



**Arizona Society For Professional Hypnosis**

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

**ASPH Newsletter Hyperlink**

**Next Meeting – Tuesday, November 6, 2018**

**6:30 – 8:30 P.M. SHARP**

**Presenter – Paula Fowke**

**Topic – “Safety and Boundary Issues”**

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

**Meeting Location**

**Scottsdale Senior Community Center**

**1700 North Granite Reef Road**

**Scottsdale AZ 85257**

**Meeting Room 9**

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

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**PRESENTATION** - During this engaging presentation, we will cover information that will better prepare you for the unexpected whether you are in your office with a client, at home, or anywhere in your life. Attendees will walk away with knowledge, tools & techniques, and hands-on information that they can use immediately.

Concerned about your safety? In this presentation you will learn:

Situational awareness

Assess potential threats and people

Verbal and Tactics to defend yourself

**BIO** - Paula Fowke is a Board Certified Clinical Hypnotherapist through the International Association of Counselors and Therapists, Registered Psychotherapist State of Colorado, and a Brainmapping and Neurofeedback Technician certified through the Brainmapping & Training Certification Board. Paula is also a Certified Hope Coach, where she helps her clients take the suffering out of pain. Paula has been practicing for 19 years and is the owner of Summit Hypnosis Center, which specializes in Hypnotherapy and Coaching. She divides her time between her homes in Scottsdale, Arizona and Silverthorne, Colorado and has a private practice in Frisco, Colorado. Paula is currently enrolled as a student at Quantum University, seeking a degree in Integrative Medicine.

**BIO** - WD Nelson - 26 year Law Enforcement career, Advanced Firearms Law Enforcement Instructor, Active Shooter Operator, Homeland Security Certification, FAA 108 Flying Armed Certification, Certified NRA Pistol Instructor, Certified Officer Involved Shooting Investigator, Certified Officer Safety/Survival Training, United States Marshall's Office Personal Protection Operator Certification, Certified Stalking Investigator, Certified Tactical Training, Certified Tactical Rifle Training, Certified Combat Handgun Expert, Counterdrug Training Academy Investigator Certification, FBI Behavioral Science Unit Investigations Certification, REID Street Crimes Surveillance Techniques Certification, FBI Academy Death Scene Management Certification, Federal Emergency Management Agency FEMA Incident Command System Certificate, Crisis Intervention Certificate, Colorado Bureau of Investigation Crime Information Center Computer Certificate, National White Collar Crime Center Financial Records Examination & Analysis (FREA) Certificate.

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## **Sam Sterk, Ph.D., CMPC # 177-ASPH President's Report**

**ASPH is an amazing fellowship of like-minded Hypnotists that meet once a month at the Granite Reef Senior Center in Scottsdale. There, we hear a new presenter every month, ask questions and enjoy socializing and networking with one another.**

**We have a yearly election of new Board officers which we elect in November. The slate of board members to be chosen are: President, Vice President, Treasurer, Secretary and Parliamentarian. You can be nominated or you may consider nominating yourself. The membership will then vote to elect in November. Thus far Debbi Combs and Sam Sterk have been nominated to continue as Secretary and President of ASPH. Please keep in mind that without a board of directors, there cannot be an ASPH organization. We've been around for over forty years. Therefore, it is crucial that we nominate and elect an ASPH board NOW!**

**This past year we instituted some changes in our bylaws. ASPH is no longer a training institute that certifies Hypnotists. We do offer CEU's (continuing education units) for attending our meetings, but that is markedly different than certifying a Hypnotist's competency. On a monthly basis we've had stimulating presenters, ones that made us think. Ms. Karen Peck has handled our monthly videography. We've had new members join our organization. We're interested in further growth as an organization. Any suggestions? It would help if we had a committee to implement that goal. Would anyone want to volunteer to implement a goal of increased membership? This request has been repeatedly mentioned in meetings as well as in previous newsletters. How about someone volunteering to spearhead the growth of ASPH membership?**

**We're always looking for new and exciting presenters. If you'd like to present, contact our ASPH Vice President. If you'd like to let us know about your workshop, please consider submitting a summary of no more than 125 words**

**Last but not least, on December 4th we'll have our Holiday Party at Oregano's in Old Town Scottsdale from 6-9: P.M. We'd love to see you. ASPH is paying \$27.00 for members (the cost of the dinner). Bring guests which is a fun way to introduce them to our ASPH fellowship. Please be mindful, however, that guests will need to pay their own way which is \$27.00. We also will have a white elephant gift exchange. Guests may also participate in the gift exchange. If you'd like to be a part of the gift exchange, please feel free to bring a gift of no more than a \$15.00 value. Remember, bring a gift, get a gift. The menu will consist of different types of salads, pizzas, pastas and a very special dessert. If you have a food allergy, please let Ms. Debbi Combs at [asphsecretary@asph.com](mailto:asphsecretary@asph.com) or myself, Sam Sterk at [peakplus@aol.com](mailto:peakplus@aol.com) know about it in advance. Most of all, this promises to be a fun-filled experience, especially with Mr. Alan Handelsman who will conduct the white elephant gift exchange. Over the years, we've appreciated Alan's quick wit.**

**I want to recognize all of my amazing ASPH Board members, namely Ted Frieband-VP, Jodi Hert-Treasurer, Debbi Combs-Secretary and Thomas Wheeler-Parliamentarian.**

I look forward to seeing all of you at our next ASPH meeting on November 6<sup>th</sup> at 6:30 PM.

Thank you for your attention to this matter.

Sincerely,

Sam

Sam Sterk, Ph.D., CMPC #177

480-861-6718

<http://www.peakplusaz.com>

peakplus@aol.com

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**MESSAGE FROM DEBBI COMBS – ASPH SECRETARY**

November is election month for 2019 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). The positions are president, vice-president, secretary, and treasurer.

You 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 6<sup>th</sup> meeting. Voting will end on Friday, November 30<sup>th</sup>, and the new board will be announced by our current ASPH president, Sam Sterk at the annual Holiday Party on Tuesday, December 4<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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**Sam Sterk, Ph.D., CMPC # 177**

***Why would you choose me, Sam Sterk to be your next ASPH President?***

***I am been honored to be this past year's (2018) President. Ms. Debbi Combs, our ASPH Secretary has nominated me to be your ASPH 2019 President.***

**What are my qualifications?**

***First and foremost I'm a certified Hypnotist practicing for 40 years. I have a full time private practice. On a part time basis, I teach courses on Medical Hypnosis at a local Medical School. I wrote a book entitled, Win 2! Train and Master Sport Hypnosis, available in Kindle and Amazon.com I've been a previous presenter at annual conferences such as NGH, Hypno Thoughts and The Association of Applied Sport Psychology (AASP).***

***In the past, I have served in various ASPH Board officer roles for a number of years. Under the leadership of Mr. Robert O'Connor I served as ASPH Secretary. Under Mr. Michael C. DeSchalit's leadership I served as ASPH Vice President for 2 terms (2 years). Under Ms. Kate Ellis's leadership, I served as Vice President for 2 terms (2 years). The years of serving in various Board roles, enhanced my knowledge of the inner workings of ASPH, an organization that I cherish and love.***

***What will I as your next ASPH President strive for?***

- ***Continue to increase ASPH membership.***
- ***Outreach to organizations such as SWIHA, NGH and Hypno Thoughts.***
- ***Continue to offer stimulating monthly presentations***
- ***Offer a 1-2 day ASPH annual conference to local and out of town Hypnotists.***

***I accept being nominated as your next ASPH President. I would appreciate your vote.***

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**OFFICERS**

***President: Sam Sterk, Ph.D. – [peakplus@aol.com](mailto:peakplus@aol.com)***

***Vice-President: Ted Frieband – [TBAND1000@yahoo.com](mailto:TBAND1000@yahoo.com)***

***Secretary: – Debbi Combs [asphsecretary@gmail.com](mailto:asphsecretary@gmail.com)***

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

***Parliamentarian – Thomas Wheeler***

***Technical Adviser: Karyn Peck – [karynpeck614@yahoo.com](mailto:karynpeck614@yahoo.com)***

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## **UPCOMING TOPICS & PRESENTERS**

**November 6** – Paula Fowke “Safety & Boundary Issues” for Hypnotists/Hypnotherapists

**December 4** – Holiday Party

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**Hello Current ASPH Members,**

If you are already an active 2018 ASPH member, you are invited to join the new Facebook Group where you will be able to watch the ASPH Meetings live, or as a replay at a later time, in the Facebook group.

You can just follow this link and our ASPH Treasurer, Jodi Hert, will be approving the requests after confirming an active membership status, which means that 2018 Membership Dues are up-to-date.

<https://www.facebook.com/groups/ASPHactivemembers/>

If you are not currently using Facebook, we will communicate other online options as soon as we have details available.

**Thank you,  
The ASPH Board**

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**Thomas Wheeler here...**I discovered a great resource - a FREE NLP Workshop every Wednesday Night. I went to their meeting last week and was VERY IMPRESSED and, in turn, also made a point of inviting Mr. Thomason and members to our next ASPH meeting.

*Where:* NLP Coaching & Skills Training Institute. Office of Bill Thomason: 11811 N Tatum Blvd. #P113, Phoenix, AZ 85028, just south of PV Mall and Cactus at the corner of Paradise Village Pkwy in the mirrored-glass building. **Come to the south entrance after business hours and the security guard will let you in.** *When:* 7pm-8:30pm each evening. **Contact Bill 602 321-7192 or email [nlpkills@earthlink.net](mailto:nlpkills@earthlink.net) or [bill@nlpkills.com](mailto:bill@nlpkills.com) to RSVP.**

**AND: Contact Bill Thomason at the NLP Coaching & Skills Training Institute offices in North Phoenix, Arizona. Call 602 321-7192 for NLP Coaching sessions by telephone or in office, or for workshop and certification registration.**

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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 Ted Frieband, our current ASPH vice-president at [TBAND1000@yahoo.com](mailto:TBAND1000@yahoo.com).

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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://arizonaquide.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**

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

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

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.center](mailto:martha@insightsforlife.center)

Tina Sacchi [Tina@TinaSacchi.com](mailto:Tina@TinaSacchi.com)



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**