



★ ASPH Holiday Party★



Tuesday, December 4, 2017

6:00 PM – 9:00 PM

OREGANO'S

3102 North Scottsdale Road

Scottsdale, AZ 85251

Just North of Thomas

480-970-1860

Please ~RSVP~ by November 25th to either

peakplus@aol.com or asphsecretary@gmail.com

Member's Dinner Free

Guests \$27.00

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



December 4th we will have our Holiday Party at **Oregano's** in Old Town Scottsdale from 6-9 P.M. Please RSVP by November 25th with how many will be in your party to either Sam Sterk at peakplus@aol.com or Debbi Combs at asphsecretary@gmail.com. We will love seeing you there.

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. The menu will consist of different types of salads, pizzas, pastas and a very special dessert. If you have a food allergy, please let Sam Sterk or Debbi Combs know about it in advance. Go to oregano's.com/locations/old-town-scottsdale to check out their full menu.

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. 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.

Shop around in your own garage and closets to see if you can find a fun and usable gift to exchange. If you choose to buy a gift, do not ruin your Holiday budget. Keep your gift at \$15.00 or less. This is for fun. Your guests are welcome to bring a gift and receive a gift also.

You must bring a gift to receive a gift.

www.hypnosisaz.com

[ASPH Newsletter Hyperlink](#)



Also, the newly elected 2019 ASPH officers will be announced at the Holiday Party by our president, Sam Sterk

Note from Sam Sterk, ASPH President

Dear ASPH Members,

On November 6, 2017 we opened the floor for nominations for the ASPH Board for 2019.

Dr. Sam Sterk and Ron Benninghoff were both nominated and seconded for president, Skip Albright for vice-president, Thomas Wheeler for parliamentarian and Debbi Combs for secretary. Jodi Hert is stepping down as treasurer, but will instruct Debbi Combs on the treasurer's responsibilities unless we have a member who wants to run and serve as our 2019 treasurer. The new Board members will be announced at the Holiday Party.

We had a previous Holiday party at **Oregano's** and everyone enjoyed the wonderful food and bar opportunities. It will delight any pallet. Members are free and guests \$27.00. The ASPH will be picking up additional costs for your guest(s) which includes gratuities.

Located in: **Oregano's**

Address: 3102 North Scottsdale Road
Scottsdale, AZ 85251
480-970-1860

Go to

oregano's.com/locations/old-town-scottsdale

check out their menu

Two Nominees for ASPH President

We have two nominees for 2019 ASPH president this year, Sam Sterk, our current president, and Ron Benninghoff. They have each written about what they will work on as president if elected.

ASPH members can email your vote to ASPH secretary, Debbi Combs at asphsecretary@gmail.com. Debbi will be the only person who sees your ballot.

Please have your vote in to Debbi by NOVEMBER 30, 2018.

Our new president will be announced at the Holiday Party on December 4th, 2018.

Sam Sterk, Ph.D. (current ASPH 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 two terms (2 years). Under Ms. Kate Ellis's leadership, I served as Vice President for two 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.

Ron Benninghoff

Hello, I am Ron Benninghoff and I am running for the office of President for the **Arizona Society for Professional Hypnosis**. I would like to give you some of my thoughts about our group and of course these are my thoughts and I could be wrong. I have seen the attendance at the meetings drop and have wondered why? I would like to reach out to the schools that teach hypnosis in the valley, but that is not enough. We should reach out to all the certified instructors in the valley and have them also send their students to us. We also need to pay attention to the need of the new professional hypnotists because they need us as much as we need them. We need to have lectures that apply to new hypnotists as well as lecture that apply to hypnotists that have been in the business for years. And while we are talking about getting more people into the organization, I have seen a current ASPH member work the room at Hypno thoughts and find lots of people interested in our group, but when it came to closing the deal, or getting a new member, all they would say is to look us up on the web. Would you run your business that way? So, I suggest that we have business cards printed once a year that has the website info and contact numbers, a small expense and it fits in a pocket. And last but not least, I go to the meeting to network with old friends. This is very hard to do when the meeting starts at 6:30; the lecture starts at 6:45; the meeting ends at 8:45 and we must be out by 9:00. Maybe once every 3 months we should take half of the meeting and turn it into a social hour and have fun reconnecting with our fellow hypnotists. I would like to ask you to vote for Ron Benninghoff for your new president.

MESSAGE FROM TED FRIEBAND ASPH VICE-PRESIDENT

I just signed up for an NLP practitioner certification course and it's such a good deal that I thought I should share it with everyone. It's four intensive 12-hour days in Tempe ending with a certification for only \$97 if you use the promo code. That's an absolute steal! It's with Dr. Matt James out of Hawaii. I know a few people who have trained with him and they say he's really good.

Integrative NLP Practitioner Certification Training in Tempe on Thursday, November 29 - Sunday, December 2

For %50 DISCOUNT use promo code: COACHBRI2018

http://www.nlp.com/event/phoenix-nlp-training/?fbclid=IwAR2SP0ULBz8AhCrLRNtC20zPEo3Oi5QpVB_SOIPa_kE8AWoLABmSkDpkyDM

Ted Frieband"

OFFICERS

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

Vice-President: Ted Frieband – TBAND1000@yahoo.com

Secretary: – Debbi Combs asphsecretary@gmail.com

Treasurer: Jodi Hert – jodi@healthyearthypnosis.com

Parliamentarian: Thomas Wheeler – majortomgroundcontrol@hotmail.com

Technical Adviser: Karyn Peck – karynpeck614@yahoo.com

UPCOMING TOPICS & PRESENTERS

December 4 – Holiday Party

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**

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 or 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.

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.

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.

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. 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.

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.

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.

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

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 with your name, phone number and email address.

Debra LeBouton drdeb17@msn.com 480-264-1399

Lindsay Brady hypnotherapist@lbrady.com 480-966-8571

James Giunta James.M.Giunta@gmail.com 732-272-7230

Phil Hamilton phil@trancepathways.com 602-330-6886

Alan Handelsman alanhand@aol.com 602-478-8346

Martha Reed martha@insightsforlife.center

Tina Sacchi Tina@TinaSacchi.com

Sam Sterk peakplus@aol.com 480-767-0956

SOCIAL AND 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