

Arizona Society For Professional Hypnosis

www.hypnosisaz.com

ASPH Newsletter Hyperlink

Next Meeting – Tuesday, November 1, 2016

6:30 - 8:30 P.M. SHARP

Presenter – Cynthia Beck

Topic – "Hypnosis is Science"

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

MESSAGE FROM DEBBI COMBS – ASPH SECRETARY

November is election month for 2017 ASPH officers. At this time, we have only the current board running for next year's offices. Our current officers are president – Kate Ellis, vice-president – Sam Sterk, treasurer – Jodi Hert, and Secretary – Debbi Combs.

If any ASPH member would like to run for an office in 2017, we will have nominations and voting at our next meeting, Tuesday, November 1st.

HOLIDAY PARTY - TUESDAY, DECEMBER 6TH

Our ASPH Holiday Party will be held Tuesday, December 6th. Our president, Kate Ellis needs to get a head count as she has a couple of places in mind, but she needs to know how many will be attending so she can make her decision.

If you have not already done so, please email Debbi Combs at asphsecretary@gmail.com to tell how many will be in your party. Thank you.

<u>SKYPE</u>

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 cell
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.

PRESENTATION - Hypnosis is Science

Since Franz Mesmer, the mechanics of "trance" states have been an unknown mystery. Advances in neurological imaging now illustrate exactly what is happening in the brain during different states of consciousness. This presentation will outline the neurology of hypnosis and explain the neurology of fight or flight, trance and meditation. Additionally, Cynthia will share evidence illustrating how thoughts affect neurology and share scripts to help your clients reduce activity in specific areas of the brain.

If you have always wanted a clear and science based explanation of the power of hypnosis to share with skeptical clients, you won't want to miss this presentation.

BIO – Cynthia Beck

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 you move from where you are to where you dream of being.

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 Beck, MH

Master Hypnotist 1120 West State Route 89A Building A1 Suite 2 Sedona, AZ 86336

www.CynthiaBeck.com P: 928-821-5066

C: <u>650-722-1956</u>

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 – <u>kellis19@hotmail.com</u>

Vice-President: Sam Sterk, Ph.D. – <u>peakplus@aol.com</u>

Secretary: Debbi Combs - <u>asphsecretary@gmail.com</u>

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:

On October 20 at 7:00 PM, the Scottsdale N.G.H. Chapter will be holding their monthly meeting at

Panera Bread 7145 East Indian School Road Scottsdale

Everyone is invited to attend. You do not have to be a NGH member to attend.

Training Hypnotists to help clients achieve Mental Edge Strategies in Sports



Presenter

Sam Sterk, Ph.D., CC-AASP

480-767-0956

peakplus@aol.com

Dates & Time:

October 8, 2016 November 12, 2016 9:00am – 5:00pm

Address:

15560 N Frank Lloyd Wright Blvd B4-5294 Scottsdale, AZ 85260

Workshop Description:

SPORTS HYPNOSIS CERTIFICATION – This program is designed for Certified Hypnotists who wish to improve their skills in working with athletes to achieve the Mental Edge in their sport. Hypnotists will obtain additional assessment tools, knowledge and intervention techniques. Additional techniques

are taught for working with the injured athlete to reduce their physical pain and increase self-confidence.

The presenter is Sam Sterk, Ph.D., CC-AASP. Dr. Sterk is certified as an Advanced Clinical Hypnotherapist through NGH, Certified as a Hypno-Anesthesiology therapist through the National Board for Hypnotherapy and Hypnotic Anesthesiology. Dr. Sterk is also a registered Sport Psychology Consultant. He teaches at Midwestern University Medical School.

Call 480.767.0956 or 480-861-6718 for further information and registration for this one day workshop.

Workshop Discussion Topics:

- Advanced Hypnosis Techniques when working with athletes
- Assessment of athletes in Sports Hypnosis & lessons learned from Sport Psychology
- How thoughts and feeling affect performance
- Goal Setting
- The uses of Visual Imagery
- Stop Thought Techniques to help athletes Re-Focus
- The use of Positive Self Talk
- Energy Management
- Concentration/Focus
- Performance Self-Confidence
- The use of Cue words
- Mental Toughness and Grit
- Competition plans
- Athlete's Self Contract
- Athletic Injury Recovery and Hypnotic Pain Reduction
- Burnout in sports
- Mental Edge Summary

Call to reserve your entry into a workshop class 480-767-0956 or 480-861-6718

TOP TEN REASONS TO TRAIN WITH ALAN HANDELSMAN

After about 25 years of helping people one at a time, I have decided it is time to do a training course. I will teach what I have learned, and what has worked the best for me with clients over the years. The class will be very small to allow for plenty of individual attention, plenty of questions, and scheduling flexibility.

Whether you want to become a hypnotherapist, or just want to add some diversity to the success you've already experienced as a hypnotherapist, this training might be for you.

The training consists of 10 hours of class training, 5 hours of individual training, and one year of telephone follow-up and help. Tuition also includes a textbook covering the entire course curriculum.

During this training, you will learn how to:

- 1. Use inductions that can allow you to begin working quickly and deeply.
- 2. Create and intensify motivation by applying the power of "cooperation."
- 3. Employ "Godfather" hypnosis. You can create the experience of success before the work even starts; an offer the client can't refuse!
- 4. How to work with emotions quickly, cleanly, and effectively. Why not add the power of the heart to the power of the mind?
- 5. Incorporate stories, images, and metaphors for change at very deep levels.
- 6. Quickly and clearly get clients past objections and resistance (especially the, "I can't visualize" objections).
- 7. Find patterns of perception, feeling, and behavior that a client uses, so that you can address three or four issues at once.
- 8. Achieve more by working less and how you can teach your clients to do the same.
- 9. Fast, easy, and powerful ways to get your client relaxed and ready.
- 10. Use and teach the power that is more powerful than positive thinking.

Sunday, November 13, 9:30AM to 2:30PM Monday, November 28, 6PM to 9PM Sunday, December 4, 9:30AM to 2:30PM

The classes will be held at 4300 N. Miller Rd., Suite 110, Scottsdale, AZ 85251

602-478-8346

Alan Handelsman began his professional life as a musician. His many years of experience as a musician and teacher have given him a unique and effective perspective on working with performance issues. His experience with – and overcoming – depression has given him valuable insight into the part emotions play in our thoughts, beliefs, habits, actions, and even our appearance.

Now retired as a musician, Alan has been a full time Certified Hypnotherapist in private practice since 2000. Known for his warm, humorous style, he has also presented lectures and workshops nationally and internationally. He is President Emeritus of the Arizona Society for Professional Hypnosis.

Single Room Office Space

1050 East Southern Avenue, (Southern and Rural Rd.), Tempe, AZ 85282

Immediate Occupancy



Terra Southern Medical/Professional Plaza



Waiting room Suite F-1

Location and office Space is ideal for:

- Massage Therapy
- Hypnotherapy
- Psychotherapy
- Chiropractic

The suite has a common:

- Waiting room
- Reception area
- Restroom

Located in the quiet, high-status, Terra Southern Professional/Medical Plaza in Tempe, the office is near the freeway system and provides convenient, easy, valley-wide access.

Room is (8' X 10') 80 square feet

\$350 per month

Rent is month to month... no long term commitment!

If interested contact:

Lindsay Brady

1050 East Southern Ave. Suite F-1

Tempe, AZ 85282 Phone: (480) 966-8571

Email: lindsaybrady@lbrady.com

Kevin Lepine is one of the top stage hypnotists in Las Vegas. He performed one night at Hypnothoughts Live and was really impressive. You can check out his website at http://kevinlepine.com/

He's running a three day workshop in Las Vegas and will give ASPH members a \$50 discount and an additional \$50 off if they register by October 1. That's \$199 for three days with a top Las Vegas stage hypnotist. That's a phenomenal deal!

The Hypnosis Career Builder Workshop

You can hypnotize, now let's do all the fine points to make it a professional HEADLINING show so you can get the bookings you want!

Nov 18-20

Limited to 30 attendees. The HCBW will be focusing on how to build your stage show and career.

Learn the ins and outs of how to put a headlining show together. Learn how to make your show look professional.

Practice writing original comedy material and how to mine new material.

Stagecraft and Presence

I will teach you how to market your show into different markets (high schools, colleges, corporate, comedy clubs and more).

Totally open Q&A. Learn everything about how my show is constructed.

Nov 18-20. in the Lepine-Goldman Theater in Binions Casino. Tuition is \$299 per hypnotist and only \$200 for your Hypnotist Assistant/Office Manager. Tuition includes tickets to Hypnosis Unleashed. Save \$50

by registering before Oct 1. Arizona Society of Professional Hypnosis members will receive an additional \$50 off by booking before Oct 1. There will be a special room rate available at the 4 Queens. Email me at KevinLepine@gmail.com for more details.

Greetings My Fellow Stage Hypnotist,

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 its place, we are hosting the first ever Ultimate Stage Hypnosis CONFERENCE. We will be sending more information on this later but, if you want to get a jump on this, come to a FREE Webinar we are hosting this Wednesday (October 12th, 2016) at 12:00pm EST. Even if you can't make the live webinar, by signing up you will receive a link to the replay. So, go to this link now and register, it's FREE and will be packed full of valuable information that will help you to make more money (Even if you don't come to the conference). Here's the link to the registration

page...http://www.onlinemeetingnow.com/register/?id=jy2ivag41e

And as long as you have read through this email, here is the link to the upcoming Ultimate Stage Hypnosis Conference in March 2017. You won't want to miss it... or the 72 hour early bird registration sale that starts this Friday at 8:00am EST. Go to... 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

Please Note: There are two attachments that belong in this advertisement for Robert O'Connor's upcoming class. I was not able to get them to copy and paste for this newsletter, but I will be forwarding Robert's complete message with attachments to all the ASPH members and guests. Debbi Combs ASPH Secretary





The first 5 or 6 who sign up can choose the consecutive weekends

plus

~The first five to sign up~

will receive a \$500.00 one time only Discount

Contact me

If you need to work something out ~RJ~

Payments by Paypal, Check, Cash

MasterCard, Visa & Discover

As soon as you sign up, I will send you an e-mail

with some Internet hyperlinks with an introduction to 'The Principles of Quantum Healing.'

There will be approximately 10 internet hyperlinks

connecting you to some of the true Geniuses

In the field of Quantum Physics and its possible applications to the enrichment of the human condition.

These will jump start the classes and enrich us all!



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Dear Friends, Colleagues and Fellow Creators of Profound Outcomes:

I am Happy and Proud
to Welcome You
to the Concepts, Visions,
Reality, Goals and Dreams
of
QUANTUM SOURCE
INTEGRATION THERAPY



A Unique Advanced Training Seminar and Experience.

If you or anyone you know are curious

and would like to know more, check out the

attached word document

for additional information, call or e-mail me

[contact information below].

Do pass on this email and attachment

to anyone who you think might be

interested in attending

&

Becoming a part of the SOURCE INTEGRATION GLOBAL NETWORK

A QUANTUM APPROACH TO HEALING

S~I~G~N

It's a SIGN of the Times

We'll leave the Light on for you.

THANKS!

Robert J. O'Connor
Director and Creator

Voice mail ~602-930-1483

E-mail rjocstar@juno.com

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Robert J. O'Connor

Instructor

Essential Hypnotherapy &

**Complementary and Alternative Solutions** 

**Urban Wellness - A Modern Healing Center** 

2024 N. 7th Street

Phoenix, Arizona 85006

Voice Mail <u>602-930-1483</u>

E-Mail

rjocstar@juno.com

# Robert's websites:



www.wholeheartedenterprises.com

www.gofirstearthbattalion.com



The Training Includes certifications for both:

**Hypnotherapist** 

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**Quantum Source Integration Therapist** 

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IN ADDITION

EACH PERSON WILL RECEIVE

A COPY OF Dr. Larry Wilson's M.D.

~FREE~ PHENOMENAL BOOK

LEGAL GUIDELINES FOR UNLICENSED PRACTITIONERS

THIS BOOK SHOULD BE REQUIRED

FOR ANYONE

WHO PRACTICES AS A CERTIFIED HYPNOTHERAPIST

PLUS

THREE CERTIFICATES
ADDITIONAL TO THE OTHERS OFFERED

THESE ARE ALSO INTERNATIONALLY RECOGNIZED

~~~~~~~~~

\*ORDAINED MINISTER\*

#### \*CERTIFIED SPIRITUAL HEALER\*

\*DIPLOMAT OF EARTH STEWARDSHIP\*

THE ABOVE AND ALL OFFERED CERTIFICATES

HAVE NO RENEWAL FEE

THESE HAVE BEEN ACCEPTED AS LEGITIMATE

BY THE UNITED STATES GOVERNMENT

SINCE THE MID 1800'S

THESE CERTIFICATES

QUALIFY YOU TO BECOME A NAVY CHAPLAIN SIMPLY

BY JOINING THE NATIONAL CHAPLAINS ASSOCIATION

AND SENDING A \$50 ANNUAL MEMBERSHIP FEE

UPON ACCEPTANCE BY THE NCA

**YOU WILL - IF YOU CHOOSE** 

BECOME A FIRST LIEUTENANT IN THE NAVY

AND WEAR THE UNIFORM WITH ALL PRIVILEGES

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MY COST FOR THE CERTIFICATES IS \$130 YOUR COST: ZERO.

IF ANYONE HAS ANY QUESTIONS

YOU CAN CONTACT ME

FOR MORE INFORMATION

THIS INFORMATION IS INCLUDED IN DR. WILSON'S BOOK AND SHOULD PUT YOU ON A SECURE FOUNDATION

FOR YOUR PROFESSIONAL FUTURE

WELCOME TO YOUR BRAND NEW WORLD



Classes are to be scheduled

SOON

on two consecutive weekends

and fill up fast

~~~~~

The first 5 or 6 who sign up

can choose the consecutive weekends

plus



will receive a \$500.00 one-time only Discount

\*Contact me\*

If you need to work something out ~RJ~

Payments by Paypal, Check, Cash

MasterCard, Visa & Discover

# **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**

<u>www.hypnosisaz.com</u> is the domain for Arizona Society for Professional Hypnosis. <u>Click here</u> for a link that takes you directly to the newsletter posted online.

#### **<u>Attention All Practicing Hypnotherapists:</u>**

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 <a href="mailto:info@hypnosis.com">info@hypnosis.com</a>. 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 <a href="mailto:asphsecretary@gmail.com">asphsecretary@gmail.com</a>.

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 <a href="mailto:asphsecretary@gmail.com">asphsecretary@gmail.com</a>.

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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To help grow your hypnosis/hypnotherapy business, check out this link: <a href="http://arizonaguide.com/events-calendar">http://arizonaguide.com/events-calendar</a> . 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

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A private discussion group for ASPH members has been organized by Tom Hajek at <a href="mailto:asph@googlegroups.com">asph@googlegroups.com</a>. 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 <u>info@hypnosisaz.com</u> 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 <a href="mailto:phil@trancepathways.com">phil@trancepathways.com</a> 602-330-6886

Alan Handelsman <u>alanhand@aol.com</u> 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 <u>Tina@TinaSacchi.com</u> 623-261-6167

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# 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**

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 11<sup>th</sup> Way Phoenix, AZ 85048