

Arizona Society For Professional Hypnosis

www.hypnosisaz.com

Next Meeting: ASPH

Tuesday, March 1, 2011

7:00 p.m. SHARP

Topic:

DO YOU HAVE THE COURAGE TO RELAX?

A Counterintuitive Path To Hypnosis and Healing

ASPH Meeting. March 1st, 2011.

Anyone who has seen Alan present has seen him play "The Arm Game." (And you'll see it again.) While the demonstration is powerful in itself, in this presentation, you will learn how to translate the lessons of the arm game into useful techniques for yourself and clients. Some of these may seem unusual or even counterintuitive at first, which is why Alan will demonstrate these for you.

You will learn:

- Why relaxation is only the second most powerful tool in hypnosis.
- How to turn the power of the problem into the power of the solution
- How to use more than just your subconscious mind.
- A technique to accomplish any hypnotic goal and to engage the full power of your inner resources that is as easy as 1-2-3.
- The most powerful technique for finding information.
- Why taking in a deep breath is overrated.
- Who knows what else?

A big portion of this presentation will be demonstrations and group activities, none of which you have to participate in. However, if you have any desire to volunteer for one or more demonstrations, please feel free to contact Alan before March 1st. You can call him at 602-478-8346, or email him at alanhand@aol.com. If you volunteer, you'd be doing a big favor for Alan, and for ASPH.

Please feel free also to visit his website at www.SourceHypnosis.com.

Bio:

After graduating in 1972 from Northeast High School in Philadelphia near the top of his class, but a good 15 to 20 places below Lewis Heller (how many depends on who you talk to – Alan or Lewis), Alan finished his academic career by enrolling at West Chester State College as a music major receiving his B.S. (It's not what you think.) degree in 1977. Always on the fast track, Alan earned his Master's Degree in Music performance twelve years later, in 1989.

In his long career as a musician, he was putting people to sleep on a regular basis, so his switch to hypnosis was a natural progression. The other reason for his entrance into the field of hypnotherapy was that he needed so much help with his stage fright and depression; he was hoping to get a professional discount.

He has studied with some of the great masters of hypnosis and other alternate healing modalities, many of whom have taken great pride in offering Alan his money back.

Whether as a musician, developer of the Resonance Tuner™, public speaker, or hypnotherapist, Alan has come to be very widely known in very small circles.

Now semi-retired, he lives a life of relative seclusion at an undisclosed location in south Scottsdale at 6112 E. Vernon Ave. (85257) He lives with his wife Anita (the one with the real sense of humor), and their male bunny-rabbit — named Precious — who obviously has some issues of his own to work out.

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"

"Introduction of Words That Empower Series & Clairvoyance"

Words that Empower are a uniquely innovative affirmation meditation series that are carefully crafted to enhance potent attributes within you, to affirm, validate and gently assist shifting a self-limiting perception. Words are strategically placed within the grid to challenge the super-conscious, conscious and subconscious mind. In this word search format it also touches your inner child, where most of us are familiar with these types of puzzle word games.

Kate Ellis is a Certified Clinical Counseling Hypnotherapist, trained by The American Association of Hypnotherapist Examiners, The Hypnosis Foundation of Chicago and is Certified with The National Guild of Hypnotists, the Association of Counselors and Therapists and Brookside Counseling and Hypnotherapy Institute. Kate was an instructor at Scottsdale Community college, former faculty with Moraine Valley Community College and St. Xaviers University in Illinois. She has taught a variety of courses, credited and adult continuing educational courses including Personal self-development, Creative Visualization, Self-esteem, Assertiveness training, Self-hypnosis along with Behavior Modification including; Anxiety/Panic Attack and Phobias. OCD and Depressive Disorders, Insomnia, Stress and Pain Management, and Procrastination.

The Healing Quest specializes in the fields of anxiety and panic attacks, phobias, Pre-surgical prep and addictive behaviors. Office location is old town Scottsdale, AZ

Kate has been published in Fate, Four Corners magazines' and has been interviewed for newspaper articles both in Illinois and Arizona. Her latest article was published in the Aznews.net on issues dealing with the "Comfort Zone" and how we feel uncomfortable as we expand our personal boundaries of self-growth and the realization of our innate potentials.

Kate has published nine non-fiction titles. Words that Empower, a unique word search puzzle series, has been published since 1997 and currently has five volumes in the continuing series available; "Essentials" Vol. II, "Prosperity and Wealth" Vol. III, "Graces", Vol IV, "Sayings of the Buddah" Vol. V. Latest release is a teenage and 14 yrs & up edition."Enough-ism, blaze a unique trail" Vol. VI.

Words that Empower intends on publishing a new volume quarterly, in both book and interactive CD & an online subscription website.

Website: www.thehealingquest.com

Facebook: www.facebook.com/thehealingquest & words that empower & kate.ellia19

Email: Thehealingquest@hotmail.com

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)

UPCOMING TOPICS & PRESENTERS

Meeting Dates:

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

April 5, 2011 - Sean Gately - TBA

May 3, 2011- Sam Sterk - TBA

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

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

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)

The ASPH Website

www.hypnosisaz.com and www.hypnosisaz.org are the domains for Arizona Society for Professional Hypnosis.

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 as soon as possible.

Thank you!

Notes from the Secretary: Sam Sterk

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.

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.

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.

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 ASH members. If you would like to have your contract information included in this list of ASPH members, please email (asph@live.com) with your name, phone number and email address.

Carol Adler info@caroladler.com 480-452-9183
Sherry Bertram bertshr@yahoo.com 602-920-3281
Lindsay Brady hypnotherapist@lbrady.com 480-966-8571
Rebekah Costello hypno-sister@hotmail.com 602 316-8561
Sandi Graves sandi@arizonafamilyhypnosis.com 480-628-5436
Phil Hamilton phil@trancepathways.com 602-330-6886

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Susan Poznanski smf85308@q.com 602-843-8835
Martha Reed martha@insightsforlife-coach.com 623 249-5888
Tina Sacchi Tina@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

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 to be included in our next newsletter.

Treasurer's Report

On February 15, 2011, the ASPH Bank Account Balance was \$2,988.45.

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