



Arizona Society for
Professional Hypnosis

[Arizona Society For Professional Hypnosis](#)

www.hypnosisaz.com

[ASPH Newsletter Hyperlink](#)

Next Meeting – Tuesday, September 3, 2013

7:00 p.m. SHARP

Presenter – *Bill Regner*

Topic – *“The Triune Mind: Belief Formation and Transformation”*

Demonstrations.... Volunteers Welcome... Invite Your Friends!

[Meeting Location](#)

All future ASPH meetings, on the first Tuesdays of each month, will be held in the Anglican Chapel BEHIND, or to the right (west) side of Holy Cross Lutheran Church.

3110 North Hayden Road

Scottsdale, AZ 85251-6619

<https://maps.google.com/maps?hl=en&tab=nl>

Here are some easy landmarks:

Once you are on Hayden Road in Scottsdale:

If you are coming from the south and driving north on Hayden Road, the church will be on the left hand side, past Thomas Road. You will pass a Dunkin Donuts and then you will see a large cross on the left hand side of Hayden Road. The cross is on the Lutheran church, near the road. The Anglican chapel is BEHIND the Lutheran church.

Turn left into the Lutheran church parking lot and drive to the right side of the church. Go all the way around to the back. Follow the sign for the Anglican Church/Chapel. You will see the chapel building connected to the religious school classrooms. We will place an ASPH MEETING sign on the chapel door.

If you are coming from the north and driving south on Hayden Road, you will pass the cross street of Osborn. A golf course will be on the right hand side. BEFORE you come to Thomas, you will see a large cross on the right hand side of Hayden.

The cross is on the Lutheran church, which is in front of the Anglican chapel. Again, the church and chapel are on the right side of Hayden Road if you are coming from the north and driving south.

Turn into the church parking lot and drive to the right side of the church. Go all the way around to the back. Follow the sign for the Anglican Church/Chapel. You will see the chapel building connected to the religious school classrooms. We will place an ASPH MEETING sign on the chapel door.

BILL REGNER

Central to every therapeutic modality is the goal of belief transformation. As hypnotherapy professionals, we seek to facilitate the formation of enduring healthy and appropriate belief structures through open communication between the conscious, sub-conscious, and super-conscious aspects of the mind. So, an appreciation is useful of the roles and interactions between the levels of mind. That appreciation helps with the understanding of how and why beliefs are formed; what purpose they serve; and when and why they will change. Very important too are the role and the responsibilities of the hypnotherapist in assisting that process.

This presentation will include portions of the introduction to hypnotherapy discussion that I have with each new client designed to dispel myths, create a safe environment, and engage the clients own healing intelligence. For the hypnotherapists present, I will also share insights gained over 35 years of practicing mind/body healing modalities on finding a balance between gathering therapeutic techniques and finding your own way.

I received my certified clinical hypnotherapist designation upon completion of 400 hours of training at the Hypnotherapy Academy of America in Santa Fe, New Mexico in 2003. During that experience I had the privilege of studying with Tim Simmerman and Gil Boyne.

Beginning in the mid 1970's I received extensive training and experience with many therapeutic modalities including age regression, multi-level awareness, guided imagery, visualization, focusing, breath work, and progressive relaxation techniques through my involvement in therapeutic communities dedicated to the personal transformation of both the staff and the clients. I served as a program director of youth adolescent residential treatment programs in the Phoenix and Tucson areas.

In the mid 1970's, I participated in an intensive nine month live-in training program called Kunga Ling located in the orange groves of East Mesa that introduced me to the daily experience of transformation practices collected from spiritual traditions around the world. That experience led me to an intense karma yoga study of Vajrajana practices of the Nyingma school of Tibetan Buddhism that included a seven month stay at the Odiyan Center in Sonoma County, California and eighteen months as a co-director of the Nyingma Institute of Colorado in Boulder, CO.

In addition to my core hypnotherapy training plus many continuing education units and independent study of hypnosis, my formal education includes a BA in Political Science with a minor in Psychology from the University of Arizona, Tucson, AZ., 30 graduate level credit hours in Treatment of Emotionally Handicapped Children from Nova Southeastern University, and 24 graduate level credit hours in Business Administration from the University of Phoenix.

I have been in private practice as a hypnotherapist since 2003. My practice began in Tempe and for the last six years has been located in the Verde Valley communities of Cottonwood and Clarkdale near Sedona.

***Bill Regner
Clarkdale, AZ 86324
928-634-9316 Cell***

***My website is www.azhypnosis.com
email: bill@azhypnosis.com***

UPCOMING TOPICS & PRESENTERS

September 3 – Bill Regner - “The Triune Mind: Belief Formation and Transformation”

October 8 – Leo Gagnon

November 5 – Dawn Upton/Nominations

December 3 – 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.

Officers

President: Robert J. O'Connor – rjocstar@juno.com

Vice-President: Kate Ellis – kellis19@hotmail.com

Secretary: Debbi Combs – info@hypnosisaz.com

Treasurer: Tom Hajek – tmhypnosis@live.com

ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS

Membership Renewal Form

RENEW YOURSELF WITH ASPH for another year by going to the website, www.hypnosisaz.com

and paying online, or:

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 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 info@hypnosisaz.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.

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 Debbi Combs, ASPH Secretary, by email at info@hypnosisaz.com as soon as possible.

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

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.

To help grow your hypnosis/hypnotherapy business, check out this link:

<http://arizonaguide.com/events-calendar> . It is a monthly calendar of Arizona events that you may want to attend and hand out your business cards and meet people.

Jonathan Patrick hosts a "Hypnosis Practice Group" on the last Tuesday of the month at 6:00 PM at the Phoenix Agave Library. For more details, contact Jonathan at jonathan@affect-effect.com.

PEAK PERFORMANCE PLUS, LLC



Presents

SPORTS HYPNOSIS CERTIFICATION-A ONE DAY SEMINAR

By

Sam Sterk, Ph.D.

Dates:

Choose the date: August 24, 2013; September 21, 2013

Time: 8:00-5:00 PM

Place: Office of Dr. Sterk

Course Highlights:

Fee: The \$249.00 fee includes a Manual, lunch and a handsome certificate of course completion.

- *Initial interview and Assessment Tools; contract vs. the hourly rates. You will learn several Assessment tools which facilitates "Contracting" with your client for services.*
- *Breakthrough Sport Psychology Concepts such as "The Psychological Performance Contract" which is written by the athlete.*
- *Hypnotic Interventions including pain reduction techniques for the injured athlete.*

- *Uses of Visual Imagery to enhance Focus in sports.*
- *Uses of Stop-Thought Techniques to enhance sports performance*
- *How to regain Concentration when it's been lost*
- *Uses of Positive Self Talk*
- *Arousal Regulation prior and during competition*
- *Marketing your Sports Hypnosis skills-developing a market*

To Register:

Call: 480-767-0956 to ensure your placement in the course

Email: your interest to: peakplus@aol.com

You can pay by check or credit card (Visa or Master Card)

Dr. Sam Sterk's Bio:

Sam Sterk, Ph.D., is a trained Psychoanalyst, a Sport Psychology Consultant and a Certified Master Hypnotherapist. He completed his post graduate training at the New York Institute for Psychoanalytic Psychotherapy and Psychoanalysis. Dr. Sterk is the Director of Peak Performance Plus LLC, a Counseling, Hypnosis and Sports Psychology practice. He has been the Director of several counseling agencies. Dr. Sterk teaches Medical Hypnosis at Midwestern University AZCOM and teaches Psychology at several community colleges. As a Certified Sport Psychology Consultant he has been affiliated with the United States Olympic Center. Dr. Sterk's graduate training was in the field of Behavioral Health at the State University of NY at Buffalo, Columbia University and Clayton University.

Office space available. Very quiet location. 16th Street and Missouri in Phoenix. If interested, call Betsy at 602-263-0837.

Alan Handelsman

602-478-8346

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.

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Linda Monico

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1.866.236.5424 Fax

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 info@hypnosisaz.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

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Sam Sterk peakplus@aol.com 480-767-0956

Tina Sacchi 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

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 info@hypnosisaz.com to be included in our next newsletter.

Treasurer's Announcements

Please help us by sending in your Renewal Membership Dues ASAP!! Thank you!