



Arizona Society for
Professional Hypnosis

www.hypnosisaz.com

[ASPH Newsletter Hyperlink](#)

Next Meeting - Tuesday, October 2, 2012

7:00 p.m. SHARP

Presenter – Robert O'Connor

Topic – "Quantum Principles" with volunteer demonstrations.



Lecture Demos... The Easy and Fun Way to Present Hypnosis!!

[Meeting Location](#)

Home Town Buffet

1312 North Scottsdale Road - Scottsdale AZ 85257

[On the west side of Scottsdale Road, just south of McDowell]

[Directions](#)

***On Oct 2nd Robert will be introducing, explaining and demonstrating for you 'Quantum Principles' as an important part of the future for Hypnotherapist's
Volunteer your self or bring a volunteer to experience the benefits in using these principles including the concepts such as Time, Space, Light, Dark to suspend or end outlived habits, realities or even the concepts of Love and relating***

Source Integration Global Network

****S.I.G.N.****

Robert J. O'Connor

Certified Hypnotherapist

Source Integration Therapist

WWW.WHOLEHEARTEDENTERPRISES.COM

WWW.GOFIRSTEARTHATTALION.COM

Robert has been Studying, Researching, Developing and Practicing advanced Hypnotherapy techniques using Quantum principles in his practice for years

***Application of The Law of Attraction for Manifesting & Consciously Creating Your Reality
Self-Esteem: How to Achieve & Maintain
Regression and Progression Therapy
Rediscovering Your Goals, Purpose & Destiny
Stress, Pain & Anger Management
Custom-Designed Sessions for Unique Personal Situations***

***President Emeritus of ASPH.....Certified Hypnotherapist...
Medical Hypnotherapist...Source Integration Therapist...
Certified Spiritual Healer...Ordained Minister & Counselor...
Hypnotherapy Practitioner for over 40 years...
Founder and Creator of Source Integration Therapy (SIT)...
Essential Hypnotherapy & SIT Training Seminars
Leading to Certification...
Popular National Speaker...
Student of Ancient and Modern Methods for Achieving
Mental, Physical, Emotional and Spiritual Results***

***Application of The Law of Attraction for
Manifesting & Consciously Creating Your Reality
Self-Esteem: How to Achieve & Maintain
Regression and Progression Therapy
Rediscovering Your Goals, Purpose & Destiny
Stress, Pain & Anger Management
Custom-Designed Sessions for Unique Personal Situations***

***Among those whom Robert has certified to practice Source Integration
Therapy & Essential Hypnotherapy are Medical Doctors, Psychologists,
Social Workers, Nutritionists, Therapists, Education Specialists,
Counselors and Healers.***

***Robert J. O'Connor, CHt
Complementary & Alternative Solutions /***

***Essential Hypnotherapy
2659 W. Guadalupe Road / Suite C-119
Mesa, Arizona 85202
Tel: (602) 593-4006 FREE (602) 593-4006***

***Featured speaker for the ASPH Oct 2nd
Monthly meeting***

UPCOMING TOPICS & PRESENTERS

Meeting Dates:

October 2: Robert O'Connor – "Quantum Healing"

November 6: David Harrod – "Hypnosis and NLP"

Nominations for 2013 Officers

December 4: Holiday Party

FINALLY, NEW LOGO ON OUR NEWSLETTER. YAHHH!

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.

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.

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.

OFFICERS:

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

Vice-President: Sam Sterk – peakplus@aol.com

Secretary: Debbi Combs – asph@live.com

Treasurer: Tom Hajek – tmhypnosis@live.com

Sam Sterk, Ph.D., ASPH Vice-President was our presenter for our September 2012 meeting.

Sam spoke of the attributes an athlete needs to perform for his/her Peak Performance. Mastery and application of the following are critical:

- How to best maintain focus and concentration required for a sport.**
- Knowing how to resume focus if and when it has been lost.**
- How to maintain Positive Self-Talk**
- Knowing how to maintain the appropriate activation level in his/her sport.**
- Developing increased Self-Confidence**
- Knowing how and when to use Visual Imagery and its importance in sports.**

- Developing a self-Hypnosis program for each athlete in consideration of their needs.*
- Knowing how to deal with the jitters of competition and when to relax.*
- Coaching the athlete to write his/her Personal Contract read before any competition.*

Sam then shared his work by giving a demonstration with Connor (a high school basketball player) and Dave (a professional golf instructor and competitive golfer). Sam demonstrated ways that Hypnosis can improve the ability to refocus, enhance concentration and have positive self-talk, all of which combine to enhance Self-Confidence and improved sports performance.

Dr. Sterk's practice with Peak Performance Plus LLC is located in Scottsdale.

His contact information is as follows:

Telephone: 480-767-0956 or 480-861-6718

Email: peakplus@aol.com

Web site: www.peakplusaz.com

If you would like to be one of the ASPH featured speakers for next year, contact Sam Sterk, ASPH Vice-President so he can schedule you in. You can call Sam at 480-767-0956 or 480-861-6718 or email him at peakplus@aol.com.

TREASURER'S ANNOUNCEMENTS: Tom Hajek

Please help us by sending in your \$35.00 Renewal Membership Dues ASAP!! There are only a few ASPH members who have not sent in their 2012 Renewal Dues. We would really appreciate getting this part of our business wrapped up for the year. Remember also, your ASPH Membership Dues include you in our December ASPH Holiday Party.

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

HYPNOTIST/HYPNOTHERAPIST MENTORING PROGRAM

On ASPH meeting nights at 6:30 P.M., Sam Sterk directs a mentoring program for members who have questions about hypnosis or need help finessing their hypnosis skills. Any member may join in the discussions. We have several newly certified hypnotists/hypnotherapists who have joined ASPH and would like help from the more experienced members of our group. If you are willing to educate and mentor, it will be appreciated. We hope to see you!

ASPH MEMBER'S GOOGLE GROUPS DISCUSSION

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.

ASPH NEWS

Michael DeShalit asked everyone at our last meeting to come up with some new ideas for where we could book our December Holiday Banquet. Michael is holding our reservation for Buca de Beppi in Scottsdale, but that would probably mean everyone would need to pay a few extra dollars to attend. If we can come up with a less expensive venue or some ideas on how to hold our party with less cost, it would be easier on some members financially and we also do not want to put ASPH in financial straits.

Since our September meeting, many of you have filled out the questionnaire that was emailed to you and ideas have been pouring in for our holiday banquet. We really appreciate your input.

Everyone wants the holiday banquet to proceed and so now decisions are being pondered.

Thank you everyone for taking the time to send your suggestions. No matter where we have it or what we eat, it will be a good time.

The new ASPH website and logo are finished and on the web. It looks very professional and up-to-date. It is easy to get around in. We have Tom Hajek and Michael DeShalit to thank for instigating this project and carrying it through to completion. The web address is www.hypnosisaz.com – check it out.

ATTENTION – ALL PRACTICING HYPNOTHERAPISTS:

If you would like to include your business on the website, email your information (business name, physical address, phone numbers, website address, email address, and a list of the issues you work with) and a picture of yourself (MS Word Document) to either Tom Hajek at tmhypnosis@live.com or Debbi Combs at asph@live.com. There is a \$25.00 fee for having your name, information, and picture listed on our new ASPH website.

Some of the ASPH members who are listed on the ASPH website are receiving calls from people for appointments who found the member on the website. It is a bit of very inexpensive advertising.

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 asph@live.com.

Member Newsletter Announcements should be MS Word Document, 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.

Jonathan Patrick's Meet-Up Group

The next meet up scheduled is:

Tuesday, September 25, 2012

5:00 P.M.

Agave Library

36th Avenue & Pinnacle Peak (just north of Pinnacle Peak a bit)

Phoenix, AZ 85001

To RSVP just go to meetup.com by clicking the link below

["The Phoenix Hypnosis Practice Group"](#)

HYPNOSIS EDUCATION

Sam Sterk Ph.D is teaching a "Sports Hypnosis Certification" class September 15, 2012.

Sam's contact information:

Phone: 480-767-0956

Email: peakplus@aol.com

www.peakplusaz.com

Stage Hypnosis Seminar and Gastric Band

September 26, 27, 28, 2012

Stagehypnosisseminar.com

Atwood Institute

300 hour class starting October 6, 2012

For more information: atwoodinstitute.org

Dr. Lewis Heller's "Medical Hypnosis Seminar Training"

November 3rd and 4th, 2012

For more information, call 602-502-4000 or email lewisheller@medicalhypnosismd.com

This class is limited to 8 participants.

Dr. Lewis Heller is putting together a "stress study" and needs volunteers. If you would like to participate, you can call 602-502-4000 or email lewisheller@medicalhypnosismd.com.

VRCities.net was suggested as a sight all of us might find helpful and informative for our hypnotherapy practices.

GET YOUR HYPNOSIS/HYPNOTHERAPY BUSINESS GROWING

To help grow your hypnosis/hypnotherapy business, Robert O'Connor and Carol Adler suggested this link – <http://arizonaquide.com/events-calendar> - for ASPH members. It is a monthly calendar of Arizona events that you may want to attend and hand out your business cards and meet people.

FURNISHED OFFICE SPACE FOR RENT

From: michael@deeplyrelaxed.com

I currently am using my office, location listed below, on a part-time basis and would love to open it up to other potential Hypnotists who would like to share space on a part-time basis.

The office is in the Green Gables Office Complex

2345 E. Thomas Road

Suite 280

Phoenix, AZ 85016

It is on the SW corner of 24th Street and Thomas Road and just minutes away from the 202, I-10, and SR51 Freeways.

The office is comfortably adorned with two new recliners, has a waiting area for clients to fill out any paperwork, and there is a desk for you to work at while waiting for your clients. I'm generally in the office on Monday's and Wednesday's. If you would like more information or would like to stop by to check it out, you can contact me at 602-999-0697 or at any of the contact information below.

Michael Bucy, CH

Mobile: 602.999.0697

www.DeeplyRelaxed.com

Twitter: @GastroBandHypno

[Facebook.com/DeeplyRelaxedLLC](https://www.facebook.com/DeeplyRelaxedLLC)

LINDSAY BRADY HAS OFFICE SPACE TO RENT

I have two rooms in my office that have recently vacated and are available for immediate occupancy. Located in the quiet high-status Terra Southern Professional/Medical Plaza in Tempe, the complex is conveniently situated near the freeway system for easy valley-wide access. Each space would be ideal for hypnotherapy, counseling, chiropractic, massage therapy or an entrepreneurial office and has a common waiting room, restroom and reception area.

Space one is 180 square feet for \$400 per month.

Space two is 144 square feet for \$350 per month and has an additional outside private entrance.

If interested contact:

Lindsay Brady

Phone: (480) 966-8571

Email: lindsaybrady@lbrady.com

ASPH NEEDS YOUR IDEAS

Michael DeShalit had asked the members at our May meeting to bring in some ideas to help grow our ASPH group. There are hypnotists/hypnotherapists in the Valley and state who probably do not even know we exist, so reaching out to them could add so much new knowledge, techniques, and resources to our group.

Robert O'Connor brought in a number of suggestions. Following is a list of them. They are excellent suggestions on their own, but it will also be good if all of us will use them as a foundation and build on them. Thank you, Robert.

ASPH - June 2012

Suggestions regarding the future of the ASPH organization

Website

The printing must be Bold and have a minimum of a 12 font for most people to read

We must decide:

Who and what is the website for? The members? To show how they may be contacted, and for what? Which members benefit? Non-Practitioners in the state? The world at large? Future clients/patients? A display format for individual accomplishments? Advertisements for individual Hypnosis related formats, etc.?

ASPH Meetings

- 1. Location - always trying to stay as close to the center of the ASPH member base as possible.*
- 2. Content and Purpose*

I suggest that we no longer have presenters who share with ASPH members during their meeting presentation anything that can easily be found on their or other websites. Members don't need to come to a meeting for that; when it is massively available free to the public.

I suggest we make it so that as many as possible will be able to hear and see the presentation.

I suggest we stick to the "qualifying letter for presenters" that can be found in the ASPH Guidelines documents. This prevents many misunderstandings and confusion.

I suggest that as in the past we have ASPH members speak at only three of the meetings. The other ASPH members will happily tell you all they know at the meeting and pre- and post-meeting discussions. Exception: some new and world shattering info that our practicing members haven't heard before.

Remember: Members want to see someone new with new ideas. That will bring members to the meetings.

And perhaps most important of all: Now, more than ever, to see a live - not staged or on YouTube—demonstration of a process whereby the Hypnotherapist presenter achieves some positive resolutions with some hope of a permanent solution to their individual clients' issues.

When this happens our meetings are full and members are happy to attend to get something they can't get anywhere else.

If these dynamics as a platform are included, I see a bright future for ASPH for many years to come.

Please give us some feedback so we can continue towards our Progress as ASPH and members continue to grow and flourish.

Thanks for helping to create the Magic

***Robert J. O'Connor CHT.
President Emeritus ASPH***

Some other suggestions submitted by members were

- 1. At least one magic trick lesson***
- 2. At least one new script***
- 3. Better Facebook page***
- 4. Name badges for members to wear at monthly meetings***
- 5. Library of products***

HYPNOSIS BOOKS FOR SALE

I have tons of hypnosis and psychology e-books that I have collected through the years. Included are Hypnotherapy by Dave Elman, the entire works of Milton Erickson and literally hundreds more. Everything by Bandler and Grinder.

I was going to sell the e-books for 4/\$20. If you would like my full title list - I'll be more than happy to send it over to you. Even though I'm now in Utah - I can e-mail the books in perfect PDF format and can accept payment through Paypal. That simple and easy.

Thanks!

Fellow ASPH member,

Nicole Hunt

Mind Science Therapy

623-205-0960

nicolehunt@mindsciencetherapy.com

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

Cell – 603-475-9345

Fax – 1-866-236-5424

Some of this may seem repetitious if you've read my recent emails.

Brooklyn hypnotist Jacob Bimblich (<http://www.jacobbimblich.com/>) did a smoking cessation workshop for hypnotists at the 2008 NGH Solid Gold Weekend.

I recently received a free copy of the DVD at the 2012 NGH Solid Gold Weekend in Anaheim. In the training Jacob recommends a DVD from the Center for Disease Control entitled "I can't breathe", the story of Pam Laffin, a 29 year old woman who started smoking at age 10 after watching Olivia Newton John in the movie Grease. She developed emphysema at age 19, had a lung transplant at age 29 and passed away after her body rejected the transplant.

It's a killer video. Watch it and you'll never want to smoke again.

You can order up to five copies of the subject DVD for free (you've already paid for it multiple times via your taxes so don't feel guilty) from www.cdc.gov.

Go to the link below:

http://apps.nccd.cdc.gov/osh_pub_catalog/PublicationList.aspx

Type: *emphysema* in the search box and select "Digital Video Disk (DVD)" from the material type pull down menu.

The only video that will appear is the "I can't breathe" video. Click the box to select and ask for five copies.

Follow the instructions to complete the order.

Wow, free copies for your stop-smoking clients to watch. Fantastic!

Preview the video at: <http://www.myspace.com/video/freedom-laser-therapy/i-can-39-t-breathe-a-mother-39-s-struggle-with-smoking/57893417>

You will save someone's life by helping them to quit smoking.

Dave

P.S. You can order five more the very next day.

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 (asph@live.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 Tina@TinaSacchi.com 623-261-6167

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

Kathy Balland kballand@gmail.com 480-688-3924

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 asph@live.com to be included in our next newsletter.

Have a wonderful month helping as many people as you can including yourself, and hope to see you Tuesday, October 2nd at Hometown Buffet at 7:00 P.M.