



[Arizona Society For Professional Hypnosis](#)

www.hypnosisaz.com

[ASPH Newsletter Hyperlink](#)

Next Meeting – Tuesday, February 3, 2015

6:30 – 8:30 p.m. SHARP

Presenter – Kathleen Nightingale

Topic – *“Hypnotherapy for Alzheimer's and Other Dementias”*

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>

Kathleen Nightingale's Presentation & Bio

Hypnotherapy for Alzheimer's and Other Dementias: Dr Daniel Nightingale led the only empirical study in the world ever done on the use of hypnosis with people that are living with dementia, in conjunction with the University of Liverpool. The research was backed up by a longitudinal study. Kathleen will discuss the study and the subsequent impact, and the importance of having this tool as part of your practice.

Kathleen Nightingale is a Certified Clinical Hypnotherapist and Dementia Therapy Specialist. As a practitioner in Northern Arizona, which has a high population of elderly people, Kathleen became interested in whether hypnotherapy could help people who are living with dementia. Her research led to Dr Daniel Nightingale and his groundbreaking work in the UK. Dr Nightingale and Kathleen now provide therapy in their office in Prescott, and train hypnotherapists worldwide on how to improve the quality of life for people living with dementia.

ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS

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and paying online, or:

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Mail to:

Thomas Hajek, ASPH Treasurer

2844 E. Quiet Hollow Lane

Phoenix AZ 85024

Note from Debbi Combs – ASPH Secretary

Thank you very much Michelle for stepping in with a topic most entrepreneurs (which most ASPH members are) often have a concern about, earning enough money. Hypnotists/hypnotherapists have the added distinction of working with many clients who also need help with their thoughts and emotions about money.

If you would like to be one of the ASPH featured speakers for next year, contact Kate Ellis, ASPH Vice-President so she can schedule you in. You can contact Kate at kellis19@hotmail.com.

UPCOMING TOPICS & PRESENTERS

OFFICERS

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

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

Secretary: Debbi Combs – asphsecretary@gmail.com

Treasurer: Tom Hajek – tmhypnosis@live.com

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

Certificates & C. E. U. Credit Hours Awarded for Attendance (2 credits per meeting)

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.

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 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

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.

Lew Heller - Happy 2015 to every one!

Now is the time to regain control of your weight. The vast majority of people in this country have a few pounds to release. Well, this is my commitment to help people lower their weight this year. I am offering several group hypnosis sessions every month for free. That's right for free. I am not the only hypnotherapist to make this offer. I am the President of the Arizona Society For Professional Hypnosis, an organization with 70 members, and am asking our members to make the same commitment. I cannot guarantee what they will do, but I know what I am doing to reach out and deal with the "food" issues we have in this country. For almost 20 years I have said that about 80% of people admitted to hospitals are due to the food they are eating. It's time for change. But the only one you can truly change regarding what you put in your mouth is yourself.

The Dates for the one hour hypnosis program this month are:

Sunday, January 11th

Sunday January 18th

Sunday January 25th

Time: 10-11 AM for all sessions

Location: 11120 North Tatum Boulevard, Suite 101 Phoenix, AZ 85028

The cost is free. There will be no promotions or “pitching” of any other offers.

Seating is limited to 12 people.

If you wish to reserve a spot, please respond to this email

Below is the information regarding my upcoming communication program, Public Speaking, Mass Hypnosis Techniques and Charisma. Each participant makes a 3 minute video at the beginning of the day and again at the end of the day. The difference in the before and after videos is rather dramatic! No note taking necessary as the techniques are embedded in the hypnosis recordings combined with the training material I present.

Please feel free to pass along this information.

Be well,

Lew

Lewis Heller MD, MBA, CHT

www.medical-hypnosis.com

[602-502-4000](tel:602-502-4000)

lewisheller@mac.com

“Mass Hypnosis Training Flyer 1-17-15”

Public Speaking, Mass Hypnosis Techniques and Charisma - Hypnotic Speaking Techniques to Influence Your Audience - 1/17/15

A one day training program with the following objectives:

1- Improve your charisma - Did you know that charisma can be measured and improved and is the number one element companies are looking for when looking for a CEO. - One of my clients just told me she watched one of her colleagues climb the corporate ladder to get to the top. To quote my client, “She could not add up 2 + 2 but she was charismatic and I could not figure out at the time why she kept getting promotions.”

Understand the elements of charisma and begin to development them in yourself. Hypnosis recording specifically created to internal these techniques.

2. Improve your confidence with public speaking - I have successfully worked with a number of public figures to improve their confidence with public speaking. I have developed a hypnosis recording specifically for this program to improve your public speaking abilities and confidence.

3. Learn the same "mass hypnosis" techniques utilized by many influential leaders. Barack Obama used these techniques to win elections and they enabled Hitler to rise to power and control in Germany. - Hypnosis recording created for you to internalize the learning and utilization of these techniques. Then...

4. Practice the techniques you have learned by delivering a speech to the group. The best way to internalize what you have learned is to actually use this opportunity immediately to utilize the techniques you have learned.

This Program is limited to 6 attendees. The cost of the program is \$199.00.

Unleash your public speaking with energy and passion combined with the power of mass hypnosis techniques!!!

Time: 8:30 AM to 5:30 PM - Working Lunch Provided

Location: 11120 N Tatum Boulevard Suite 101 Phoenix, AZ 85028

Contact: Lewis Heller at [602-502-4000](tel:602-502-4000) or lewisheller@mac.com to register.

Dear ASPH Members,

I had a really great time at the January ASPH meeting last week. I appreciate getting to present to "out-of-the-box thinkers such as yourselves. My goal is to expand the mind and plant seeds that lead to profound change.

The New Year represents new beginning for a lot of people, it also means disappointment as our subconscious mind gets in the way of making the changes that we most desire. I've heard a lot of optimistic buzz about the promise of 2015. I find it incredibly exciting. I have always loved the new year. But, let's be honest....The only promise that 2015 really holds is the promise you make to yourself.

2015 will be just like any other year unless you are determined to BE the change you want to see in 2015. BEing the change is the most difficult part. Your subconscious mind is programmed to keep you SAFE, which means it is programmed to keep you the SAME!

Change, even positive change that you really, really want can be exhausting. You must be hyper-aware and hyper-vigilant to overcome your subconscious programming. That programming SNEAKS up on you...and more often than not you don't even recognize it. So REAL change that STICKS often requires an outside party to help you see when you are back sliding.

The Spirit of Money Mastery

I have struggled with money for most of my life...until about 6 months ago when finally all of my knowledge about the energy of money, the power of the mind, and spirituality finally came together. My income double in one month, then it doubled the following month. Now it's 6 times what I was making.

There are very definite ways that I have changed my thinking, my expectations and my behavior to support a far more abundant life.

We are all wired for success, but programmed for failure. In this program we will release the programming and begin to tap into the wiring. You will transform your beliefs about money and your day to day experience of money and abundance.

Here's to finally mastering the money and the joy in your life. I look forward to hearing from you. If you have further questions you can call me [480-265-5600](tel:480-265-5600) or e-mail me at Michelle@AthenaRisingNow.com.

Blessings in Abundance,

Michelle Lee, CH

[Click here for more information!](#)

The Spirit of Money Mastery - Athena Rising Now

2015 is YOUR time to finally become the master of money ...

[Read more...](#)

Michael C. DeSchalit, CH
Motivating Minds Hypnosis

[\(520\)270-0183](tel:5202700183)

motivatingmindshypnosis@gmail.com

www.motivatingmindshypnosis.com

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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 3rd 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
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Call NOW For More Info...

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Arizona Renewal Ranch, LLC
Dr. Ilana H. Oren, Ph.D, Sc.D.
Licensed Marriage and Family Therapist #0088
Certified Hypnotherapist
2915 East Baseline Road, Suite 101
Gilbert, AZ 85234
Telephone 480-776-0626
Email: [dr. liana@cox.net](mailto:dr.ilana@cox.net)
www.DrIlanaOren.com

TRAINING

Part I: Friday, April 24, 2015, 2015 10:00 – 4 P.M.

Part II: Friday, May 15, 2015, 10:00 – 4 P.M.

WHERE: Wayland Baptist University/ 2702 N. 3rd, Suite 1050, Phoenix, AZ 85004
For continuing education units, please contact the Dean of the university, Dr. Glenn Simmons
@ 602-279-1011.

ADDICTIONS, CREATIVITY AND THE PATHWAY TO HEALING USING HYPNOSIS

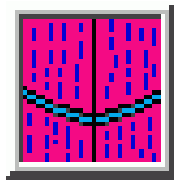
The definition of an addiction is a pathological attachment to a mood altering experience that has life damaging consequences. A sure sign of an addiction is the motif of self-deception. Brain imaging continues to discover variance in neuro-chemical, and neuro-functioning that underline a vulnerability to develop compulsive behaviors and dysfunctional use of addictive substances. The brain regions impacted by stress and addictions are: prefrontal cortex, cingulate, hippocampus, amygdala and the parietal lobes. Through hypnosis, the energy can be directed to find creative expressions rather than being entangled in the dark web of addictions and medusa energy. Special emphasis will be placed on addictions to refined carbohydrates based on Dr. Oren's presentations in Israel and Poland.

The goals for the workshops are:

1. Identify the signs and symptoms of the addictive dance.
2. Learn how to train your brain to think like a sober person and break the pain chain response of the addictive cycle.
3. Learn how to integrate hypnosis to embark on the journey of sobriety, and obtain and maintain your ideal weight for life.

Cost: \$177.00 for one day. \$300.00 for the two days. The cost DOES NOT include continuing education units.

To register for the training, contact Dr. Oren @ dr.ilana@cox.net~RJ~



Coming Soon



~2015~



~DON'T FORGET TO ASK ABOUT OUR~

** 2 for 1 **

~2015~

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[contact information below].

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**Robert J. O'Connor
Director and Main Presenter**

Voice mail ~ 602-593-4006

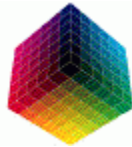
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**~RJ~**



*Classes are to be scheduled*

*SOON*

*on two consecutive weekends and fill up fast so the first 5 or 6 who sign up*

*can choose the consecutive weekends*

*plus*

*★ ~The first five to sign up~ ★*

*will receive a \$500.00  
one time only Discount*

*\*Contact me if you need to work something out*

*~RJ~*

*Payments by Paypal, Check, Cash*

*MasterCard, Visa & Discover*

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**MESSAGE FROM KATE ELLIS**

*Dear Esteemed members of the ASPH,*

*As many of you are aware, I have created a professional lending library for the ASPH. Recently, going through a donation, I came across Pattie Freeman's book, and a couple other ASPH members and thought it would be an extra special touch to have a section of the library dedicated to those who have become authors, such as Lew Heller, and Sam Sterk as of recent.*

*I am asking any member, current, past to consider contributing a signed copy of your book (s). Please contact me with your considerations. Now, it does not have to be a book on hypnosis per se, this section of the library is special celebrating our member's accomplishments within and beyond hypnosis.*

*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.*



*I look forward to hearing from you. If you have any questions, please feel free to call or write.  
I am available from 11-11 every day.*

*Additionally, you can bring your donation to the next meeting to make it easy. I suggest placing a book plate with your name as well with your own book for posterity as well as any other books you may like to contribute for the continuing education and enjoyment of our growing membership.*

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

To review/view collected works, please visit: [www.facebook.com/hypnosisaz](http://www.facebook.com/hypnosisaz)

All my bestest,

Kate Ellis, CCHt 480-695-1936

kate ellis,ccht [480-695-1936](tel:480-695-1936)

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A private discussion group for ASPH members has been organized by Tom Hajek at [asph@googlegroups.com](mailto:asph@googlegroups.com). Any ASPH member may comment, post, and participate in discussions.

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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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### **Networking**

The following members are available to easily network among ASPH members. If you would like to have your contact information included in this list of ASPH members, please email [info@hypnosisaz.com](mailto:info@hypnosisaz.com) with your name, phone number and email address.

**Carol Adler** [info@caroladler.com](mailto:info@caroladler.com) 480-452-9183

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

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

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

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

*Robert J. O'Connor* [rjocstar@juno.com](mailto:rjocstar@juno.com) 602-593-4006

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

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

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

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*Social & Professional Networking on the Internet:*

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

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

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

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

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

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**ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS**

Membership Renewal Form

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and paying online, or:

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Mail to:

Thomas Hajek, ASPH Treasurer

2844 E. Quiet Hollow Lane

Phoenix AZ 85024

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