



**[Arizona Society For Professional Hypnosis](#)**

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

**[ASPH Newsletter Hyperlink](#)**

**Next Meeting – Tuesday, November 3, 2015**

**6:30 – 8:30 p.m. SHARP**

**Presenter – Umesh Tiwari**

**Topic – “The Unknowing Hypnotist in You”**

**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 – The Unknowing Hypnotist in You***

Whether you know it or not, whether you believe it or not, the words you speak into the lives of others shape their reality. Discover how the words you speak affect change in the lives of the people closest to you. Every day, you are influencing those around you based on what you say to them. Follow the stories of 4 individuals whose lives were totally transformed based on the words spoken to them, learn the principles by which this happens, learn the states of consciousness in which this occurs most effectively, and finally, learn the most effective techniques for crafting suggestions so that your loved ones can have their lives transformed for the better. You have the power to change peoples' lives. You have the power to shape their reality. Your words shape their reality.

## ***BIO***

Dr Umesh is a medical doctor who is now turning his energies towards hypnotherapy to treat his clients mind, body, and spirit. In doing so, he is returning to following the Bio-psycho-social model of health and healing he was taught in the very beginning of medical school (that most forget by the end). He has found hypnotherapy to be far more effective in helping clients become whole from their ailments. Dr Umesh practices at the Arizona Center for Hypnotic Healing in Peoria, AZ where he lives with his wife Sudha.

***Dr Umesh can be contacted at the following:***

***Arizona Center for Hypnotic Healing***

***<http://AZHypnoHealing.com>***

***[Info@AZHypnoHealing.com](mailto:Info@AZHypnoHealing.com)***

***[\(602\) 490-8427](tel:6024908427)***

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**Sam Sterk, Ph.D.** is conducting a **Clinical Hypnosis Meeting** to discuss any clinical or conceptual issues in hypnosis. The meeting is held from 5:45 to 6:30 P.M., 45 minutes prior to the regular monthly ASPH meeting in the **library** of the Scottsdale Senior Center. It's always highly interactive and everyone is welcome. If you are interested to know more about this meeting, please call **Sam Sterk, Ph.D., CC-AASP # 177 at 480-767-0956. Otherwise, feel free to attend.**

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## **UPCOMING TOPICS & PRESENTERS**

**November 3 – Dr. Umesh Tiwari –“The Unknowing Hypnotist In You”**

**2016 Officer Nominations and Election**

**December 1 – Holiday Party**

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If you would like to be one of the ASPH featured speakers for next year, contact Kate Ellis, ASPH Vice-President so she can schedule you in. You can contact Kate at [kellis19@hotmail.com](mailto:kellis19@hotmail.com).

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### **OFFICERS**

**President: Lewis Heller, M.D. – [lewisheller@mac.com](mailto:lewisheller@mac.com)**

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

**Secretary: Debbi Combs – [asphsecretary@gmail.com](mailto:asphsecretary@gmail.com)**

**Treasurer: Tom Hajek – [tmhypnosis@live.com](mailto:tmhypnosis@live.com)**

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

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### ***Dear ASPH Members***

Nominations and elections for 2016 ASPH officers are coming in November. Please consider running for one of the offices: President, Vice-President, Secretary, or Treasurer.

If elected, you will be given a manual on the officer's job requirements and be trained by the current officer in how they have performed the job. You will then better be able to implement your ideas and still fulfill the job requirements.

The Board currently consists of president, vice-president, secretary, and treasurer each serving a one year term.

Our current ASPH president, Lew Heller has some suggestions that he would like to see developed and the by-laws amended as follows:

1. The Board consist of the following positions:
  - a. President
  - b. Vice-president – currently and historically found and engaged our monthly speakers.
  - c. Secretary
  - d. Treasurer
  - e. Audio/Visual Technical Advisor - (Dr. Umesh Tiwari currently fulfills this position voluntarily.)
  - f. Education Coordinators – two members working together to arrange for speakers and to plan for educational/speaking events outside of our monthly meetings. (Dr. Sam Sterk voluntarily has taken on the role of educational advisor and coordinator as well as taking on the promotion of public speaking engagements by ASPH.)

- g. Membership Advisor
  - h. Outgoing president will be on the Board as an advisor.
  - i. Officers hold their positions for two years rather than the current one year.
2. The elected vice-president will automatically advance to president unless there is a circumstance that would not allow the vice-president to assume that role, the vice-president declines the position or membership in a vote chooses to revoke that option in a vote of “no confidence.”
  3. If no one chooses to run for vice-president, the person finishing second in the presidential vote will automatically be vice-president and has the option to accept or decline.

The above was vigorously discussed for over 30 minutes at our October meeting. Any motions to make changes to the by-laws were tabled at the meeting.

Please feel free to give us some feedback on the above.

President Lew Heller will be asking for motions at the next meeting to allow for some changes in the by-laws to be made to accommodate the addition of new positions on the Board and to consider term lengths for officers. This is a bit tricky as nominations for the new officers are also to occur at the next meeting. Consider the different possibilities...we can adopt the new changes immediately or allow them to be put into place in 2016.

Another suggestion has been brought up by the current ASPH secretary, Debbi Combs.

The current nomination and voting procedures are:

1. Nominations are taken at the November meeting
2. A vote is taken at the meeting.
3. An email with a ballot is sent to all current ASPH members so anyone not attending the meeting can vote.
4. The secretary counts the votes and informs the president of the winners. The winners are announced at the Holiday party in December.

Debbi's suggestion is:

1. Nominations would be taken at the October meeting rather than in November. This gives the nominees a chance to inform the membership of their qualifications and ideas on how they would benefit ASPH in the role of the office they choose to run for. The announcement of who the candidates are and a write-up about each one will be in the November newsletter. The November newsletter comes out October 15<sup>th</sup> which would give all the ASPH members a chance to be educated about each candidate before the November election. Ballots would also be emailed to the ASPH membership.
2. The vote would be held at the November meeting.
3. The winners would then be announced at the Holiday Party in December.

This would mean the membership should start thinking about if they would like to hold an office for ASPH the next year in September.

**No matter how we hold elections, if you want to nominate another member, please talk to them about it first to make sure they would like to possibly hold the office.**

If you would like to be nominated, you can announce you would like to run or ask a co-member to nominate you.

Below are from our current bylaws

Elections:

This is copied from the by-laws, which gives the executive board freedom to conduct the elections however they choose. Possibly the simplest method is "whoever has the most votes is elected"...and if it's a tie between two candidates the secretary will notify the president who would then vote to break the tie:

## ARTICLE VII

### BOARD OF OFFICERS

**SECTION 4. Nomination and election of the Board of Officers. No members shall be eligible as a candidate for office unless the candidate is in good standing, has been a member at least one year, and has attended at least three regular meetings during the past calendar year.**

**Nomination of officers shall be at the regular association meeting in November of each year.**

**A member must be present at the November meeting wherein said member's name is placed in nomination unless said member is verifiably with a client or patient, or is absent on account of sickness. In either case, the said verification must be shown or presented to the Secretary prior to the meeting in which the nomination is made; otherwise the member's name will not be printed on the ballot.**

**SECTION 5. The election of officers shall be held prior to the third week of December of each year. All candidates are to be elected by ballot and those receiving the highest number of votes shall be declared elected at the regular December meeting.**

**SECTION 6. The method of balloting shall be decided each year as directed by the Board of Officers.**

Only current ASPH members can run for office or vote for officers, so please update your membership if you have not already done so.

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### **2015 Holiday Party**

Our ASPH Holiday Party is being held at the **Talking Stick Resort** Tuesday, December 1<sup>st</sup> this year. ASPH had their Holiday Party at the Talking Stick last year, and everyone who attended enjoyed the food and atmosphere.

Further details will be emailed to each member.

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### **Dear ASPH Members –We have a CONTEST and YOU can WIN MONEY!!**

Our president, Lew Heller and vice-president, Kate Ellis initiated a contest for ASPH members. Write an educational BLOG of 500 words or more discussing some aspect of hypnosis/hypnotherapy for the ASPH website and you just might win \$100. The winner will be announced at the Holiday Party in December.

Our ASPH website has been developed to be an educational tool for both hypnotists and the general public wishing to know more about hypnosis.

Education for hypnotists/hypnotherapists is of course, essential. The more we share our expertise in our field with one another, the better able we each are to help those who come to us for guidance.

Educating the public about hypnosis will help to build our profession stronger and make it more acceptable to the world.

So, get your pens or keyboards busy writing. You can email, send, or bring Lew Heller, Kate Ellis, Tom Hajek, or Debbi Combs your blog and we will get it onto the website. You just might win \$100 at the end of the year. The real treasure though will be you helping someone who might not otherwise ever understand hypnosis and what a valuable tool it can be in their life.

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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:**

**Thomas Hajek, ASPH Treasurer**

**2844 E. Quiet Hollow Lane**

**Phoenix AZ 85024**

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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).

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**ASPH Website**

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

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**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 Tom Hajek 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 Tom at an ASPH meeting.

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**Notes from the Secretary: Debbi Combs**

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

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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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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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ASPH has a very viable **Hypnosis Education and Referral Panel**. This committee meets once a month to decide on bringing Hypnosis programs to community functions like Rotary, VFW, The Knights of Columbus, Churches, Independent Living facilities, just to name a few. The purpose and overview of this committee is to educate the community about hypnosis and foster community speaking engagements while seeking referrals. If you would like to have greater exposure and speaking visibility, then this group is for you. Ron Tobin and myself, Sam Sterk have speaking engagements set up November. We're looking to expand the group's size. If you are interested, **please contact Sam Sterk, Ph.D., CC-AASP at 480-767-0956, founder and Chairperson** of this committee. Our next group meeting will be on ***Saturday November 7, 2015 at Sam Sterk's office at 1:00 pm. Sam's email is: [peakplus@aol.com](mailto:peakplus@aol.com)***

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

***Peak Performance Plus LLC***

***Tel/Fax [480-767-0956](tel:480-767-0956)***

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

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

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

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***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. I have developed a hypnosis recording specifically for this program to improve your 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 just told me 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.”*

*Understand the elements of charisma and begin to development them in yourself. Hypnosis recording specifically created to internalize these techniques.*

*3. Learn the same “mass hypnosis” techniques utilized by many influential leaders - Understand how the person who utilizes these techniques the best will be the next President. We will analyze. Barack Obama used these techniques to win elections and they enabled Hitler to rise to power and control in Germany. - Hypnosis recording created for you to internalize the learning and utilization of these techniques. Then...*

*. 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 utilize the techniques you have learned.*

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

*and learn how to enhance your influence with people.*

*Program Cost is \$249.00*

*November 7 - Time: 8:30 AM to 5:30 PM - Working Lunch Provided  
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](mailto:lewisheller@mac.com) to register.*

*One Day Sports Certification Seminar*

**By**

**Sam Sterk, Ph.D.**



**Dates: Saturday, January 16, 2016**

**Time: 9:00-6:00 PM**

**Place: Office 9035 E. Kalil Dr. Scottsdale, AZ 85260**

**Fee: The \$289.00 fee includes a Manual, a Catered lunch, and a handsome professional Certificate of course completion.**

**Course Highlights: Everything you want to know about Sports Hypnosis. This course provides you the tools to expand your practice.**

**\*\*\*Initial interview and Assessment Tools**

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

**\*\*\*Assessment tools help to pin point areas where client progress is needed**

**\*\*\*Hypnotic Interventions to help clients improve their Focus, develop Positive Self Talk; and improve their Self Confidence**

**\*\*\*The 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 lost**

**\*\*\*Uses of Positive Self Talk Arousal-Energy Regulation**

**\*\*\*Cue words prior and during competition**

**\*\*\* Developing a competition plan for your client**

**\*\*\*Hypnosis Pain Reduction techniques for the injured athlete**

**\*\*\*Marketing your Sports Hypnosis skills-developing a market**

**To Register: Call or email to ensure your place in the class**

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

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

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

**📄 EXTRA SAVINGS!!!! If you register by December 12, 2015, you'll be eligible for a course savings of 10 %-a saving of \$28.90. Act now to benefit from this Savings.!!! Wow!! All the course highlights:**

- **A Professional Manual**
- **Catered Lunch**
- **A Professional Certificate**

**Take advantage of the 10 % Savings by 12-12-2015 and your fee becomes \$263.10 instead of \$289.00**

**Wow! A nice built in savings!**

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**Here are two seminars that you do not want to miss out on. Both are taught by a team of leaders in the field of hypnosis and hypnotherapy. This is your opportunity to increase your income by increasing your knowledge and skills. If you are at all interested in making more money than you are making now and helping even more clients, call Michael C. DeSchalit for more information. He can be reached at**

**[\(520\)270-0183](tel:5202700183). Don't wait, call now to take advantage of early registration offers.**

**THE HYPNOTIC GASTRIC BAND SYSTEM SEMINAR - March 12th & 13th, 2016 - Las Vegas**

How would you like to help people to lose weight permanently and you make \$100 or MORE per session? Michael C. DeSchalit and I will teach you our **HYPNOTIC GASTRIC BAND SYSTEM** which is a non-surgical. Very safe and successful program. For only \$795 you can be in our **2 day workshop March 12 & 13 in Las Vegas**. All manuals and materials included plus our **FREE** after class support. Get into this lucrative career now on a part or full time basis as a certified practitioner. **Call me, Jerry Valley, now for details. [\(978\)609-1725](tel:9786091725).**

**THE ULTIMATE STAGE HYPNOSIS SEMINAR - March 14th - 18th, 2016 - Las Vegas**

Have you always wanted to become a stage hypnotist? Well, now's the time to take this opportunity to get into this lucrative business of doing hypnosis shows and make **\$1000 to \$3000 per show** even on a part time basis. If you **register and pay by December 31st, 2015, we will take off \$300 from your tuition. See all details at [www.stagehypnosisseminar.com](http://www.stagehypnosisseminar.com) or call me, Jerry Valley, at**

**[\(978\)609-1725](tel:9786091725). Four great instructors, Michael C. DeSchalit, Amye Scharlau, Tommy Vee and myself, will teach you how to make \$1000 to \$3000 per show. Do not delay as we are limiting our class to 20 new students.**

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***ASPH Professional Lending Library ~***

In our chosen profession, I have found scant resources available to borrow materials, books, DVD's or CD's of both research & training unless one invested in the product. I thought back to the days as a pup hypnoterapist and how challenging it was to afford sometimes hundreds of dollars for materials to assist in improving my skills as a practitioner. My primary investments were professional conferences, workshops and other training venues.

Last Spring I came across an email from a retired hypnoterapist seeking to dispose of a lifetime of hypnosis and related materials for \$500.00. Such a deal! That was the day the idea of a professional lending library was born. I know myself that lending from my private library was not something I was interested in doing, as I am sure many of my colleagues feel the same way.

The professional lending library currently has over 900 sundries of all sorts; Books from 1913 through to 2015. As often as I can, I ask presenters whom are authors if they would like to donate materials. And more often than not, they are gracious and generous. We have Videos, in 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, or simply curious.

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

**Note from the ASPH Secretary – Debbi Combs**

I have seen the library Kate Ellis has collected and organized for ASPH. I do not know if Kate has kept tabs on how many hours she has put into organizing the library, but it is very impressive and a wonderful gift for ASPH members.

Thank you Kate for all your hard work and dedication as our vice-president and now librarian.

I was trying to include the library list in this newsletter, but I was not able to copy and paste it so I will forward the list to each of you.

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**Note from the Secretary - Debbi Combs**

We have a new ASPH office, Technical Officer that Umesh Tiwari is now filling. Umesh has been videoing our meetings this year. These meetings will generally be posted to YouTube unless the month's presenter objects to their presentation being out there in the ether where anyone can view it.

Anyone missing a meeting or wanting to review a presentation will surely appreciate what Umesh is doing for ASPH.

I watched Umesh last month packing up his equipment after our meeting. It is quite an undertaking for him to pack and unpack all that he brings and since it is sensitive equipment, he needs to do it himself.

Thank you Umesh for your dedication and hard work for ASPH.

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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](tel:4805770264)**

***DonRiceClinics.com***

***HypnosisComedyShow.com***

***KISSHypnosisScripts.com***

***HypnosisAudioSite.com***

***GastroBandHypnosis.com***

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A private discussion group for ASPH members has been organized by Tom Hajek at [asph@googlegroups.com](mailto:asph@googlegroups.com). Any ASPH member may comment, post, and participate in discussions.

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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 [info@hypnosisaz.com](mailto:info@hypnosisaz.com) with your name, phone number and email address.

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

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

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

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***Social & 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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***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:

Thomas Hajek, ASPH Treasurer

2844 E. Quiet Hollow Lane

Phoenix AZ 85024