



**Arizona Society For Professional Hypnosis**

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

**ASPH Newsletter Hyperlink**

**Next Meeting – Tuesday, October 4, 2016**

**6:30 – 8:30 P.M. SHARP**

**Presenter – Linda Bennett**

**Topic – “Guided Imagery in a Hospital Setting”**

**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  
[\(951\) 443-6969](tel:9514436969) cell  
DrUmesh@AZHypnoHealing.com

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Arizona Center for Hypnotic Healing  
530 E McDowell Rd, No 107-622  
Phoenix, AZ 85004  
[\(602\) 490-8427](tel:6024908427) office  
[\(800\) 508-2215](tel:8005082215) 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](tel:8005082215)**

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

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***PRESENTATION – Linda Bennett – Guided Imagery in a Hospital Setting***

In January of 2015 Banner Estrella Medical Center opened its doors to offering guided Imagery to their patients. A number of graduates of the SWIHA Hypnotherapy program chose to be volunteers in the pilot program. To date we have contributed over 2000 hours with the patients.

The success has been amazing. After the first 6 months the measured results are as follows:

Reduced Pain by 42%

Reduced Stress by 52%

Reduced Nausea by 56%

When the project first began the hospital designated two departments that volunteers could assist clients with pain management, stress management and nausea levels. We are now in every department including ICU and emergency.

Due to the success of the program other Banner Medical facilities are incorporating this program in their services to patients including the MD Anderson Cancer Center.

### **BIO**

Linda Bennett, Ph.D. CCHt., is Senior Curriculum Specialist and the Hypnotherapy / Guided Imagery Program Director at Southwest Institute of Healing Arts (SWIHA).

Linda is a Certified Clinical Hypnotherapist, Board Certified Hypnotherapy Instructor and Certifying Examiner as well as a Certified Life Coach. She has worked for more than 25 years in the fields of higher education development and corporate training.

Linda is the esteemed 2014 International Medical & Dental Hypnosis Association Educator of the Year, received the National Association of Transpersonal Hypnotherapists 2011 Outstanding Clinical Contribution Award, and was recognized for "Outstanding Creativity in the Classroom" for 2005-2006 by the Arizona Private Schools Association.

Linda also volunteers her time at Banner Estrella Medical Center Co-Chairing the Guided Imagery Program that brings imagery/ hypnosis to the hospital patients.

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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](mailto:peakplus@aol.com)

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### **OFFICERS**

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

**Vice-President: Sam Sterk, Ph.D. – [peakplus@aol.com](mailto:peakplus@aol.com)**

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

**Treasurer: Jodi Hert – [jodihert@cox.net](mailto:jodihert@cox.net)**

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

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**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:**

**Jodi Hert, ASPH Treasurer  
16845 South 11<sup>th</sup> Way  
Phoenix, AZ 85048**

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**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

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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](mailto:KevinLepine@gmail.com) for more details

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## **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.

This training will start in the beginning of November, so call or text today to ask questions, get more information, or sign up.

[602-478-8346](tel: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.

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**Single Room Office Space**

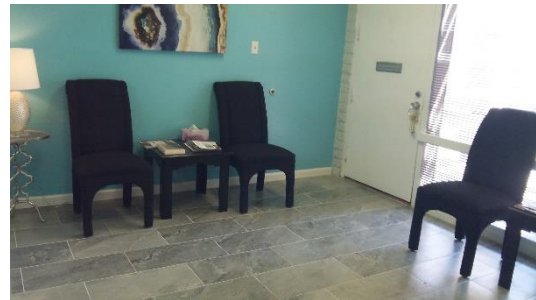
**Tempe (Southern and Rural Rd.)**

**Immediate Occupancy**



***Terra Southern Medical/Professional Plaza***

***1050 East Southern Ave. 85282***



***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](mailto:lindsaybrady@lbrady.com)**

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***We are moving out of our office space at 6910 E 5th Avenue in Scottsdale. It's a great location in Old Town, and the low rent of \$350 plus tax includes use of the conference room.***

***My number is [\(480\) 688-3924](tel:4806883924).***

***Thank you!***

***All the best,***

***Kathleen Nightingale***

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

**[\(480\) 688-3924](tel:4806883924)**

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***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](http://www.sceh.us/2016-conference)**

***Anne Doherty Johnson***

***Executive Director***

***Society for Clinical and Experimental Hypnosis***

***P: [617-744-9857](tel:6177449857) F: [413-451-0668](tel:4134510668)***

***W: [www.sceh.us](http://www.sceh.us) E: [anne@sceh.us](mailto: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>

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## ***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.

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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 Jodi Hert 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 Jodi 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.

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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**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 [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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**Mail to:**

***Jodi Hert, ASPH Treasurer  
16845 South 11<sup>th</sup> Way  
Phoenix, AZ 85048***