



Arizona Society for
Professional Hypnosis

[Arizona Society For Professional Hypnosis](#)

www.hypnosisaz.com

[ASPH Newsletter Hyperlink](#)

Next Meeting – Tuesday, May 3, 2016

6:30 – 8:30 P.M. SHARP

Presenter – Helen Hess, NP, CHT, BFRP

Topic – “The Art of Self-Talk”

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/SXmfiaHhdQo>

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 cell
DrUmesh@AZHypnoHealing.com

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Umesh Tiwari, MD, CHT
Arizona Center for Hypnotic Healing
530 E McDowell Rd, No 107-622
Phoenix, AZ 85004
(602) 490-8427 office
(800) 508-2215 fax
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 fax
DrUmesh@AZHypnoHealing.com

PRESENTATION – The Art of Self-Talk

Automatic thoughts can be a plague to the hypnotist and their clients. Automatic self-talk constantly "programs" the subconscious. This presentation goes beyond "cancel, cancel" and "positive affirmations." Once we return the role of the director to the conscious mind, the role of servant to the subconscious mind, and recognize that we all are in trance most of the time, we can simply and easily "in the moment" change the programming. Let me show you how. I have used this technique successfully in my practice to help with troublesome mental attitudes, emotional feelings, and pain. The process I will demonstrate easily shows the hypnotist how. I will first explain the process, then demonstrate it, then have the class divide into groups of two and practice the technique.

BIO – Helen Hess, NP, CHT, BFRP

Helen's interest in the Mind Body connection began about age 9. She was "rolling on the floor" with abdominal cramps from the flu when her father came to her door and said, "It is all in your mind." While the statement was confusing, "after all the pain was in her abdomen," it generated a curiosity regarding the Mind Body connection. As a child she read the books her father had around the house. As an adult, she approached her interest from both a science viewpoint and "alternative" viewpoint. She has been an RN since 1975, and graduated as a psychiatric mental health nurse practitioner and clinical nurse specialist in 1995. Concurrently, she learned how to meditate, and how to utilize self-hypnosis and write her own suggestions. Additionally, she has studied nutrition, relexology, "Touch for Health," "Educational Kinesiology," "Somatics," the "Mind Mirror" for EEG biofeedback, Bach Flower Remedies, Hypnosis, Silva Mind Control, and Kundalini Yoga.

She has been prescribing psychiatric medication and performing psychotherapy since 1995, and all the while looking at how "everything" interconnects. An experienced teacher, she has developed and taught many classes regarding the Mind Body connection. She is a former instructor for Mind Body Medicine at the Arizona School of Acupuncture and Oriental Medicine. She is also a certified Kundalini Yoga Level 1 teacher, a certified Bach Flower Level 1 teacher, and a certified hypnotherapy instructor through ACHE (American Council of Hypnotist Examiners). She has professionally presented several times at the Annual Psychopharmacology Review: Current Clinical Practice sponsored by The University of Arizona Health Sciences Center ("Contemporary Issues in Advanced Practice Nursing"), for the Arizona Nurses Association Chapter 2, and for the ACHE conference in September 2014.

Her 20 years of clinical experience in psychiatry is vast. She has practiced in a variety of settings including inpatient psychiatry, inpatient medical liaison, nursing homes, and outpatient. Her outpatient experience has included both private practice for the geriatric and general mental health populations and in public practice for the seriously mentally ill. She opened her private psychiatry practice in 2004. This allowed her to integrate all of her tools for the benefit of her clients. In November 2015, she closed her successful psychiatric practice, resigned from all insurances, and opened a full time hypnotherapy practice.

Hess Hypnosis Heals is located at 4525 E Skyline Dr., #101, Tucson, AZ. [520-888-9338](tel:5208889338). www.hesshypnosisheals.com

EDUCATION:

1975 - BSN (University of Arizona)

1995 - MS (University of Arizona) in Psychiatric Mental Health Nursing as a Nurse Practitioner and Clinical Nurse Practitioner

2005 - Hypnotherapist (Hypnotherapy Academy of America)

2005 - Clinical Hypnotherapist (Hypnotherapy Academy of America)

CERTIFICATIONS (partial list):

Awakened Mind Practitioner (Anna Wise Center) - utilizing the "Mind Mirror" EEG for biofeedback

Clinical Hypnotherapist (ACHE)

Certified Hypnotherapy Instructor (ACHE)

Bach Flower Registered Practitioner (The Dr. Edward Bach Foundation International Register of Practitioners)

Kundalini Yoga Teacher, level 1 (KRI)

FLT Healthcare Practitioner (First Line Therapy Therapeutic Lifestyle Certification which utilizes nutrition and lifestyle as a first line treatment)

SuperHealth Specialty Professional Training: Yogic Science to Break Habits & Addictive Behaviors

NEI Master Psychopharmacologist

Clinical Hypnotherapist (NGH)

SHORT PRESENTATION – Jodi Hert will tell us about ONLINE HYPNOSIS at the May meeting.

Note from ASPH Secretary

Early this morning I was working on finishing this newsletter so I could send it out today. I emailed a note to Sandi Graves to find out how Don Rice is doing and this is Sandi's response.

Friday, April 15, 2016

Dear Sandi,

If you have time, let me know how Don and Marty and you are doing. I send out the May newsletter today, and most of us at ASPH know Don. I wanted to give an update in the newsletter as all are concerned and care about Don.

I admire you stepping in to help Marty with caring for Don. That is a big job. Bless Kim too for standing behind you on taking on helping to care for Don.

Have a beautiful day.

Debbi



Sandi Graves, BCH

*3:11 PM (42
minutes ago)*

to me

Hi Debbi, we suspect Don is in his last days and is pretty much asleep and being supported with pain medications. Hospice has stepped up his care and he is always with his son, Marty and Sandi and we are cherishing every moment with Don. The family is grateful for the love and light being sent his way during this transition.

Please feel free to share in the newsletter.

Love, Sandi

Sandi Graves, BCH

"Change Made Easy"

*Sandi Graves, Board Certified | Arizona Family Hypnosis
13203 S. 48th Street | Phoenix, AZ 85044
Office: [480.628.5436](tel:480.628.5436)*

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

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.



SPORTS HYPNOSIS CERTIFICATION-A ONE DAY SEMINAR

By

Sam Sterk, Ph.D.

Date: Saturday, April 16, 2016

Time: 9:00-6:00 PM

Place: Office 9035 East Kalil Dr. Scottsdale, AZ 85260

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

Course Highlights: Everything you want to know about Sports Hypnosis. April 16 from 9:00-6:00 pm- Sports Hypnosis Certification which includes a handbook, catered lunch and a professional certificate at course completion.

****Initial interview and Assessment Tools*

**** Inductions and Deepening Techniques including Rapid Inductions*

****Engaging the client in Sport Hypnosis contract vs. the hourly rates*

****The Uses of Assessment tools to pin point areas where client progress is needed*

**** How Assessment tools are used to pin-point success in the Sport Psychology intervention Process*

****Hypnotic Interventions to help clients improve their Focus, how and when to Re-focus, develop Positive Self Talk; CUE words and improve Self Confidence*

****The uses of Visual Imagery to enhance Focus and performance in sports*

****Uses of Stop-Thought Techniques to enhance sports performance by clearing one's mind and not harboring on errors; how to regain Concentration when it's been lost*

****uses of Positive Self Talk Arousal Regulation and Cue words prior and during competition*

**** How to have and use a Competition plan to enhance Focus*

****Hypnosis Pain Reduction techniques for the injured athlete as well as Confidence Building using Hypnosis.*

****Marketing your Sports Hypnosis skills-develop a market and additional streams of income*

**** All participants will receive a handbook and a Professional Certificate of Accomplishment from Peak Performance Plus*

To Register:

Call: 480-767-0956 Cell: 480-861-6718 or Email: peakplus@aol.com

Pay by check or credit card (Visa or Master Card)

Professional Courtesy= When you register by April 7, 2016 you're eligible for a 10 % discount from

\$279.00 to \$251.10

Sam Sterk, Ph.D., is a trained Psychoanalyst, a registered Sport Psychologist, a Certified Hypnotherapist and he's has had an affiliation with the U.S. Olympic Training Center. His Graduate education includes an MSW degree at University of Buffalo (S.U.N.A.B.) and he completed doctoral studies at Columbia University. Dr. Sterk is the Director of Peak Performance Plus LLC, a Counseling, Hypnosis and Sports Psychology practice. In addition to his private practice, Dr. Sterk teaches a course entitled Medical Hypnosis at Midwestern University medical school. Sam Sterk, Ph.D. is certified in Hypnoanaesthesiology for pain management with the uses of Hypnosis. He has copyrighted and trademarked the C.A.P. - the Comprehensive Athletic Profile- an assessment tool used with athletes to measure traits that are associated with athletic success. Sam Sterk, Ph.D. has presented at national conferences of the American Association of Applied Sport psychology and NGH-the National Guild of Hypnosis. Sam Sterk, Ph.D. is a published author of a memoir entitled, SAMMY'S JOURNEY. He is publishing a book entitled, WIN! Get the Mental Edge Skills in Martial Arts.

Public Speaking, Mass Hypnosis Techniques and Charisma:

Boost Your Confidence and Skills and Learn Hypnotic Speaking Techniques to Influence Your Audience - 4/30/16

A one day training program with the following objectives:

- 1. Improve your confidence with public speaking - I have successfully worked with a number of public figures to improve their confidence and skills with public speaking. The program utilizes hypnosis techniques designed specifically to improve public speaking abilities and confidence.*
- 2. Improve your charisma - Did you know that charisma can be measured and improved and is the number one element companies are seeking when looking for a CEO? One of my clients actually told me that she watched one of her colleagues climb the corporate ladder to get to the top. To quote my client, "She could not add up 2 + 2 but she was charismatic, and I could not figure out at the time why she kept getting promotions."*

Through the use of hypnotic methods, participants can gain a focused understanding of the elements of charisma and can begin to development them internally.
- 3. Learn the same "mass hypnosis" techniques utilized by many influential leaders - Barack Obama used these techniques to win elections. Many of these techniques enabled Hitler to rise to power and control in Germany. The program is designed to make you aware of successful mass hypnotic techniques and how you can enhance your ability to influence.*
- 4. Practice the techniques you have learned by delivering a speech to the group - The best way to internalize what you have learned is to actually use this opportunity immediately to practice the techniques you have learned. Extra training on these techniques offered at no extra charge on Monday, May 2, 2016 from 7 to 9 PM. You are welcome to bring friends and family to observe at that time!*

Unleash your public speaking with energy and passion combined with the power of mass hypnosis techniques!!!

Program Cost is \$249.00

Time: 8:30 AM to 5:30 PM - Working Lunch Provided

Optional training at no charge Monday 5-2-16 from 7-9 PM

Location:11120 N Tatum Boulevard, Suite 101, Phoenix, AZ 85028

Contact: Lewis Heller at [602-502-4000](tel:602-502-4000) or

lewisheller@mac.com to register.

SIGN UP NOW!

This Program is limited to 6 attendees.

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](tel:617-744-9857) F: [413-451-0668](tel: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>

Thanks for viewing this important material. Hypnotists Donald H. Rice, CCH, PIN & Sandi Graves, BCH have personally created and recorded every one of the KISS Audio Downloads. You can count on each and every download to be very professional and to make the changes you want and need. Enjoy, Don

Donald Rice, CH

(480) 577-0264

DonRiceClinics.com

HypnosisComedyShow.com

KISSHypnosisScripts.com

HypnosisAudioSite.com

GastroBandHypnosis.com

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 Grave s 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

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Jodi Hert, ASPH Treasurer

16845 South 11th Way

Phoenix, AZ 85048