



Arizona Society For Professional Hypnosis

www.hypnosisaz.com

ASPH Newsletter Hyperlink

Next Meeting – Tuesday, September 6, 2016

6:30 – 8:30 P.M. SHARP

Presenter – James Giunta

Topic – “”What If It’s Not Working?

Strategies & Techniques for Resistant Clients

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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Umesh Tiwari, MD, CHT
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)

PRESENTATION – James Giunta - 1-Hour Workshop Presentation:

Every client has resistance, and some clients have difficulty going into the hypnotic state and accepting suggestions at the subconscious level. In this workshop, engage with some powerful concepts and techniques that will take even the most resistant clients into a suggestible state in order to bring about relief and success with their issue. Take this workshop and then go about your sessions with more confidence in your abilities and more confidence in your client's ability to trust you.

This workshop teaches that your success in this area is a simple matter of mastering the concepts of rapport, choosing an approach, and then combining several familiar, powerful techniques.

If you are a serious professional, mastery of this subject is essential. If you haven't worked with a highly resistant client up until now, they're just about to call and make an appointment. You're going to need these exercises before they arrive!

Basic Concepts for Dealing with Resistant Clients ~ Must Have:

v How we can define "Failure" and "Success"

∅ "Don't take the credit, don't take the blame."

v Interview

∅ Rapport

∅ Questions to gain understanding and uncover goals and assess resistance

∅ Observe carefully—congruence and incongruence.

∅ Which fears are they dealing with?

∅ How are they feeling right now, today? What's so?

∅ Information is not the same thing as Knowledge.

v Approach

∅ Determine suggestibility

∅ Induction

∅ Create hypnotic suggestions based on Personal Style, Learning Style

∅ Observe, get feedback, re-assess, continue

v Techniques

∅ Hypnosis has nothing to do with relaxation.

∅ Overloading, confusion, misdirection, compounding

∅ Fractionation, Deepening

∅ Ego strengthening

∅ Provide anchors, stack anchors.

∅ Combine techniques.

∅ *How to know when they're working*

∅ *Your fall-back position*

It's OK to get feedback during the session—in fact, don't wait. Allow the client to guide us with comments and important information.

Is depth necessary, and must we hypnotize?

What happens when WE let go of that?

PRACTICE SESSION:

Use techniques in succession and in combination

Write hypnotic suggestions based on Interview, Observation, and Feedback

BIOGRAPHY:

James M. Giunta is new to the ASPH, having relocated to Phoenix from New Jersey in 2016. He is also a member of the International Medical and Dental Hypnotherapy Association, the International Association of Counselors and Therapists (IACT), and a Board Certified member of the National Guild of Hypnotists (NGH). He is a Certified Instructor for the NGH and a Certified Master Trainer for IACT. James brings nine years of full-time experience with individual clients and group hypnosis sessions and stage work. He is a life-long musician and is now exploring the mysteries of combining music and hypnosis in an approach he calls Hyp+Note=Therapy[®]. In 2013 he was named "Hypnotist of the Year" by IACT and he has produced two large-scale World Hypnotism Day events in New Jersey. James now lives, works, plays, practices, and lives his Life as a Master Work of Art in the east Valley.

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 – kellis19@hotmail.com

Vice-President: Sam Sterk, Ph.D. – peakplus@aol.com

Secretary: Debbi Combs – asphsecretary@gmail.com

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:

Jodi Hert, ASPH Treasurer
16845 South 11th Way
Phoenix, AZ 85048

[Join us in Vegas for HYPNOTHOUGHTS LIVE 2016!](#)



HypnoThoughts Live is the most straight-forward, affordable and value packed conference available. When you register for the conference, you get the whole conference. We don't charge more for the longer classes or meals, we give you access to everything for one low price. Some people like to call us the "The all-inclusive hypnosis conference."

HERE IS A LIST OF EVERYTHING YOU GET WHEN YOU REGISTER FOR HYPNOTHOUGHTS LIVE:

- * All the 1, 2, and 3 hour classes. Yes, all those classes are included in your registration!***
- * All the meals and social events (with appetizers and no-host cocktails).***
- * Access to the vendor rooms with a wide variety of products and professionals to learn from***
- * Free entry into the daily drawing for \$100 cash!!***



The ORLEANS

HOTEL & CASINO · LAS VEGAS

4500 W. Tropicana Avenue
Las Vegas, NV 89103

Phone: 1-800-ORLEANS (800-675-3267)

Group code is: A6HTC08

<http://www.orleanscasino.com/groups>



LINDA MARTINEZ-GOODNETter



SANDI GRAVES



JODI HERT



MICHAEL DESCHALIT (00-



LARRY ELMAN

Greetings My Fellow Hypnotists,

I just wanted to make you aware of an opportunity. I am teaching my Hypnotic Gastric Band Certification Class as a Pre-Conference Seminar at the upcoming Hypnothoughts Live. THIS WILL BE THE LAST TIME I AM TEACHING THIS CERTIFICATION COURSE in this format for the conceivable future. So, if you want to help more clients in the area of weight loss and you want to be a part of a MULTI-BILLION DOLLAR INDUSTRY, this is your chance, but it is your last chance. So, don't wait any longer and go to <http://www.htlive.net/michaeldeschalit-pre/> to sign up NOW!!! The training will be August 23rd and 24th in Las Vegas at the Orleans Hotel and Casino.

And... The good news is that you will make your investment in this training back with your first two clients

*Michael C. DeSchalit, CI, CH
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www.motivatingmindshypnosis.com*

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

ALAN HANDELSMAN – I AM LOOKING FOR OFFICE SPACE

I am moving my office in the next month or two. I am looking for something in South Scottsdale/Arcadia/Tempe, or nearby. If you have an office or a room that is vacant, I'd love to talk with you about renting it. I am a very quiet tenant; I only yell at clients once in a while!

Please email me at alan@sourcehypnosis.com or call/text at: [602-478-8346](tel:602-478-8346). Thank you.

Single Room Office Space

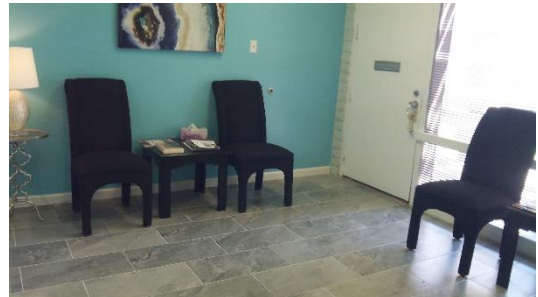
Tempe (Southern and Rural Rd.)

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

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

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

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

Anne Doherty Johnson

Executive Director

Society for Clinical and Experimental Hypnosis

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

W: www.sceh.us E: 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>

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

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 Jodi Hert at 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.

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.

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

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

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 11th Way

Phoenix, AZ 85048