



**Arizona Society For Professional Hypnosis**

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

**ASPH Newsletter Hyperlink**

**Next Meeting – Tuesday, October 3, 2017**

**6:30 – 8:30 P.M. SHARP**

**Presenters – Lindsay Brady, CHt.**

**Topic – *“A Unique Approach to the Hypnotic Process:  
Helping Clients Get Out of Their Own Way”***

**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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## ***A Unique Approach to Hypnotherapy***

### ***How to Help Your Clients to Easily Get Out of Their Own Way***

***Presentation***

***To The***

***Arizona Society for Professional Hypnosis***

***October 3<sup>rd</sup> 2017***

***LINDSAY A. BRADY, C.Ht***

***(Certified Hypnotherapist)***

***Suggestionism or Perceptionism***

***not***

***Hypnotism or Mesmerism***

***Presentation Objective***

- ***To demonstrate how a hypnotherapist can easily help their clients to make significant changes in their behavior by simply making a slight alteration to their present hypnotherapy method***
- ***To define and demonstrate the driving force behind the phenomenon that is called “hypnosis”***
- ***To establish that “hypnosis” is a state of mind and not the process that makes it work***
- ***To demonstrate that the process that makes the hypnotic process work is based on self-perceptions***
- ***To establish alternate terms that more accurately describe the “hypnotic process”***
- ***To validate the principles that define the phenomenon and present its implications relative to human behavior in general***

***Back Ground***

***German born Doctor Franz Mesmer claimed that his method of curing patients of emotional disorders, and healing them without medicine, was caused by a magnetic fluid that flowed from within him into his patients and he called it Animal Magnetism. Many people didn't think that term explained the process very well so they just called it Mesmerism.***

*Scottish 17<sup>th</sup> century surgeon, James Braid, almost had it right when he called it hypnosis—a word derived from the Greek God Hypnos, the god of sleep and master of dreams. However, Braid was dissatisfied with the term and tried calling it monoideism (single-thought-ism). But, the term hypnosis or hypnotism had become so popular that it stuck and few people have ever heard of monoideism.*

*If Mesmer and Braid can coin a name of the phenomenon that is called mesmerism or hypnotism, why can't I? So here they are: Suggestionism or Perceptionism... take your choice.*

#### *The Suggestionism/Perceptionism Process*

- 1. A suggestion creates a mental perception in a person's brain (whether given by someone else or to one's self)*
- 2. The perception is a message to the human brain*
- 3. Their brain, in turn, initiates a neurological process that causes a behavior to automatically happen*

*Most of our client's dysfunctions (behaving and acting as they don't want too) are based on false-perceptions. By creating in the mind of the client that they now enjoy the benefits of a changed behavior the new behavior just happens.*

*Note:*

*The "hypnotic process" is always going on in our day-to-day lives, it is just that the process works best, for changing behavior, when in a conscious state of sleep... In a state of hypnosis.*

*For all of this to make sense show up at the October meeting.*

**BIO** - Lindsay A. Brady, C.Ht.

*Hypnotherapist—ASPH member since 1978*

*Five-time president of ASPH and board member for 15 years*

*Worked with over 35,000 individual clients over 45 years*

*Performed stage-show hypnosis for 10 years*

*Has a developed a unique, simple and highly effective approach to hypnotherapy*

*Author: As the Pendulum Swings, 2010*

*Next Book: They Called It Hypnosis, 2018 (maybe)*

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1946 - 2017

*On Saturday Evening, August 19<sup>th</sup>, Robert O'Connor Passed Away.*

***In Memory  
of  
Robert J. O'Connor***

Lindsay A. Brady, C.Ht.

From the moment I met Robert O'Connor I really liked him. At that time I was the President of ASPH and Bob showed up at one of our monthly meetings (we were holding our meetings at my home in Gilbert). With his natural charisma, apparent intellect and confidence, I thought: *"Here is a person who has all the attributes to take over the reins of The Society and lead it to being a dynamic force to promote hypnotherapy and its contributions to enhance humanity..."* and I was right. In fact, during the next few years, after he became the president of The Society, under his leadership, ASPH membership grew from 9 to over 50 members... far too many to fit in my front room!

Although we were very good friends, had mutual respect for one another's opinions and had a common interest in serving humanity through the medium of hypnotherapy, we enjoyed many highly spirited debates as to the driving force behind the hypnotic process and how to use it—interchanges in which I am sure I learned more than he did. Robert's knack to (regardless of the status of the person with whom he was conversing) make each person feel like they were the most important person in the universe, was an uncanny attribute that few people own.

I will miss having Bob as a part of my present level of consciousness and look forward to debating with him as to the nature of hypnotherapy (whatever it is) at a higher level of awareness.

Lindsay A. Brady, C.Ht

President Emeritus

Arizona Society for Professional Hypnosis

Lindsay A. Brady Institute for Hypnotherapy

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**These are some of Lindsay's notes that he made as he wrote his tribute to Robert. Lindsay wants his notes to be a part of his tribute.**

It is truly a great honor to have been asked to say a *few words* about Bob O'Connor, not about what he did, but rather who he was.

Please ponder each of these few words as I speak them for they describe a few of his many attributes.

And here are my few words:

Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, Reverent.

With a Duty to God, Duty to his country, Duty to other people and Duty to self.

If he wasn't a Boy Scout he should have been... but that is not all. Here are a few more words:

Dynamic, Leader, Intuitive, Courageous, Principled, Intelligent, Empathetic, Resourceful, Generous, Caring, Dedicated.

A loving friend and companion and always striving for excellence.

Farewell my friend. I am looking forward to again jousting with you in the realm of whatever comes next.

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***MESSAGE FROM DEBBI COMBS – ASPH SECRETARY***

November is election month for 2018 ASPH officers. If any ASPH member is interested in holding a board position, please send a short paragraph of your qualifications and what you would like to accomplish for ASPH in the board position of your choice to [asphsecretary@gmail.com](mailto:asphsecretary@gmail.com). Your bio and goals for ASPH will be published in the October and November 2017 newsletters.

The positions are president, vice-president, secretary, and treasurer.

You do have to be a current paid member of ASPH to hold a board position.

Nominations for all board positions will be held at the Tuesday, November 7<sup>th</sup> meeting. Voting will end on Saturday, November 25<sup>th</sup>, and the new board will be announced by our current ASPH president, Kate Ellis at the annual Holiday Party on Tuesday, December 5<sup>th</sup>.

The current board will be ready and willing to help the new board members learn their jobs and the new board will be handed all the current necessary materials that they will need to perform their responsibilities for ASPH. Also, board members do not pay dues while they serve.

Please consider running for an ASPH board position and offering your ideas and expertise to our group. Professionalism and diversity are just a couple important things that keep ASPH so strong and have for so many years.

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**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.

Glen Robinson  
Technical Adviser to the Board  
Arizona Society for Professional Hypnosis  
[Glenford.robinson@gmail.com](mailto:Glenford.robinson@gmail.com)  
Phone: (520) 460-7004

Umesh Tiwari, MD CHT  
Technical Adviser to the Board  
Arizona Society for Professional Hypnosis  
[\(951\) 443-6969](tel:(951)443-6969) cell  
[DrUmesh@AZHypnoHealing.com](mailto: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](tel:(800)508-2215) fax

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

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## **THE NUTS and BOLTS of SPORT HYPNOSIS: AN OVERVIEW**

### **The first step is Engagement**

**Engage** your new referral when you take an interest in him/her, empathize with his situation and the difficulties he experiences and discuss what is Hypnosis and how it can be helpful to your client. Begin by developing a professional relationship, one that fosters a safe and sharing emotional climate, one that helps the client develop and trust you.

### **The second step is Assessment**

Assessment of the client's Sport Psychology needs is done in one of several ways:

1. Your interview with the client is vital. It allows you to accumulate a considerable amount of information. If it's a teen or a child, it's a good idea to include the parent/parents, as part of the initial consultation. Typically, you'd ask, what brings you here today? What's happening that you're not getting the results you deserve? What are the issues that bring you here? Can you identify one or more of the major issues that prevent you from achieving your sport performance?
2. The use of Inventories or Assessment Instruments is very helpful. I've developed the Comprehensive Athletic Profile (CAP) which is on my website, [www.peakplusaz.com](http://www.peakplusaz.com) I encourage the client take it in advance. I also have the Sport Psych WHEEL which is included as an attached document for your use and benefit. I encourage the client to fill it out with recalling his worst performance. Then, I have the client fill it out recalling his best performance. I ask the client to compare the two which leads to a discussion about how thoughts and feelings dictate our actions, behaviors and sport performance. Note that on your worst performance your Confidence, Focus, Handling the Tensions of Competition, your Goals, your Energy level, your Positive Self-Talk and your Mental Toughness are all off, etc., etc. Compare your responses when you competed well. What does this tell you? It should tell you that when your head is in the game, you perform so much better. You can use this tool to contract with your client for sessions, starting with their lowest score items, and moving up. Typically, this sounds something like this:

Why don't we spend about 6-8 sessions on improving your Focus by learning how to do Visual Imagery, and Stop Thought Techniques; setting some realistic goals, using Positive Self Talk, finding your right Energy level and writing your own Self Contract (to be read nightly and written in the present tense-action oriented).

We should also spend roughly 6-8 sessions on the client developing a Mental Edge Competition Plan which is read on a daily basis. This Mental Edge Competition plan consists of 3 parts, namely:

- A. A daily program to build the athlete's sense of mastery and performance confidence. This is your typical Sport Self Hypnosis teaching relaxation and self-confidence affirmations.
  - B. Before the actual competition, you teach the client Stop Thought techniques, teach the client how to do several Visual Imageries of the client's sport skills and some Positive Suggestions to affirm their inner sport-related confidence. This is to be done daily.
  - C. What if you're in the middle of competition and your athlete client makes one or more errors which result in a lack of focus and diminished self-confidence? In that instance you'll need to teach your client a quick "trigger" to refocus and resume having Positive Self-Talk. This "Trigger" should not take more than a few seconds.
3. It's not uncommon to spend anywhere from 14-20 sessions with your clients. The use of the WHEEL, the CAP and your actual interview helps you verbally contract with your client. It also provides cohesion and organization to your helping process.
  4. It is very helpful and enriches your practice when you know about the major Sport Psychology concepts prior to jumping into Hypnotic Interventions. The interventions consist of several traditional inductions as well as speed inductions and deepening techniques.

My workshop focuses on both on Hypnotic interventions, Sport Psychology concepts and Sport Hypnosis interventions.

The Sport Psychology Concepts with clients are identical to the WHEEL, The CAP and explained in my book, WIN! GET THE MENTAL EDGE SKILLS IN MARTIAL ARTS, and WIN 2: Achieve the Mental Edge Skills with HYPNOSIS which are available on or website, [www.peakplusaz.com](http://www.peakplusaz.com) It's also available through Amazon.com by my name.

Although it's not necessary to become a Sport Psychologist, a brief understanding of the major concepts can only enrich the quality of your understanding and, in turn, your work with your clients. The following is the table of contents from my book which explains the Sport Psychology concepts:

Forward

Introduction

Chapter 1.....Thoughts and Emotions Affect Performance.....



Chapter 2.....Goals.....

Chapter 3.....Use of Visual Imagery.....

Chapter 4.....Stop-Thought Techniques.....

Chapter 5.....Positive Self-Talk.....

Chapter 6.....Managing Your Energy Level.....

Chapter 7.....Concentration-Focus.....

Chapter 8.....Self-Confidence.....

Chapter 9.....The Use of Cue Words.....

Chapter 10.....Mental Toughness.....

Chapter 11.....Your Competition Plans.....

Chapter 12.....Psychology of Injury Recovery.....

Chapter 13.....Your Mental Edge Summary.....

Chapter 14.....Burnout and Overtraining.....

Chapter 15.....Effective Coaching.....

Chapter 16.....Understanding Bullying.....

Chapter 17.....The Benefits of Exercise.....

Conclusion

References

Acknowledgements

Please note that I'm offering a one day workshop, which includes the book, assessment instruments, all of the above mentioned concepts and hypnotic techniques, a catered lunch, as well as a handsome certificate worthy of hanging, all for \$269.00

\*\*\*I have a special offer. If you register by August 15, 2017, take off another \$19.00 for the one day workshop and your fee becomes \$ 250.00

My classes tend to fill up. At this moment in time I have room for ten participants. Please keep in mind that registration is on a first come, first serve basis. I look forward to seeing all of you in my workshop. I promise you a stimulating experience that could increase your earnings, as well. If you have any additional questions prior to registration, please feel free to call me. My contact information is included.

The dates for the one day workshops are as follows:

September 16, 2017 from 9-5:30 pm

September 23, 2017 from 9-5:30 pm

To Register:

Email: [peakplus@aol.com](mailto:peakplus@aol.com) or Call: 480-767-0956 or

480-861-6718 (cell)

Thank you

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

**Dr. Sam Sterk Bio:**

Sam Sterk, Ph.D., is a trained Psychoanalyst; is nationally certified and is registered in Sport Psychology through the Association of Applied Sport Psychology (AASP) and he's had previous affiliations with the U.S. Olympic Training Center. Dr. Sterk is also a Certified Master Hypnotherapist, and an Advanced Clinical Hypnotherapist. Dr. Sterk's doctorate is in Psychology.

Dr. Sterk is the Co-Director of Peak Performance Plus LLC, a Counseling, Hypnosis and Sports Psychology practice. He developed the Comprehensive Athletic Profile (CAP), and the Sport Psych WHEEL, used to help assess and track improvements in Sport Psychology interventions. Dr. Sterk is a published author of a memoir entitled, SAMMY'S JOURNEY. Dr. Sterk is also the author of WIN! GET THE MENTAL EDGE SKILLS IN MARTIAL ARTS, The SPORT HYPNOSIS HANDBOOK and WIN! GET THE MENTAL EDGE SKILLS IN GOLF (to be released shortly).

These books are available on Amazon.com or at createspace.com and on our website:  
[www.peakplusaz.com](http://www.peakplusaz.com)

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**DYNAMIC MASTERY Class by Helen Hess**

Consciously creating the life you desire through physical, mental, emotional and spiritual mastery.

This experiential class goes beyond meditation and guided imagery to teach you practical skill sets, which, when practiced, develop your mastery of self.

WHEN: October 7 & 8, 2017; 9 AM to 4:30 PM

WHERE: [7680 E Broadway](#), Broadway Proper Apartments Clubhouse

TUITION: \$275 per person or \$425 for two registering at the same time. Save \$25 with paid registration received by 9/21/17

RETURNING DYNAMIC MASTERY STUDENTS OR FORMER SPECTRA STUDENTS: \$50 Free if registering with paid new student(s) registration

To Register: Email your name(s) and contact information, to [dynamicmastery@msn.com](mailto:dynamicmastery@msn.com) A paypal link will be sent to you. OR call [520-888-9338](tel:520-888-9338)

### **CLASS OBJECTIVES**

1. Establish a theoretical framework

- The Dynamic Mastery Model of the Mental, Emotional, Physical, & Spiritual Realms
- The Mind Mirror EEG Biofeedback model for states of consciousness.

2. Entrain easy access to the subconscious Mind

3. Entrain receiving information from the Subconscious Mind

- Establish a routine to easily receive information
- Enhance brainwave frequencies to improve access to and communication with all levels of consciousness.

4. Recognize how the outside world uses the characteristics of the Subconscious Mind to mold your behavior

5. Improve the recognition of automatic, habitual patterns of thought, emotional, and behavior which are not to your benefit.

6. Learn the easy Dynamic Mastery Five Step Reversal Method to, in the moment, reverse any habitual thought, feeling, or physical pattern.

7. Learn how to repattern your inner subconscious image from fear to Empowerment.

- Pre-written imagery reversals of common fear states
- One word programming to reverse common fear states
- Experience a Kundalini yoga meditation to "Release Childhood Anger"
- Individualize your Subconscious Mind programming

### **Meet Your Instructor**

Helen Hess MS, RN, PMHNP-BC, PMHCS\_BC, CH, CI, BFRP, AWP, KRI Level 1.

Helen is a registered nurse, board certified psychiatric mental health nurse practitioner & clinical nurse specialist, clinical hypnotherapist & certified hypnosis instructor, Bach Flower Registered Practitioner & certified instructor, Awakened Mind Practitioner (Mind Mirror EEG Biofeedback) & instructor, and Kundalini Yoga instructor.

Helen brings science, alternative modalities, and practicality together into a perfect blend of

"what works." Her goal is to find the right tool and use that to improve functionality. She has used these tools for herself, her family, and her clients.

#### **WHAT STUDENTS ARE SAYING**

This workshop helped me see the big picture of how my brain, Mind and body work together. It provided me tools for an integrative approach to living my life more fully, and making change easily, any time I choose. EA

I feel a huge improvement in the quality of my sleep at night. I wake up refreshed and feel rejuvenated. I also have much less pain during the day and would recommend the Dynamic Mastery workshop to anyone experiencing anxiety, pain, or insomnia. MM

I have participated in Helen's Dynamic Mastery Training twice now. The first time was 10 years ago. Of all the self-help courses I had taken over the years, Dynamic Mastery was the most effective in showing me the way to peace and success. I recently completed the training for the second time. It was even better than before as her updated self-improvement techniques are straight forward and easy to use; no reliving traumatic past experiences, just moving ahead to become the person you want to be. Thank you Helen. JH

I deal with anxiety depression and after having taken Helen's workshop I do trust in the process of Dynamic Mastery. I am learning to quiet my mind. JB

Contact Helen Hess at  
[dynamicmastery@msn.com](mailto:dynamicmastery@msn.com)

*or*

**Call 520-888-9338**

*or*

**4525 E Skyline Dr. #101**

**Tucson, AZ 85718**

[www.hesshypnosisheals.com](http://www.hesshypnosisheals.com)

[www.bachflowersarizona.com](http://www.bachflowersarizona.com)

[www.dynamicmastery.com](http://www.dynamicmastery.com)

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**Our mailing address is:**

**4525 E Skyline Dr. #101**

Tucson, AZ 85718

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**Alan Handelsman has Books for Sale**

Over the years I've collected a fairly large library of books on hypnosis and other related subjects. I am selling a large portion of these books, and would like to make them available to ASPH members who might want to build a library of their own, or who might even be looking for that one unusual or special book.

There are some standard books, but there are some very unusual and even rare ones as well. Most of them are in very good or excellent condition.

You are welcome to look at the attached list of some of these books, or call me to make an appointment to browse the shelves at my office.

They will only be available for sale for about a month. So, if you have any questions, see something you like, or would like to stop by the office please call or text me today at: [602-478-8346](tel:602-478-8346).

**Thank you,**

**Alan Handelsman**

**602-478-8346**

**alanhand@aol.com**

**4300 N. Miller Rd.**

**STE 110#4**

**Scottsdale AZ 85251**

**Books for Sale: As of 9/15/17**

- 1. Acker, William. *Kyudo: The Japanese Art of Archery* 1998 \$20**
- 2. Andersen, Marianne and Savary, Louis. *Passages: A Guide for Pilgrims of the Mind*. 1973. \$6**
- 3. Ashley, Joyce. *Overcoming Stage Fright in Everyday Life*. 1996 \$5**
- 4. Benson, Herbert. *The Relaxation Response* 1975 \$6**
- 5. Berne, Eric. *Intuition and Ego States* 1977 \$30**

6. Bohm, David & Peat, David *Science, Order, and Creativity* 1987 \$7
7. Borysenko, Joan *The Ways of The Mystic* 1997 \$5
8. Boyne, Gil. *Hypnosis: New Tool In Nursing Practice* 1982 Hardback \$60
9. Caddy, Eileen *Flight Into Freedom* 1988 \$5
10. Callahan, Roger. *Why Do I Eat When I'm Not Hungry?* 1991 Hardback \$6
11. Canfield & Hansen. *2<sup>nd</sup> Helping of Chicken Soup For The Soul* 1995 \$5
12. Canfield & Hansen. *3<sup>rd</sup> Serving of Chicken Soup for the Soul* 1996 \$4
13. Cannon, Walter B. *The Wisdom of the Body* 1939 \$14
14. Carter, Mildred. *Hand Reflexology: Key to Perfect Health* 1975 \$5
15. Dossey, Larry. *Prayer is Good Medicine* 1996 \$5
16. Dossey, Larry M.D. *Be Careful What You Pray For... You Just Might Get It* 1997  
Hardback \$6
17. Durban, Paul G. *Human Trinity Hypnotherapy* 1993 Signed \$200
18. Ellen, Arthur. *The Intimate Casebook of a Hypnotist* 1968 \$15
19. Garfield, Patricia *Creative Dreaming* 1974 \$4
20. Gindes, Bernard. *New Concepts of Hypnosis* 1951 \$10
21. Hawking, Stephen. *A Brief History of Time* 1988 Hardback \$9
22. Hendrix, Harville. *Getting the Love You Want* 1988 \$5
23. Hilgard & Gilgard. *Hypnosis In The Relief Of Pain* 1975 Hardback \$125
24. Horn, Paul. *Inside* 1969 CD \$4
25. Havens & Walters. *Hypnotherapy Scripts: A Neo-Ericksonian Approach to Persuasive  
Healing* 1989 Hardback \$12
26. Howard, Vernon. *Psychopictography* 1970 \$4
27. James, Muriel. *Breaking Free – Self Parenting for a New Life.* 1981 \$6
28. Kemper, Robert G., *An Elephant's Ballet* 1977 Hardback, Signed \$10

29. **Keyes, Ken Jr. *Your Life Is A Gift, So Make The Most Of It.* 1987. \$6**
30. **Kubler-Ross, Elisabeth. *Death, The Final Stage of Growth* 1975 \$6**
31. **Kuhn, Thomas. *The Structure of Scientific Revolutions, 2<sup>nd</sup> Edition* \$5**
32. **LaBerge, Stephen. *Lucid Dreaming* 1985 \$5**
33. **LeCron, Leslie. *The Complete Guide to Hypnosis.* 1971 \$6**
34. **Lieberman, David. *Get Anyone to Do Anything* CD \$8**
35. **Lorayne & Lucas *The Memory Book* 1974 \$6**
36. **McGill, Ormond, *The Art of Stage Hypnotism* 1975 Hardback \$50**
37. **McGill, Ormond, *Professional Stage Hypnotism* 1977 Hardback \$50**
38. **Mindell, Amy. *Metaskills: The Spiritual Art of Therapy* 1995 \$15**
39. **Norwood, Robin. *Women Who Love Too Much.* 1985 \$8**
40. **Ornstein, Robert E. *The Psychology of Consciousness.* 1972. \$5**
41. **Ostrander & Schroeder, *Psychic Discoveries Behind the Iron Curtain* 1970 \$10**
42. **Poole, Judith. *More Than Meets The Eye* 1999 \$10**
43. **Powers, Melvin. *A Practical Guide to Self-Hypnosis.* 1961 \$7**
44. **Prabhupada, Swami. *The Journey of Self-Discovery* 1997 Hardback \$9**
45. **Richardson, Cheryl. *Life Makeovers* 2000 \$8**
46. **Ruiz, Don Miguel *The Mastery Of Love* 1999 \$7**
47. **Schwartz, David. *The Magic of Self Direction* 1965 \$5**
48. **Seifer, Marc. *The Definitive Book of Handwriting Analysis* 2009 \$9**
49. **Shelly, Norman. *90 Days To Self-Health* 1977 \$9**
50. **Siegel, Bernie. *Peace, Love & Healing* 1989 Hardback \$5**
51. **Simonton, O. Carl, et al. *Getting Well Again* 1978 \$5**
52. **Spiegel, Herbert & David. *Trance and Treatment: Clinical Uses of Hypnosis.* 1978 \$10**
53. **Tracy, Dr. David T. *How To Use Hypnosis.* 1952, Hardback. \$5**

**54. Waxman, David. Medical & Dental Hypnosis 1966 \$10**

**55. Webster, Richard. Cashing In On Past Lives 1989 \$4**

**56. Yalom, Irvin D., Existential Psychotherapy 1980 Hardback \$20**

**57. Yogananda, Paramahansa. Man's Eternal Quest 1975 \$6**

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**UPCOMING TOPICS & PRESENTERS**

**October 3 – Lindsay Brady, CHt. - “A Unique Approach to the Hypnotic Process:**

***Helping Clients Get Out of Their Own Way”***

**November 7 – Election for 2018 Board**

**December 5 – Holiday Party**

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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). C.E.U Credits for National Guild of Hypnotists are submitted for ASPH members only. Members should contact NGH themselves to have their credits recorded.

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**ASPH FEATURED SPEAKERS**

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* – [jodi@healthyhearthyypnosis.com](mailto:jodi@healthyhearthyypnosis.com)

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

*Glen Robinson* – [glenford.robinson@gmail.com](mailto:glenford.robinson@gmail.com)

**Parliamentarian** – [ted@skinhypnosisphoenix.com](mailto:ted@skinhypnosisphoenix.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:**

***Jodi Hert, ASPH Treasurer***

***16845 South 11<sup>th</sup> Way***

***Phoenix, AZ 85048***

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### **ATTENTION ALL PRACTICING HYPNOTISTS/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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### **GROW YOUR HYPNOSIS/HYPNOTHERAPY PRACTICE**

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 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. The price of the pin is only \$5.00.

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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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## **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 [asphsecretary@gmail.com](mailto:asphsecretary@gmail.com) with your name, phone number and email address.

Debra LeBouton [drdeb17@msn.com](mailto:drdeb17@msn.com) 480-264-1399

Carol Becker [www.carollifecoach.com](http://www.carollifecoach.com) 480-800-7777

Lindsay Brady [hypnotherapist@lbrady.com](mailto:hypnotherapist@lbrady.com) 480-966-8571

Sandi Graves [sandi@arizonafamilyhypnosis.com](mailto:sandi@arizonafamilyhypnosis.com) 480-628-5436

James Giunta [James.M.Giunta@gmail.com](mailto:James.M.Giunta@gmail.com) 732-272-7230

Phil Hamilton [phil@trancepathways.com](mailto:phil@trancepathways.com) 602-330-6886

Alan Handelsman [alanhand@aol.com](mailto:alanhand@aol.com) 602-478-8346

Martha Reed [martha@insightsforlife-coach.com](mailto:martha@insightsforlife-coach.com) 623 249-5888

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

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

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## **SOCIAL AND 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:**

**Jodi Hert, ASPH Treasurer**

**16845 South 11<sup>th</sup> Way**

**Phoenix, AZ 85048**