



**Arizona Society For Professional Hypnosis**

**[www.hypnosisaz.com](http://www.hypnosisaz.com)**

**ASPH Newsletter Hyperlink**

**Next Meeting – Tuesday, February 7, 2017**

**6:30 – 8:30 P.M. SHARP**

**Presenter – Alan Handelsman**

**Topic – “The Four Pillars of My Approach”**

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

**Meeting Location**

**Scottsdale Senior Community Center**

**1700 North Granite Reef Road**

**Scottsdale AZ 85257**

**Meeting Room 7**

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

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## **PRESENTATION – Alan Handelsman presents “The Four Pillars of My Approach”**

All the work I do in the office, and much of the way I live my life, is based on one experience, and three assumptions. In this presentation, I will explain how these four pillars developed, how they work with each other, and how to apply them to your practice. Together, they may lead you to new options, easier results, and maybe just more fun in the office.

I wanted to come up with an acronym for the information. Like KISS (Keep it simple, son.), or something like that. However, when I thought about putting together Law of Opposites, Arm Game, Metabalance, and Emotion, all I got was LAME.

Back to the drawing board! No acronyms, just information and demonstrations. You will see that, in addition to the Law of Attraction, you can use the Law of Opposites. You will see that you have more intelligence in your arms than you may have realized. And you will see how these two revelations led me to change my views on the role of emotion in the process of healing, and how they allowed me to be more flexible and responsive in sessions.

### **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. He also entered the field of hypnotherapy because he needed so much help with his stage fright and depression and 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.

Alan, who is President Emeritus of ASPH, now lives and works in Scottsdale, seeing private clients, presenting to groups, doing training, and traveling to places such as Canada, England, Switzerland, and Norway to teach and speak. He is (no kidding), known for presenting ideas simply and clearly, and for his engaging, humorous style.

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## **UPCOMING TOPICS & PRESENTERS**

**February 7** – Alan Handelsman

**March 7** –

**April 4** –

**May 2** –

**June 6** –

**July 11** – (The first Tuesday of July is a holiday, July 4<sup>th</sup>, so ASPH will meet on July 11<sup>th</sup>.)

**August 1** –

**September 5** –

**October 3** –

**November 7** –

**December 5** – *Holiday Party*

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## **TUESDAY MEETINGS: 6:30 PM – 8:30 PM**

Certificates & C. E. U. Credit Hours Awarded for Attendance to ASPH members (2 credits per meeting). C.E.U Credits for National Guild of Hypnotists are submitted for ASPH members only. Members should contact NGH themselves to have their credits recorded.

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## **SKYPE**

Dear ASPH members,

If you are not able to make it to Scottsdale on Tuesday night, please join us via Skype by going to the link below:

<https://join.skype.com/SXmfiaHIhdQo>

To test your software, just hit the link above to make sure your software is up to date. If you have questions or want to do a sample session to test your computer hardware, feel free to call me to arrange one.

Umesh Tiwari, MD CHT  
Technical Adviser to the Board

Arizona Society for Professional Hypnosis  
[\(951\) 443-6969](tel:(951)443-6969) cell  
[DrUmesh@AZHypnoHealing.com](mailto:DrUmesh@AZHypnoHealing.com)

This technology requires that you have Skype on your computer or mobile device and that it must be updated to the most recent version.

For questions and concerns, you can try <http://www.skype.com> . Or you can contact me directly at the mobile number listed below.

**[\(800\) 508-2215](tel:(800)508-2215) fax**  
**[DrUmesh@AZHypnoHealing.com](mailto:DrUmesh@AZHypnoHealing.com)**

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### **ASPH FEATURED SPEAKERS**

If you would like to be one of the ASPH featured speakers for this year, contact Sam Sterk, our current ASPH vice-president.

Sam Sterk, Ph.D., CC-AASP # 177

[peakplus@aol.com](mailto:peakplus@aol.com)

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### **OFFICERS**

**President: Kate Ellis – [kellis19@hotmail.com](mailto:kellis19@hotmail.com)**

**Vice-President: Sam Sterk, Ph.D. – [peakplus@aol.com](mailto:peakplus@aol.com)**

**Secretary: Cynthia Beck – [asphsecretary@gmail.com](mailto:asphsecretary@gmail.com)**

**Treasurer: Jodi Hert – [jodihert@cox.net](mailto:jodihert@cox.net)**

**Technical Adviser: Umesh Tiwari – [DrUmesh@AZHypnoHealing.com](mailto:DrUmesh@AZHypnoHealing.com)**

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### **NEW SECRETARY**

We have a new ASPH secretary for 2017. Meet Cynthia Beck, a real go-getter.

Cynthia Beck, MH recently moved from her home of 30 years in the San Francisco Bay Area, where she had the largest, independent hypnotherapy practice in the Silicon Valley, to beautiful Sedona, Arizona where she works with clients in her office and remotely.

Cynthia has already jumped in and became a member of ASPH, presented for our November 2016 meeting and ran for and won the secretarial position. She promises to be a wonderful addition to our ASPH membership and Board.

Cynthia has been a Certified Clinical Transpersonal Hypnotherapist for more than 15 years. A gifted communicator, she helps clients make wanted changes in a safe and healing atmosphere. She uses integrated hypnotherapy techniques such as guided imagery; progressive relaxation and positive suggestions to help clients reach emotional, physical and spiritual well-being. Above all, she teaches clients techniques they can use for a lifetime, so they do not become therapist dependent.

She received her Master Hypnotist Certification from the Palo Alto School of Hypnosis, under the direction of Dorthy Tyo. She also graduated from the Transpersonal Hypnotherapy Institute in Nederland, Colorado where she studied with renowned Master Hypnotherapist, Yukio Hasegawa. She also studied with Marcia Wieder, CEO of Dream University and coach to Jack Canfield, to acquire her Dream Coach Certification. Cynthia is uniquely qualified to assist individuals to identify their purpose, remove road blocks and achieve their dreams. She holds a Doctor of Divinity from the Universal Life Church giving her the full confidentiality of the confessional. She graduated from the University of Colorado, Boulder with a degree in Communications.

In addition, Cynthia has passionately studied a wide variety of psychological and spiritual modalities including spiritual direction, Reiki, transcendental meditation, walking meditation, Christian mysticism, Buddhist meditation, Hindu traditions, Ericksonian hypnotherapy, neurolinguistic programming, energy healing and brain science. She has extensive experience helping people with 12 step programs.

Her personal experience as a business woman, single parent, caregiver of ailing parents and personal recovery from chronic illness, gives her the depth and perspective needed to help clients move from where they are to where they dream of being.

Welcome, Cynthia.

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**ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS**

Membership Renewal Form

RENEW YOURSELF WITH ASPH for another year by going to the website, [www.hypnosisaz.com](http://www.hypnosisaz.com)

and paying online, or:

Send a **\$35.00** check, **"PAY TO THE ORDER OF ASPH"**

***Mail to:***

**Jodi Hert, ASPH Treasurer**  
**16845 South 11<sup>th</sup> Way**  
**Phoenix, AZ 85048**

**Note: It is time to renew your ASPH membership for 2017. The cost of renewal is \$35.00 and this fee includes the annual December 2017 Awards and Holiday party and all renewed members will receive a 2017 ASPH certificate.**

**If you have dropped your membership but would like to renew, you can do so at no additional charge. Just pay your \$35.00 renewal fee.**

**If you are new to ASPH, you are invited to join for a one time new member fee of \$85.00.**

**Below, you will find the ASPH Renewal Form (\$35.00) and the ASPH New Member Application (\$85.00).**

**You may either bring your application and check to the January 2017 meeting and hand it to Jodi Hert, ASPH treasurer, or mail it to Jodi at the above address.**

**Thank you for your attention to this matter.**

**ASPH Board**



**Member Renewal Form**

**Name: Last** \_\_\_\_\_ **First** \_\_\_\_\_ **Middle** \_\_\_\_\_

**Business Name** \_\_\_\_\_

**Business Address** \_\_\_\_\_

**Business Phone ( )** \_\_\_\_\_

**Fax Number ( )** \_\_\_\_\_

**Email Address** \_\_\_\_\_

URL (Website) \_\_\_\_\_

Residence Address \_\_\_\_\_

Membership Certification: Professional \_\_\_\_ Associate Member \_\_\_\_

Pay by check (\$35.00), Pay to the Order of ASPH

Bring your check to the ASPH Meeting and give it to the Treasurer, or mail it to:

Jodi Hert

ASPH Treasurer

16845 South 11<sup>th</sup> Way

Phoenix, AZ 85048



Arizona Society for  
Professional Hypnosis

Membership      Approved      Denied

\_\_\_\_\_  
Type: Professional      Certified      Associate

\_\_\_\_\_  
Reason for Denial \_\_\_\_\_

\_\_\_\_\_  
Card No.                      Issue Date

**MEMBERSHIP APPLICATION**

Name: Last \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

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**Residence Address      Number      Street**

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**City                      State                      Zip**

**Residence Phone Area (\_\_\_\_) Number \_\_\_\_\_**

**Business Phone Area (\_\_\_\_) Number \_\_\_\_\_**

**Fax Number \_\_\_\_\_**

**E-Mail Address \_\_\_\_\_**

**URL (Website) \_\_\_\_\_**

**Business Name \_\_\_\_\_**

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**Address – Street                                      City                                      Zip Code**

**When did you receive your hypnosis training? (year) \_\_\_\_\_**

**Number of hours you utilize Hypnosis per week \_\_\_\_\_**

**List Memberships in Professional Societies or Organizations and Offices Held**

**(optional) \_\_\_\_\_**

**List Names, Addresses and Phone Numbers of Professional References**

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**MEMBERSHIP PLEDGE**

***In applying for membership, I pledge and give my word to support and uphold the aims and purposes of the Arizona Society for Professional Hypnosis, its constitution and by-laws. Furthermore, never knowingly will I do anything that might bring disrespect or disfavor upon the art and science of hypnosis and this honorable association and its members.***

***I fully understand that membership in this association does not grant any academic title or degrees, nor will I utilize any such degrees myself which will misrepresent my formal and/or academic training. I further understand that I am not to practice any form of therapy or medical diagnosis which requires licensing, unless I am duly authorized and otherwise legally qualified and licensed to do so.***

*I certify that the information provided in this application is accurate and complete to the best of my knowledge and belief. I understand that I shall be subject to immediate expulsion should any falsification be determined.*

*I hereby release the A.S.P.H. and all of its members, both past and present, from any and all liability and/or claims that may arise from my decision to practice privately in the field of hypnosis.*

*Applicant's Signature* \_\_\_\_\_

*Name of Sponsor, if any* \_\_\_\_\_

*Pay by check [pay to the order of ASPH] to the Treasurer and mail application and check to:*

*Jodi Hert  
ASPH Treasurer  
16845 South 11<sup>th</sup> Way  
Phoenix, AZ 85048*

**2010 ASPH FEES FOR NEW MEMBERS**

*Classification of Membership*

*Mailing List (M/L)*

*If you are not interested in becoming an ASPH member at this time, but you wish to keep abreast of what is happening in the field of hypnotherapy, please indicate that you would like to be on our email list.*

*Associate Member (A/S)*

*If you are interested in hypnosis but have had no training in hypnosis or hypnotherapy and you want to be involved in ASPH activities, you are classified as an Associate Member.*

*Certified Professional (C/P)*

*If you are an ASPH member who has successfully passed the ASPH Certification Test or who has completed a certification program that is accepted by ASPH, you are classified as an ASPH Certified Professional.*

**Fees**

	<i>One time ASPH initiation fee</i>	<i>\$25.00</i>
<i>One time Certification Fee</i>	<i>\$25.00</i>	
<i>Annual Dues (due Jan. 1 of each year)</i>	<i>\$35.00</i>	
<i>Website Listing of Practice</i>	<i>\$35.00</i>	

**Update Website Hypnotherapist Information     \$20.00**

**One Time ASPH initiation fee includes initiation fee, annual dues for that year, and certification fee  
[Total - \$85.00]**

**Circle classification of membership for which you are applying:**

**Associate Member     Certified Professional**

**Amount You Are Enclosing: \$\_\_\_\_\_**

**Pay by check [pay to the order of ASPH] to the Treasurer**

**Mail Application to:**

**Jodi Hert  
ASPH Treasurer  
16845 South 11<sup>th</sup> Way  
Phoenix, AZ 85048**

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**ATTENTION ALL PRACTICING HYPNOTISTS/HYPNOTHERAPISTS**

If you wish to have your “professional hypnotist” contact information listed on the ASPH website, please send your name, areas of expertise, your website address, business name, city, address and location (cross streets), phone number, email address, and a picture of yourself (optional) to Jodi Hert at [info@hypnosis.com](mailto:info@hypnosis.com). The one-time cost is \$35.00. You can also hand all your information and payment to Jodi at an ASPH meeting.

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**NOTES FROM THE SECRETARY: CYNTHIA BECK**

Send all announcements of future events [seminars, classes, presentations, etc.] to Cynthia Beck at [asphsecretary@gmail.com](mailto:asphsecretary@gmail.com).

A reminder ... The cut-off date to add event information to the monthly newsletter is the 13th of the month following the last meeting. Please submit your event information on or before that date via email to [asphsecretary@gmail.com](mailto:asphsecretary@gmail.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.

If you submit anything to be included in the newsletter or on our ASPH website, please make sure you have not infringed on anyone else's copyrighted material. Permission is necessary from a copyright owner to use their copyrighted material. If we believe information has possibly been copyrighted, we will want to see the permission before we will print anything to our newsletter or website.

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### **GROW YOUR HYPNOSIS/HYPNOTHERAPY PRACTICE**

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.

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### **PATTI FREEMAN'S CERTIFIED "FORENSIC HYPNOSIS" CLASS**

***January 21-22, 2017***

***Books, Hands-On Instruction, Certification***

What you learn in class:

-Memory Recall onsite

-Proper use for retrieval of information From witnesses that cannot be acquired through any other means.

-Work with police, lawyers, courts, witnesses, and victims -Hypnotic techniques used by profilers -Legal do and don'ts aspect -Provide more to your client by offering this helps your income.

-Interview – preparing/questions/outburst -Guided hands on practice

Pattie Freeman BCHT, CI and has been working using Forensic Hypnosis throughout her career. She works with many of the police departments-courts-Doctors-attorneys-private investigators-victims and witnesses.

Forensic Hypnosis has been used in famous cases around the world. Two of the most famous cases are the Chowchilla case and Rock vs. Arkansas although it has been used in the Ted Bundy case and the Scott Peterson case as well. Its use has been upheld by the US Supreme court.

The certification gives The opportunity to master your expertise in the Field of forensics.

Call for more info on the 2 day training in Scottsdale.

The cost of the class is \$599...hours 10-5pm

[602-400-0653](tel:602-400-0653) [pattie@thearizonahypnotist.com](mailto:pattie@thearizonahypnotist.com)

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**GREETINGS MY FELLOW STAGE HYPNOTISTS**

I hope this email finds you well. As you may have heard, Jerry Valley, Tommy Vee and I are NOT going to be offering the Ultimate Stage Hypnosis Seminar in Las Vegas this coming March. BUT... in it's place, we are hosting the first ever Ultimate Stage Hypnosis CONFERENCE. This conference is the first of its kind and we have an amazing line up of speakers that will help you take your show to the next level and market it to the masses.

Here is the link to the upcoming Ultimate Stage Hypnosis Conference in March 2017. Go to... [www.stagehypnosisseminar.com/conference](http://www.stagehypnosisseminar.com/conference) NOW to check out the details!!!

If you have received a similar email about these events from Tommy Vee or Jason Linett, I will apologize for the duplication up front. Just know that we don't want you to miss out on this opportunity. As an alumni to the Ultimate Stage Hypnosis Seminar, we are always looking out for you and for ways to help you grow your business.

Sincerely,

**Michael C. DeSchalit**

***The Ultimate Stage Hypnosis Conference***

***Co-Coordinator***

**Michael C. DeSchalit, CI, CH**

**Motivating Minds Hypnosis Center**

**7301 E. 22nd St., Ste. #1-C**

**Tucson, AZ 85710**

**[\(520\)270-0183](tel:5202700183)**

**[motivatingmindshypnosis@gmail.com](mailto:motivatingmindshypnosis@gmail.com)**

**[www.motivatingmindshypnosis.com](http://www.motivatingmindshypnosis.com)**

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**ASPH HAS OUR OWN JEWELRY**

**ASPH** members can thank **Michael DeSchalit** for coming up with the idea, designing and creating an ASPH lapel pin. The pin has our ASPH logo and "Arizona Society for Professional Hypnosis" on it.

This pin looks really nice and can be a good little advertisement and conversation starter for your hypnosis practice. The price of the pin is only \$5.00.

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### **A GIFT FROM KATE ELLIS, OUR ASPH PRESIDENT**

The professional lending library currently has over 900 sundries of all sorts; Books from 1913 through to 2015. We have videos, of which many I have converted into digital format of DVD's. There are CD's, Cassettes, Magazines, Scripts and so much more. I am very pleased with the amount of training materials for basic hypnosis and related fields to advanced training and techniques.

This library is exclusive to the ASPH membership and is free... of course unless you do not return materials. When you would like to visit, simply ring me up to arrange an appointment. If you are interested in donating hypnosis and related materials, please let me know, I would be most happy to help you declutter and allow something that assisted you along the journey of professionalism.

Do Enjoy. Kate Ellis, CCht The Healing Quest (480) 695-1936

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### **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 [asphsecretary@gmail.com](mailto:asphsecretary@gmail.com) with your name, phone number and email address.

Carol Becker [www.carollifecoach.com](http://www.carollifecoach.com) 480-800-7777

Lindsay Brady [hypnotherapist@lbrady.com](mailto:hypnotherapist@lbrady.com) 480-966-8571

Sandi Graves [sandi@arizonafamilyhypnosis.com](mailto:sandi@arizonafamilyhypnosis.com) 480-628-5436

Phil Hamilton [phil@trancepathways.com](mailto:phil@trancepathways.com) 602-330-6886

Alan Handelsman [alanhand@aol.com](mailto:alanhand@aol.com) 602-478-8346

Robert J. O'Connor [rjocstar@juno.com](mailto:rjocstar@juno.com) 602-593-4006

Martha Reed [martha@insightsforlife-coach.com](mailto:martha@insightsforlife-coach.com) 623 249-5888

Tina Sacchi [Tina@TinaSacchi.com](mailto:Tina@TinaSacchi.com) 623-261-6167

Sam Sterk [peakplus@aol.com](mailto:peakplus@aol.com) 480-767-0956

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### **SOCIAL AND PROFESSIONAL NETWORKING ON THE INTERNET**

[www.selfgrowth.com](http://www.selfgrowth.com)

[www.hypnothoughts.com](http://www.hypnothoughts.com)

[www.linkedin.com](http://www.linkedin.com)

[www.facebook.com](http://www.facebook.com)

[www.twitter.com](http://www.twitter.com)

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***Mail to:***

***Jodi Hert, ASPH Treasurer  
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