Peggy Hyde-Hollingshead - TBA

July 5, 2011 - Sandi Graves- TBA

August 2, 2011 - TBA

September 6, 2011 - TBA

October 4, 2011 - Lea Blumberg

November 1, 2011 - Nominations for Officers 2012, Don Rice

December 6, 2011 - Holiday Party

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**Officers:**

President: Michael C. DeSchalit -- mcdmagic@aol.com

Vice-President: Sandi Graves – sandi@arizonafamilyhypnosis.com

Secretary: Sam Sterk – peakplus@aol.com

Treasurer: Sylvia Shelton - sushelton@hotmail.com

Statutory Agent and Parliamentarian: Carol Adler – info@caroladler.com

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**ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS**  
**Membership Renewal Form**

RELAX!

All you have to do is.... Reach for your checkbook, pick up your pen, and

RENEW YOURSELF WITH ASPH for another year by

RENEWING YOUR ANNUAL MEMBERSHIP...

How easy is THAT?????

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

**Do NOT "Pay To The Order of ASPH!!"**

*Mail to:*

Carol Adler, CHt

ASPH Statutory Agent

1960 West Keating Avenue – No. 236

Mesa, Arizona 85202

AND.... If you don't even want to reach for your checkbook, you can do it all online through PayPal:

dandelionbooks@yahoo.com

\$37.10 (6% PayPal processing surcharge... PayPal also accepts major credit cards)

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## **The ASPH Website**

[www.hypnosisaz.com](http://www.hypnosisaz.com) and [www.hypnosisaz.org](http://www.hypnosisaz.org) are the domains for Arizona Society for Professional Hypnosis.

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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 Sam Sterk, ASPH Secretary, by email at [asph@live.com](mailto:asph@live.com) as soon as possible.

Thank you!

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***Notes from the Secretary: Sam Sterk, Ph.D***

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 [asph@live.com](mailto:asph@live.com).

**May 3, 2011-Sam Sterk, Ph.D.**

**Sports Injury Recovery and Confidence Building using Hypnosis**

**When an athletic gets injured, he/she is likely to become depressed because the injury is experienced as a loss. In this context, Dr. Kubler Ross's grief model is helpful in understanding the psychological dynamics. The athlete will also require confidence building to overcome his fears of re-injury.**

**We will discuss the following:**

- **Dr. Kubler Ross's Grief model and its applicability in understanding the injured athlete.**
- **How Hypnotic Visual imagery can help the healing process with injured athletes.**
- **Hypnotic Techniques that facilitate Healing**
- **Confidence Building Suggestions**

**Hope to see you all.**

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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.

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

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### **Member Announcements**

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.

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### **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

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## **NETWORKING**

*The following members are available to easily network among ASH members. If you would like to have your contract information included in this list of ASPH members, please email ([asph@live.com](mailto:asph@live.com)) with your name, phone number and email address.*

Carol Adler [info@caroladler.com](mailto:info@caroladler.com) 480-452-9183  
Sherry Bertram [bertshr@yahoo.com](mailto:bertshr@yahoo.com) 602-920-3281  
Lindsay Brady [hypnotherapist@lbrady.com](mailto:hypnotherapist@lbrady.com) 480-966-8571  
Rebekah Costello [hypno-sister@hotmail.com](mailto:hypno-sister@hotmail.com) 602 316-8561  
Sandi Graves [sandi@arizonafamilyhypnosis.com](mailto:sandi@arizonafamilyhypnosis.com) 480-628-5436  
Phil Hamilton [phil@trancepathways.com](mailto:phil@trancepathways.com) 602-330-6886  
Alan Handelsman [alanhand@aol.com](mailto:alanhand@aol.com) 602-478-8346  
Robert J. O'Connor [rjocstar@juno.com](mailto:rjocstar@juno.com) 602-593-4006  
Susan Poznanski [smf85308@q.com](mailto:smf85308@q.com) 602-843-8835  
Martha Reed [martha@insightsforlife-coach.com](mailto:martha@insightsforlife-coach.com) 623 249-5888  
Sam Sterk [peakplus@aol.com](mailto:peakplus@aol.com) 480-767-0956  
Tina Sacchi [Tina@TinaSacchi.com](mailto:Tina@TinaSacchi.com) 623-261-6167  
Cheryle Timbrook [Azrltr218@aol.com](mailto:Azrltr218@aol.com) 480-201-7723

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### ***Social & Professional Networking on the Internet:***

[www.selfgrowth.com](http://www.selfgrowth.com)  
[www.hypnothoughts.com](http://www.hypnothoughts.com)  
[www.linkedin.com](http://www.linkedin.com)

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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 [asph@live.com](mailto:asph@live.com) to be included in our next newsletter.

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***Treasurer's Report***

On February 15, 2011, the ASPH Bank Account Balance was \$3,593.67

**Thank you so much for sending in your Renewal and New Membership Dues!**