



Arizona Society For Professional Hypnosis

www.hypnosisaz.com

ASPH Newsletter Hyperlink

Next Meeting – Tuesday, October 6, 2015

6:30 – 8:30 p.m. SHARP

Presenter – Jay Thorne

Topic – “Hypnotherapy Within the Military and High Stress Occupations and Environments”

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>

PRESENTATION

Jay's presentation will focus on his experience and application of hypnotherapy within the military and high-stress occupations and environments. Specifically, topics of discussion will focus on the use of Visual Imagery, Positive Self-Talk, Prestige Suggestion, Active Regulation as it relates to high-stress jobs and environments. In addition, his discussion will focus on the effects of extensive stress, and how hypnotherapy can assist with assessing positive outcomes for the individual or team concept.

BIO

Jay is a retired U.S. Army service member with over 20 years of military service. His military service concluded with over 20 years within the Combat Arms occupational branch, and numerous combat tours overseas. He is a graduate student at the American Military University (AMU), majoring in International Relations (IR), Conflict Resolution. He is a Certified Hypnotherapist, Neuro-Linguistic Programming (NLP) Coach and Master Practitioner, and has implemented Hypnotherapy and NLP techniques within military training and real-world application as it relates to the study of human behavior. He holds a bachelor degree in Arts from AMU and is a current member of the International Society of Political Psychology where he contributes to short articles in the field of political psychology.

UPCOMING TOPICS & PRESENTERS

October 6 – Jay Thorne – “Hypnotherapy within the Military and High Stress Occupations and Environments”

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

December 1 – Holiday Party

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.

OFFICERS

President: Lewis Heller, M.D. – lewisheller@mac.com

Vice-President: Kate Ellis – kellis19@hotmail.com

Secretary: Debbi Combs – asphsecretary@gmail.com

Treasurer: Tom Hajek – tmhypnosis@live.com

Technical Office: Umesh Tiwari – utiwari@imtechie.com

Dear ASPH Members

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

Writing a paragraph or two stating your qualifications and what you would like to accomplish if you are elected to the office of your choice will give ASPH members a chance to know more about you and your vision for ASPH.

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.

Your write-up will be in the upcoming newsletters so that all ASPH members will have a chance to read and consider you as their next officer. Please send your information to asphsecretary@gmail.com so Debbi Combs can enter it into the October and November newsletters.

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

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.

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:

Thomas Hajek, ASPH Treasurer

2844 E. Quiet Hollow Lane

Phoenix AZ 85024

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 Tom Hajek at 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.

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.

Sam Sterk 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. at [480-767-0956](tel:480-767-0956)

We have a viable **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, 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. 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](tel:480-767-0956), founder and Chairperson of this committee.

Sam Sterk, Ph.D., CC-AASP

Peak Performance Plus LLC

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

peakplus@aol.com

www.peakplusaz.com

www.azolderadultplacement.com

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 hypnotherapist 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 hypnotherapist 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.

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.

2015 Holiday Party

Lew Heller, ASPH President has suggested that we have our Holiday Party at the Talking Stick Buffet again this year.

ASPH had their Holiday Party at the Talking Stick last year, and everyone who attended enjoyed the food and atmosphere.

If anyone would rather have the party someplace else, please give Lew your suggestion. Lew wants to reserve wherever we hold the party within the next few weeks to make sure we have a secure location. ASPH officers would like to have all members and their significant others be able to attend the party, so suggestions are welcome.

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

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

Membership Renewal Form

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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