

[Arizona Society For Professional Hypnosis](#)



www.hypnosisaz.com

[ASPH Newsletter Hyperlink](#)

Next Meeting - Tuesday, September 4, 2012

7:00 p.m. SHARP

Presenter – Sam Sterk, Ph.D.

Topic – "Sports Hypnosis" with two live 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](#)

Two Distinct Live Demonstrations of Using Sports Hypnosis with a Golfer and a Basketball player

By

Sam Sterk, Ph.D.

For an athlete to perform at his/her Peak Performance requires mastery and application of the following:

- ***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.***

I will share my work with Connor (a HS basketball player) and Dave (a professional Golf instructor and competitive golfer). In my work with them, at one time or another all of these concepts have been discussed but I will demonstrate 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.

This promises to be an interesting evening and I'd love to see you all.

Sam Sterk, Ph.D. has been registered as a Sport Psychology Consultant to athletes at the US Olympic Training Center, and is a member of the American Association of Applied Sport Psychology and a Certified Master Hypnotherapist. With over 35 years of professional experience in the field of Behavioral Health, Dr. Sam Sterk is a Master Hypnotist offering the highest level of skills to his clients. Dr. Sterk has published articles as well as copyrighted and trademarked assessment tools and intervention tools which he utilizes to help everyday amateurs as well as professional athletes improve their sport performance. Typically, this involves enhancing and maintaining concentration, knowing when and how to refocus, converting negative thoughts into positive ones, mental and visual rehearsals, and the building of self confidence in sport performance.

Dr. Sterk has taught Psychology and Sport Psychology at the University level, lectured nationally (NGH and AAASP) and offers training to professionals in Sport Hypnosis through the Peak Performance Plus Sport Hypnosis Certification Program. Dr. Sterk teaches at a local medical school courses on medical hypnosis to second and third year medical students. Sam Sterk, Ph.D. is the Vice President of ASPH and was previously the secretary of this organization. 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

UPCOMING TOPICS & PRESENTERS

Meeting Dates:

September 4: Sam Sterk Ph.D

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

November 6: David Harrod – "Hypnosis and NLP"

Nominations for 2013 Officers

December 4: 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.

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.

Kate Ellis was the ASPH speaker for August. Kate's presentation was very educational. She gave a detailed description of how she facilitates sessions for her clients with panic and anxiety disorders. Kate has honed her skills working with panic and anxiety issues over the last 25 years. She is very skilled in this area, usually seeing dramatic results in three sessions.

Kate also talked about how she makes sure that her clients actually shift their panic or anxiety energy into something personally positive rather than transferring it into a new phobia. She accomplishes this through her careful use of language.

Kate has also written several books.

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 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.

ASPH EMAIL ADDRESS

The ASPH email address is asph@live.com.

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

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

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.

This might be a good time for all of us to do some self-hypnosis to come up with some new ideas for our Holiday Banquet.

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.

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 to either Tom at tmhypnosis@live.com or Debbi Combs at asph@live.com. There is a \$25.00 fee for having your name and info and picture listed on our new ASPH website.

We still do not have the new logo on the newsletter, but that should be done for your October ASPH newsletter.

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***

ATTENTION – ALL PRACTICING HYPNOTHERAPISTS:

If you wish to have your contact information listed on the ASPH website followed by a list of the issues you work with, kindly send this written information (MS Word Document) to Debbi Combs, ASPH Secretary, by email at asph@live.com as soon as possible.

You can also send all announcements of future events [seminars, classes, presentations, etc.] to Debbi Combs at asph@live.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 asph@live.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.

STARS OF MAGIC

TEMPLE OF MUSIC AND ART

SILVER ANNIVERSARY

330 North Scott Avenue

Tucson, AZ 85701

520-622-2823

Saturday, August 25, 2012

Shows at 2:30 P.M. and 7:30 P.M.

Adults - \$16.00

Child (12-) \$12.00

Don't miss the 25th Anniversary of Tucson's premier Magical Event

Tickets available at Williams Magic Shop – 790-4060

Or online at www.Starsof.comMagic2012

Jonathan Patrick's Meet-Up Group

The first meet up scheduled is:

Utilization of Self Hypnosis

Tuesday, August 28, 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](https://www.meetup.com) by clicking the link below

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

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.

VRCities.net was suggested as a sight all of us might find helpful and informative for our hypnotherapy practices. I am sorry I do not remember who suggested this sight. I went to it, but have not had enough time to really explore it. The little I did look around caused me to believe this may be a very helpful sight. I recommend checking it out.

Also, whoever suggested VRCities in our August meeting, let me know who you are and I will give you credit. Thank you.

Debbi

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.

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

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

Deeply Relaxed, LLC

Mobile: 602.999.0697

www.DeeplyRelaxed.com

Twitter: @GastroBandHypno

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

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.

TREASURER'S ANNOUNCEMENT: Tom Hajek

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 ASPH"

Mail to:

Thomas Hajek, ASPH Treasurer

2844 E. Quiet Hollow Lane

Phoenix AZ 85024

Have a wonderful month helping as many people as you can including yourself, and hope to see you Tuesday, September 4th at Hometown Buffet at 7:00 P.M.