

Arizona Society For Professional Hypnosis

www.hypnosisaz.com

Next Meeting: ASPH
Tuesday, May 3, 2011
7:00 p.m. SHARP

www.hypnosisaz.com

**Topic: Sports Injury Recovery and
Confidence Building using Hypnosis.**

Presenter: Dr. Sam Sterk, Ph.D.

When athletes become injured, they lose their Self Confidence which is often accompanied with symptoms of Depression that are associated with their sense of Loss. For Hypnotherapists, this presents tremendous opportunities for timely interventions.

This presentation has in mind several goals:

- **The ways that Hypnosis can help the injured athlete in working through the injury by using Dr. Kubler Ross's Grief Model**
- **How Suggestion and Affirmation can be utilized keeping in mind the Grief model.**

- **How Hypnosis can be utilized to decrease the physical discomforts of pain.**
- **How Visual Imagery can help the recovery process of the injured athlete.**
- **How Suggestions/Affirmations can help to re-build the Self Confidence of the athlete.**
- **There are values in working closely with the athlete's Medical Team. This is an opportunity to for us to "Frame" ourselves as being part of the team. Think about letters of introduction to send to the orthopedic doctor, the Physical Therapist, and/or the Chiropractor. In the long run, this new "provider network" becomes an avenue for referrals.**

Dr. Sam Sterk, Ph.D. is the Director of Peak Performance Plus LLC. The Consultation Center staff offers the following services:

- **HYPNOSIS SERVICES and SPORTS HYPNOSIS TRAINING**
 - **Find out about the upcoming Sports Hypnosis Certification on Saturday September 17, 2011 from 8:30-5:00 PM. Lunch is included.**
 - **Advanced Sports Hypnosis Certification will be on Saturday September 24, 2011 from 8:30-5:00 PM**
Inquire about the one on one Mentorship/Coaching program in the Sports Hypnosis Certification programs.
 - **COUNSELING SERVICES to INDIVIDUALS, CHILDREN and COUPLES.**

- **ASSESSMENTS of Senior/Elderly in their level of functioning and assessing placement options. The staff is familiar with placement options.**

Dr. Sam Sterk is in private practice with his office in Scottsdale. He has a doctorate in Psychology and is a trained Psychoanalyst. His training as a Psychoanalyst has been from the New York School for Psychoanalytic Psychotherapy and Psychoanalysis. He was personally trained and certified by the late Dr. Harry Aarons in Hypnosis. He also trained in Hypnoanaesthesiology. Dr. Sterk is also certified as a Master Hypnotherapist. Dr. Sterk teaches Medical Hypnosis to second year medical students. Previously, he has been a Director of 2 Counseling agencies. He's been a presenter at the National Association of Applied Sport Psychology and will be a presenter at the NGH National convention this coming summer. He has published and is currently writing a book about his own experiences with asthma. Dr. Sterk enjoys teaching Sports Hypnosis and Sport psychology concepts.

On a more personal level, Dr. Sterk has completed several 26 mile marathons and is a holder of a fifth degree black belt in Tae Kwon Do.

He can be reached at Peak Performance Plus LLC:

**480-767-0956 or Email: peakplus@aol.com
www.peakplusaz.com**

Meeting Location:

Home Town 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"

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:

**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

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, 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.

If you come at least a half an hour early the evening of the upcoming monthly meeting, you can have the benefit of networking and “schmoozing” with your peers.

We are very excited to announce that the following ASPH members will be presenters at the upcoming August, 2011

NGH Convention:

Michael DeSchalit

Sandi Graves

Lewis Heller, M.D.

Don Rice

Sam Sterk, Ph.D.

Congratulations to the upcoming presenters.

We are reminded of the talent within our own chapter.

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 ASPH members. If you would like to have your contact 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
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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 April 16, 2011, the ASPH Bank Account Balance was \$3,814.46

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