



Arizona Society For Professional Hypnosis

www.hypnosisaz.com

ASPH Newsletter Hyperlink

Next Meeting – Tuesday, June 7, 2016

6:30 – 8:30 P.M. SHARP

Presenter – Barney F. Howell, CHt.

Topic – “*Analytical Hypnotherapy*”

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>

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
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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:8005082215) fax

DrUmesh@AZHypnoHealing.com

PRESENTATION – Analytical Hypnotherapy

Hypnosis Can Be Divided Into Two Major Therapeutic Approaches

Directive Hypnosis:

1. Consists of the use of post hypnotic, inferred and positive affirmations describing an event as if it has already taken place. The subconscious mind with its ability to determine reality from fantasy causes neural impulses to travel to the Autonomic Nervous System to bring about an event, which had been "blueprinted" by the image of a suggestion.

2. Non-Directive or Regressive Hypnotherapy (AKA Analytical Hypnotherapy)

The therapist guides clients back to sensitizing and critical events through age regression, but does not lead in anyway. Process work is then used to bring the client to more healthy avenues for expression of behavior.

Barney's presentation will be on the Non-Directive/Regressive approach of Analytical Hypnotherapy.

It involves working with three ego states that exists within all of us, the child, parent and adult ego within us. And of course the therapists contribute the adult state within themselves.

Throughout the analytical procedure, the fundamental assumption maintains that the Adult ego state can find a solution underlying the Parent/Child conflict provided it is given sufficient information. The hypnotherapist must skillfully use these techniques to pry such information from the unconscious memories and allow the adult mind to consider to keep only the learning experience and to let go of the conflicting emotion.

There are 6 steps in the analytical hypnotherapy process that must be followed.

1. Identification of the Critical Experience.
2. Understanding the Repressed Emotions and the Associated feeling of Guilt.
3. Recognition of the Current Irrelevance of the Previously Repressed Emotion.
4. Relinquishing the Repressed and Repressing Emotions
5. Recognition of the Resolution of the Child/Parent Conflict.
6. Rehabilitation.

These will be discussed.

BIO – Barney F. Howell, CHt.

I began my study of hypnosis in the mid-1970s while enlisted in the Air Force. Primarily my interest was to improve my performance in steel tipped dart competition. IT WORKED!

I then found hypnosis was a wonderful skill to use in many other ways for myself and others.

Prior to retiring from service, I found a clinical psychologist, here in Phoenix. She helped me improve my use of hypnosis and it was through her that I was introduced to Ericksonian hypnosis. She had been one of his students.

My professional use of hypnosis (meaning I was actually paid real money) began in 1983 after I retired from the military. People I worked with in the defense industry learned how I was helping with weight control and smoking cessation asked me to work with them on various issues. I learned a lot by reading and practicing the techniques the psychologist had taught me.

In 1998 I decided I needed some documentation that said I actually had a clue what I was doing in hypnosis. I found the Atwood Institute. I took the certification course with them and though I had a good foundation in hypnosis, I learned two areas I had not used or really known about. They were, Past Life Regression Therapy and Analytical Hypnosis.

After completing training with the Atwoods, I assisted Dr. Norman Charrette in his clinic. Through Dr. Charrette and Dr. Patrick Porter I learned and became an NLP practitioner.

In 1999, the Atwoods offered me the school they created in 1989. I accepted and bought the school in 2000. I had the school until the end of 2015 when I closed it and formally retired. It was great teaching and practicing therapeutic hypnosis (which I still provide on a referral basis.)

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

OFFICERS

President: Kate Ellis – kellis19@hotmail.com

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

Secretary: Debbi Combs – asphsecretary@gmail.com

Treasurer: Jodi Hert – jodihert@cox.net

Technical Adviser: Umesh Tiwari – DrUmesh@AZHypnoHealing.com

ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS

Membership Renewal Form

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

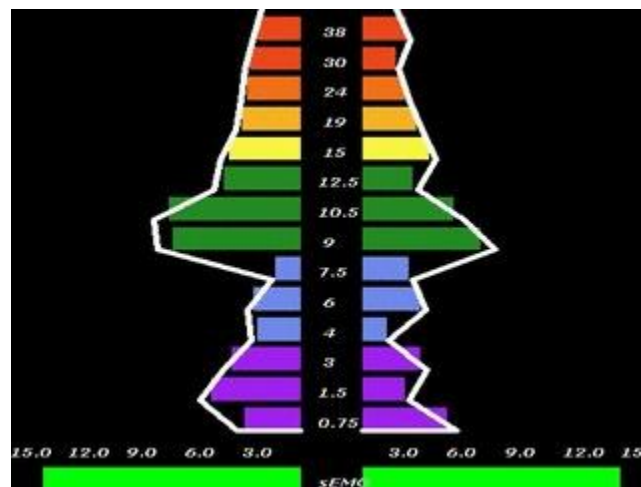
and paying online, or:

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

Mail to:

Jodi Hert, ASPH Treasurer
16845 South 11th Way
Phoenix, AZ 85048

AWAKENED MIND TRAINING



Mind Mirror™ output screen for Beta, Alpha, Theta, Delta Brainwave Frequencies

This weekend training follows the protocol established by Anna Wise for "Awakening the Mind," the highly creative state as measured by the Mind Mirror™ EEG biofeedback machine.

What you will learn and experience:

- 1. Brainwave theory. We are not just in Beta, or Alpha, or Theta. Our brains are oscillating at many different frequencies at the same time. It is the relationship between the brainwave frequencies which establishes the state of consciousness.***
- 2. Experience being "hooked up" to the Mind Mirror™ and see your own brainwave frequencies.***

3. Experience the “Awakened Mind” protocol developed by Anna Wise. Relax as we explore directing the frequencies of Beta, Alpha, Theta, and Delta.

When: Saturday June 4, 9 to 4 PM and Sunday June 5, 9 to noon (lunch on your own)

Where: Hess Hypnosis Heals; 4525 E Skyline Dr Tucson Arizona

How Much: \$395, early bird discount of \$50 if paid registration before May 20. Registration is limited to 5 persons. Call 520-888-9338 to register.

Your Instructor: Helen Hess, NP, CHT, BFRP trained and studied with Anna Wise and was certified as an “Awakened Mind Practitioner” in 2001. She has used the Mind Mirror in clinical settings, and the protocol in individual as well as in group trainings.

More Information?: www.institutefortheawakenedmind.com; www.hesshypnosisheals.com; “The High Performance Mind,” by Anna Wise available in the NGH library

NOTE FROM ASPH SECRETARY: David Harrod informed me that the following conference is **ONLY** for medical professionals such as doctors, psychologists, nurses and those practicing Chinese medicine. **Call ahead to confirm your eligibility.**

2016 CONFERENCE – SOCIETY FOR CLINICAL AND EXPERIMENTAL HYPNOSIS

67th Annual Workshops and Scientific Session

October 6-10, 2016

Hilton Boston/Dedham & William James College (just 20 minutes outside Boston)

Details: www.sceh.us/2016-conference

Anne Doherty Johnson

Executive Director

Society for Clinical and Experimental Hypnosis

P: 617-744-9857 F: 413-451-0668

W: www.sceh.us E: anne@sceh.us

The Future of Clinical and Experimental Hypnosis in the Era of Health Care Reform

Info can be found here:

<https://mam.memberclicks.net/2016-conference#callforPapers>

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.

2016 ASPH new and renewing members receive their pin for free this year when they attend a meeting and ask for a pin. Replacing a pin will cost \$5.00.

Thank you, Michael for your idea and your effort. What a great idea.

Tuesday Meetings: 6:30 PM – 8:30 PM

Certificates & C. E. U. Credit Hours Awarded for Attendance to ASPH members (2 credits per meeting).

ASPH Website

www.hypnosisaz.com is the domain for Arizona Society for Professional Hypnosis. [Click here](#) for a link that takes you directly to the newsletter posted online.

Attention All Practicing 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. The one-time cost is \$35.00. You can also hand all your information and payment to Jodi at an ASPH meeting.

Notes from the Secretary: Debbi Combs

Send all announcements of future events [seminars, classes, presentations, etc.] to Debbi Combs at 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.

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.

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.

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

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.

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 info@hypnosisaz.com with your name, phone number and email address.

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

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

Social & Professional Networking on the Internet:

www.selfgrowth.com

www.hypnothoughts.com

www.linkedin.com

www.facebook.com

www.twitter.com

ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS

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and paying online, or:

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

Mail to:

Jodi Hert, ASPH Treasurer

16845 South 11th Way

Phoenix, AZ 85048