



Arizona Society For Professional Hypnosis

www.hypnosisaz.com

ASPH Newsletter Hyperlink

Next Meeting – Tuesday, October 7, 2014

6:30 – 8:30 p.m. SHARP

Presenter – Sam Sterk

Topic – “Maximizing Your Focus and Make more Money”

Demonstrations.... Volunteers Welcome... Invite Your Friends!

Meeting Location

Scottsdale Senior Community Center

1700 North Granite Reef Road

Scottsdale AZ 85257

Meeting Room 6 (Check at Center’s Front Desk)

<https://maps.google.com/maps?hl=en&tab=nl>

The Subject of the October talk for ASPH is Maximizing Your Focus and Make more Money at your work or at your private practice. Studies have shown that as much as 25-30 % of work time is wasted on distractions. Wouldn't it be wonderful if you could have increased Focus, be more productive and make more money? That is the subject of the ASPH presentation.

BIO – Sam Sterk

Sam Sterk, Ph.D., is a trained Psychoanalyst, a Sport Psychology Consultant and a Certified Master Hypnotherapist. He completed his post graduate training at the New York Institute for Psychoanalytic Psychotherapy and Psychoanalysis. Dr. Sterk is the Director of Peak Performance Plus LLC, a Counseling, Hypnosis and Sports Psychology practice. Sam Sterk, Ph.D. trained and was certified by Dr. Harry Aarons.

Dr. Sterk teaches a course called Medical Hypnosis at a local medical school and has taught teaches Psychology at several community colleges. As a Certified Sport Psychology Consultant he has been affiliated with the United States Olympic Center. Dr. Sterk's graduate training was in the field of Behavioral Health at the State University of NY at Buffalo (on full scholarship), Columbia University (on full scholarship) and Clayton University. Dr. Sterk is a published author of SAMMY'S JOURNEY.

Dr. Sam Sterk enjoys working with athletes and has presented at national conferences about Sport Psychology and Sport Hypnosis.

PLEASE NOTE THAT WE WILL BE STARTING OUR MEETINGS AT 6:30 P.M. AND ENDING AT 8:30

Our Deepest Sympathy

It is with deepest sympathy that we mourn the passing of Ron Benninghoff's wife. Please reach out to Ron in this period of tragic loss for him. Ron's email address is cwizard@cox.net.

Patrick Powers Could Use Your Healing Power Thoughts Going His Way

We consider each and every one of us in the organization as family members and we are one large family.

Patrick Power's one of our long time members, recently developed a severe infection following an operation on his shoulder.

Although he is on the mend, please keep him in your thoughts and prayers. Also, if any of you wish to reach out and help Patrick in any way, please feel free to contact him.

His phone number is [480-874-9664](tel:480-874-9664) and his email is pep2phx@flica.net.

A Note from ASPH Secretary – Debbi

Our at one time webmaster, Jim, is not with Netwirks anymore. For the moment, the newsletter is not being posted to our ASPH website. I am sending it out. Tom Hajek is working to get this issue resolved so hopefully you will be able to access the newsletter from our website soon.

Send all announcements of future events [seminars, classes, presentations, etc.] to Debbi Combs to asphsecretary@gmail.com.

UPCOMING TOPICS & PRESENTERS

October 7 – Sam Sterk – Maximizing Your Focus and Make More Money

November 4 – TBA

December 2 – Annual Holiday Party

Tuesday Meetings: 6:30 PM – 8:30 PM (Free for Members)

Certificates & C. E. U. Credit Hours Awarded for Attendance

(2 credits per meeting attended – Contact NGH to record your attendance.)

C.E.U Credits for National Guild of Hypnotists are submitted for Members only. Members should contact NGH by email to have their credits recorded.

Officers

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

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

Secretary: Debbi Combs – info@hypnosisaz.com

Treasurer: Tom Hajek – tmhypnosis@live.com

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.

Visitors and guests are welcome to attend two meetings free of charge, after which they are invited to join ASPH. They also have the option of paying a \$5.00 fee for each month attended thereafter. Spouses and partners of members are considered part of the ASPH and have free meeting privileges.

Attention All Practicing Hypnotherapists:

If you wish to have your "professional hypnotist" contact information listed on the ASPH website, please send your name, areas of expertise, your website address, business name, city, address and location (cross streets), phone number, email address, and a picture of yourself (optional) to Tom Hajek at info@hypnosis.com. The one-time cost is \$35.00. You can also hand all your information and payment to Tom at an ASPH meeting.

Notes from the Secretary: Debbi Combs

A reminder ... The cut-off date to add event information to the monthly newsletter is the 14th of the month following the last meeting, or at the mid-point of the month before the next 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.

Office space available on a part-time basis. Great location in a beautiful office setting in South Scottsdale off of McDowell and 68th St. Easy access from the 101, 202 and the 143 to serve clients from all over the Valley. Share office on a part-time basis with established massage therapist with flexibility on days and times. The office is 600 square feet with spacious therapy room. Shared waiting room and kitchen/office space. Located in a professional office complex with plenty of parking. \$200/month utilities included and fully furnished. Please contact Nina for more information. [602-505-7673](tel:602-505-7673) or nina.laveson@valleywidehypnosis.com

Sam Sterk, Ph.D.

Peak Performance Plus LLC

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

peakplus@aol.com

www.peakplusaz.com

www.azolderadultplacement.com PEAK PERFORMANCE PLUS, LLC

Presents

SPORTS HYPNOSIS CERTIFICATION-A ONE DAY SEMINAR

By

Sam Sterk, Ph.D.

Date: Saturday, September 27, 2014

Time: 9:00-6:00 PM

Place: To Be Determined

Fee; The \$259.00 fee includes a Manual, a catered lunch, a handsome certificate of course

completion and a raffle drawing.

Course Highlights:

• Initial interview and Assessment Tools; engaging the client in Sport Hypnosis

contract vs. the hourly rates. Assessment tools help to pin point areas where

client progress is needed.

• Hypnotic Interventions to help clients improve their Focus, develop Positive

Self Talk, and improve Self Confidence.

• Uses of Visual Imagery to enhance Focus in sports.

• Uses of Stop-Thought Techniques to enhance sports performance

• How to regain Concentration when it's been lost

• Uses of Positive Self Talk

• Arousal Regulation prior and during competition • Hypnosis Pain Reduction techniques for the injured athlete

• Marketing your Sports Hypnosis skills-developing a market

To Register:

Call: [480-767-0956](tel:480-767-0956) to ensure your placement in this course

Email: your interest to: peakplus@aol.com

You can pay by check or credit card (Visa or Master Card)

• EXTRA SAVINGS!!!! If you register by September 1, you'll be eligible for

another 10% course savings which is a saving of \$25.90 Take advantage of this

now!!!

Mark Your Calendar

ASPH Party

October 11th 2014

Noon to 4 PM

Dress casual

The party will be held at ASPH President Lew Heller's home

Address : 5815 E. Sanna Street

Paradise Valley, AZ 85253

Families welcome

Michael C. DeSchalit, CH
Motivating Minds Hypnosis

[\(520\)270-0183](tel:(520)270-0183)

motivatingmindshypnosis@gmail.com

www.motivatingmindshypnosis.com

The Ultimate Stage Hypnosis Seminar
Monday, March 2 – Friday, March 6, 2015
Orleans Hotel, Las Vegas, NV., USA

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THE OPPORTUNITY TO BE IN YOUR OWN BUSINESS, PART OR FULL TIME IS NOW. CALL NOW 1-800-418-9664

WHAT OUR STUDENTS ARE SAYING ABOUT OUR SEMINARS

- ***Jerry's Ultimate Stage Hypnosis Training is the "ROLLS ROYCE" of stage hypnosis training"***

Dan Rodriguez,

- ***"This is the best training in Stage Hypnosis. Jerry's one-on-one pointers put mega-bucks in my pocket."***

Dave Hill, Hayward, CA.

- ***"I knew nothing about hypnosis. I can tell you now it is real.....it's worth it.....take this course!"***

Mark Clark (Magician), Stroudsburg, PA

- ***"This training is GREAT! Jerry, Tommy & Mike are fantastic instructors"Daze' Lisenkoff, Las Vegas, NV***

- ***"This is my 3^d training with this workshop and I learn something new everytime." Will Edwards, Huntington, WV***

- ***"I traveled 6,000 miles to be here. It was worth it." Barry Colley, Devon, England***

Learn From Full-Time Professionals In This Field

JERRY VALLEY, has traveled the world for over 44 years as the star hypnotist on cruise ships, resorts, television, movies, and was featured on ABC's "20/20" TV show. He is the author of the best-seller book "Inside Secrets of Stage Hypnotism." Jerry and a fantastic staff of teachers, with over 100 years of experience, team up to personally teach you how it is done in easy, step-by-step methods with which YOU become the star of your very own Hypnosis Show. You will learn show secrets that others keep secret.

TOMMY VEE, has been presenting his hypnosis demonstration to Corporations, Universities, State Fairs, High Schools, throughout the United States, Canada, Iceland, Grand Cayman and the United Kingdom. His shows are dynamic and outrageously funny. Trained personally by Jerry Valley and also by Ormond McGill, Tommy explains how you can do it.

MICHAEL DESCHALIT, has been a performer for over 30 years. He is a Multi-Award Winning Magician and Master Stage Hypnotist and has performed in such venues as The Four Seasons Luxury Resort in Las Vegas, The RMS Queen Mary, The Prado in San Diego, The Treasure Chest River Boat Casino in New Orleans, The World Famous Magic Castle in Hollywood and most recently, exclusive engagements at Circus Circus Hotel and Casino, the Riviera Hotel and Casino, and the Orleans Hotel and Casino on the Las Vegas Strip.

****Your Investment includes all materials, expert training, supervised student practices, After-class support at NO CHARGE and Continental Breakfast each morning. Listed below are great tuition fees that will save you money. Register and pay \$1295 by October 30th and save \$400. Pay \$1495 by November 30th and save \$200. Pay \$1595 by January 15th and save \$100. Thereafter the tuition is \$1695. All cancellations will incur a \$250 non-refundable fee. This fee will be held in escrow for you for any future workshops produced by Jerry Valley Productions.***

***Jerry Valley Productions, Inc., 236 Pleasant Street, Methuen, MA 01844 USA
800.418.9664 ~ www.StageHypnosisSeminar.com ~ email: jerryvalley007@aol.com***



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You Will Learn...

- A proven system that is being used worldwide and that has been seen on national television.
- Every detail of the process in an easy to duplicate step by step method you can use right away.
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You Will Receive...

- A complete training manual in printed form and on disc.
- All forms ready to be customized with your company name and Information.
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The Tuition for this Course is \$795.00.
(Additional discounts are available when taken in conjunction with our other seminars)

Call NOW For More Info...

Jerry Valley - (978) 688-6657
www.hypnoticgastricbandsystem.com

My Esteemed Colleagues, I have been very busy creating something special for the ASPH, a Professional Lending Library.

It currently has 197 titles, and seeking more as I continue to tweek this project.

It will be ready this Spring exclusively for ASPH Members Only.

I am seeking books on hypnosis and related fields, as well as audio/video/dvd/cd learning tools.

Please let me know if you or any of our other colleagues would like to donate their beloved materials.

I am particularly interested in Elman books and NGH Conference CD's, I would appreciate anyone who has previous conference CD's to perhaps even donate copies... just a thought.

To review/view collected works, please visit: www.facebook.com/hypnosisaz

All my bestest,

Kate Ellis, CCHt 480-695-1936 480-695-1936

www.thehealingquest.com

www.empowerpuzzles.com



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www.linkedin.com/in/kellis19

www.facebook.com/kate.ellis19

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.

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.

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.

Carol Adler info@caroladler.com 480-452-9183

Lindsay Brady [hypnotherapist@lbrady.com](mailto:lhbrady.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](mailto: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:

Thomas Hajek, ASPH Treasurer

2844 E. Quiet Hollow Lane

Phoenix AZ 85024

Have you read any good articles about hypnosis in a magazine or on the web lately? Feel free to share them with ASPH members. Email a copy or link to the article to our secretary at info@hypnosisaz.com to be included in our next newsletter.