



**[Arizona Society For Professional Hypnosis](#)**

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

**[ASPH Newsletter Hyperlink](#)**

**Next Meeting – Tuesday, September 5, 2017**

**6:30 – 8:30 P.M. SHARP**

**Presenters – We have several presenters this month**

**Topics – “Mini-Presentations”**

**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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**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/SXmfiaHlhdQo>

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:9514436969) 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:8005082215) fax

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

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***Note from Sam Sterk***

We need volunteers from our ASPH membership and guests for our September meeting on September 5, 2017.

You will be demonstrating and giving directions on how YOU use your “tools of the trade” such as lights, sounds, and/or rapid inductions.

Scheduled speakers may spark audience members to offer some different methods of interacting with clients if we have time during the meeting.

Call or email Sam Sterk at

Office Phone: 480-767-0956

Cell Phone: 480-861-6718

Email: [peakplus@aol.com](mailto:peakplus@aol.com)

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***HYPNOTHOUGHTS LIVE 2017 CONFERENCE***

***August 25—27, 2017***

*The Orleans Hotel and Casino*

*Las Vegas, Nevada*

The HYPNOTHOUGHTS LIVE 2017 Conference is scheduled for August 25 – 27<sup>th</sup>.

The following ASPH members will be presenting at this conference: Michael DeSchalit, Sam Sterk, Ted Frieband, and Glen Robinson.

Linda Bennett, Kweethai Neill, Ph.D., and Cheryl Elman, past speakers for ASPH meetings, will also be presenting at the conference.

Check out details and costs for the HYPNOTHOUGHTS LIVE 2017 Conference at [hypnothoughtslive2017.com](http://hypnothoughtslive2017.com).

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**Michael DeSchalit's Post "HypnoThoughts Live 2017" Class**

**August 28 - 29**

**Stage Hypnosis A - Z**

ASPH's very own stage hypnotist, Michael DeSchalit, will be sharing his tricks and tips to being a Master Stage Hypnotist in a post-conference course at this year's HypnoThoughts Live....

For your information, here is the link and a PDF for the 2017 Stage Hypnosis Seminar.

<http://www.htlive.net/michaeldeschalit-post/>

Don't miss it!!!

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Sam Sterk, Ph.D. is offering two Workshops/Certifications on Sport Hypnosis on Sat 9/16 from 9:00 to 5:30 pm

And on:

Sat. 9/23 at the same time to the first 10 people.

Call for additional information:

Sam Sterk, Ph.D., CMPC-AASP # 177

[480-767-0956](tel:480-767-0956) OR

[480-861-6718](tel:480-861-6718)

**[Sam Sterk, Ph.D., CC-AASP # 177](tel:480-767-0956)**

**Tel: 480-767-0956 Cell: 480-861-6718**



## **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

*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](#)

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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, until around September 15th. 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.

**Thank you,**

**Alan Handelsman**

**602-478-8346**

**alanhand@aol.com**

**Books for Sale:**

- 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. Arons, Harry. Handbook of Professional Hypnosis 1971 \$16**
- 4. Arons, Harry. Handbook of Self-Hypnosis 1981 \$10**
- 5. Arons, Harry. The New Master Course In Hypnotism 1948 Hardback \$16**
- 6. Ashley, Joyce. Overcoming Stage Fright in Everyday Life. 1996 \$5**
- 7. Barnett, E.A. Analytical Hypnotherapy – Principals and Practice 1989 Hardback \$30**
- 8. Bernhardt & Martin. Self-Mastery Through Self-Hypnosis 1977 \$7**
- 9. Boyne, Gil. Hypnosis: New Tool In Nursing Practice 1982 Hardback \$60**
- 10. Braid, James. Braid on Hypnotism: The Beginnings of Modern Hypnosis 1960 Hardback \$50**
- 11. Caldwell, Earnest. How You Can Stop Smoking Permanently. (1975) \$5**
- 12. Callahan, Roger. Why Do I Eat When I'm Not Hungry? 1991 Hardback \$6**
- 13. Campbell, David. If You Don't Know Where You're Going You'll Probably End Up Somewhere Else 1974 \$3**
- 14. Chopra, Deepak. Ageless Body Timeless Mind 1993 Hardback \$6**
- 15. Cook & Van Vogt. Hypnotism Handbook 1965 Hardback \$8**
- 16. Crasilneck & Hall. Clinical Hypnosis: Principles & Applications 1985 Hardback \$8**

- [17. Dossey, Larry M.D. \*Be Careful What You Pray For... You Just Might Get It\* 1997 Hardback \\$6](#)
- [18. Dowd, Thomas, Healy, James, Eds. \*Case Studies in Hypnotherapy\* Hardback \\$7.50](#)
- [19. Duke, Robert. \*Hypnotherapy for Troubled Children\* 1984 Hardback \\$15](#)
- [20. Ellen, Arthur. \*The Intimate Casebook of a Hypnotist\* 1968 \\$15](#)
- [21. Erskine, Alex. \*A Hypnotist's Case Book\*. 1966. \\$6](#)
- [22. Garfield, Patricia \*Creative Dreaming\* 1974 \\$4](#)
- [23. Gindes, Bernard. \*New Concepts of Hypnosis\* 1951 \\$10](#)
- [24. Goldberg, Bruce. \*New Age Hypnosis\* 2001 \\$5](#)
- [25. Hammond, D. Corydon. \*Handbook of Hypnotic Suggestions and Metaphors\*. 1990 Hardback. \\$50](#)
- [26. Hawking, Stephen. \*A Brief History of Time\* 1988 Hardback \\$9](#)
- [27. Heise, Jack. \*How You Can Bowl Better Using Self-Hypnosis\* 1976 \\$14](#)
- [28. Hewitt, William. \*Hypnosis\* 1989 \\$6](#)
- [29. Huber, Cheri. \*Be The Person You Want To Find\* 1997 \\$6](#)
- [30. Havens & Walters. \*Hypnotherapy Scripts: A Neo-Ericksonian Approach to Persuasive Healing\* 1989 Hardback \\$12](#)
- [31. James, Muriel. \*Breaking Free – Self Parenting for a New Life\*. 1981 \\$6](#)
- [32. Keyes, Ken Jr. \*Your Life Is A Gift, So Make The Most Of It\*. 1987. \\$6](#)
- [33. Kroger, William, \*Clinical & Experimental Hypnosis\* 1963 Hardback \\$9](#)
- [34. Kroger, William, Libott, Robert. \*Thanks, Doctor, I've Stopped Smoking\* 1967 Hardback, Signed. \\$24](#)
- [35. Kouguell, Maurice. \*Human Figure Drawings: A Screening and Evaluative Tool In Hypnosis\* 1992 \\$8](#)
- [36. Kuhn, Thomas. \*The Structure of Scientific Revolutions, 2nd Edition\* \\$5](#)
- [37. Lazarus, Arnold. \*In The Mind's Eye: The Power of Imagery Therapy to Give You Control Over Your Life\* 1977 Hardback \\$6](#)
- [38. LeCron, Leslie. \*The Complete Guide to Hypnosis\*. 1971 \\$6](#)
- [39. LeCron, Leslie. \*How To Stop Smoking Through Self-Hypnosis\*. 1964 \\$12](#)
- [40. LeCron, Leslie. \*Self Hypnotism: The Technique and Its Use In Daily Living\* 1964 \\$7](#)

- [41. Levine, Stephen. Guided meditations, Explorations and Healings 1991 \\$6](#)
- [42. Meares, Ainslie. A System Of Medical Hypnosis. 1960 Hardback \\$17](#)
- [43. Ornstein, Robert E. The Nature of Human Consciousness 1973 Hardback \\$5](#)
- [44. Ornstein, Robert E. The Psychology of Consciousness. 1972. \\$5](#)
- [45. Perlmutter, Judy. Kick It! Stop Smoking In 5 Days 1986 \\$4](#)
- [46. Shames & Sterin. Healing With Mind Power 1978 Hardback \\$5](#)
- [47. Siegel, Bernie. Peace, Love & Healing 1989 Hardback \\$5](#)
- [48. Simonton, O. Carl, et al. Getting Well Again 1978 \\$5](#)
- [49. Soskis, David. Teaching Self-Hypnosis 1986 Hardback \\$20](#)
- [50. Spiegel, Herbert & David. Trance and Treatment: Clinical Uses of Hypnosis. 1978 \\$10](#)
- [51. Straus, Roger. Strategic Self-Hypnosis 1982 Hardback \\$5](#)
- [52. Tepperwein, Kurt. Master Secrets of Hypnosis and Self-Hypnosis 1977 Hardback \\$6](#)
- [53. Tracy, Dr. David T. How To Use Hypnosis. 1952, Hardback. \\$5](#)
- [54. Watkins, John PhD. Hypnotherapeutic Techniques: The Practice of Clinical Hypnosis Vol 1. Hardback. \\$9](#)
- [55. Watzlawick, Paul. The Language of Change. 1978. \\$7](#)
- [56. Waxman, David. Medical & Dental Hypnosis 1966 \\$10](#)
- [57. Webster, Richard. Cashing In On Past Lives 1989 \\$4](#)
- [58. Wester, William C., O'Grady, Donald J. Clinical Hypnosis With Children 1991 \\$6](#)
- [59. Wolberg, Lewis. Medical Hypnosis, Vols 1 & 2. 2 Hardbacks \\$15](#)
- [60. Yalom, Irvin D., Existential Psychotherapy 1980 Hardback \\$20](#)
- [61. Young, L.E., Powers, Melvin. The Science of Hypnotism: The Wonder of the 20th Century: All Known Methods Explained: The Way to Become an Expert Operator 1946, Hardback \\$10](#)
- [62. Caprio & Berger. Helping Yourself With Self-Hypnosis 1963 \\$4](#)
- [63. Dossey, Larry. Prayer is Good Medicine 1996 \\$5](#)
- [64. Caroline Myss. The Energetics of Healing 2VHS tapes \\$6](#)

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### **UPCOMING TOPICS & PRESENTERS**

**September 5** – Volunteer ASPH members presenting their methods and “tools of the trade” such as lights, sounds, and/or rapid inductions.

**October 3** –

**November 7** –

**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

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

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**