



Arizona Society For Professional Hypnosis

www.hypnosisaz.com

ASPH Newsletter Hyperlink

Next Meeting – Tuesday, February 5, 2019

6:30 – 8:30 P.M. SHARP

Presenter – Kate Ellis

Topic – "Relief & Remission of Anxiety & Panic Attacks"

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>

NOTE: We are meeting back in Room 9 rather than Room 7 at the Scottsdale Senior Center. Room 9 is the room ASPH originally met in and we met in for several years.

PRESENTER: Kate Ellis, CCHt

Topic: "Relief & Remission of Anxiety & Panic Attacks"

If you imagine a scale with one end representing 'fear' and the other end representing 'excitement', biochemically they are the same feelings produced via the adrenal glands. The experience of either fear or excitement is perception. This is great news for the hypnotherapist for what we most often do is assist clients with their perception.

117 million Americans contend with an anxiety disorder. I do not believe that other forms of anxiety, such as migraines, IBS, Crohn's disease, substance abuse are a part of that statistic.

Kate Ellis will share everything you ever wanted to know about anxiety dis-orders and anxiety/panic attacks. She developed a 3 session protocol that eliminates anxiety & panic attacks in all its forms and presentiments permanently. (I know I'm not supposed to say that, but with a 99 % success rate, it is what it is.) Learn tips n tricks that will allow you to service clients with this horrible life robbing spirit squelching issue."

Kate Ellis,ccht 480-695-1936

www.thehealingquest.com

www.anxietypanicinstitute.com

The Healing Quest ~ Hypnotherapy ~ Consultations

www.linkedin.com/in/kellis19

Psychology Today Therapists Directory Link: <https://therapists.psychologytoday.com/237358>

www.facebook.com/kate.ellis19

ASPH PRESIDENT'S MONTHLY ADDRESS

Sam Sterk, Ph.D.

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. Please consider making it your business to expand your horizons and your knowledge by attending our monthly meetings. A larger turnout means a lot to our monthly presenters who tirelessly give of their professional time.

Our first meeting on January 8th was an astounding success when Skip Albright, our vice-president gave his presentation on Energy and Hypnosis. This next month (February), we'll have our amazing Ms. Kate Ellis as our speaker. Stay Tuned!

It's been my aspiration to expand our membership. Is there anyone who would like to work with me to achieve this goal? I'm looking to kick start a committee. Please feel free to contact me at 480-861-6718. If anyone would like to be an upcoming speaker, please call skip Albright, our VP directly at: 480-253-8528. All we need is a 125 word Presentation Description/Bio sent to Skip.

How about if you bring another fellow Hypnotist and/or a student Hypnotist to our meetings? Any suggestions about who we should consider contacting to expand our ASPH organization?

I've added that in the last 15-20 minutes of every ASPH meeting we have a case discussion, without any demographic details. I've gotten nice feedback about this as a final touch to our monthly meetings.

Thanks for your attention to this matter.

Sam Sterk, Ph.D., CMPC # 177

www.peakplusaz.com Tel: 480-861-6718

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:

Debbi Combs – ASPH Secretary/Treasurer

3747 West Desert Creek Lane

Anthem, AZ 85086

OFFICERS

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

Vice-President: Skip Albright – skipnotherapy@gmail.com

Secretary/Treasurer: – Debbi Combs asphsecretary@gmail.com

Parliamentarian: Thomas Wheeler – majortomgroundcontrol@hotmail.com

Technical Adviser: Karyn Peck – karynpeck614@yahoo.com

UPCOMING TOPICS & PRESENTERS

February 5 - Kate Ellis, CCHt - "Relief & Remission of Anxiety & Panic Attacks"

Message from Helga T. Faldich

I used to offer the song healing programs for the ASPH members. I am now interested in selling my wonderful sound healing pieces on

**Sunday, March 3, 2019 from 12:00 Noon – 3:00 PM at
7040 East Eagle Feather Road
Scottsdale, AZ 85266
Telephone: 480-292-7571**

Please reply by **Thursday, February 21, 2019**. Wine and cheese will be served.

**ASPH Members ONLY!
CASH ONLY!**

See you on **3/3/2019 12:00 Noon – 3:00 PM (INTERRAVITA)**

Hello Current ASPH Members,

If you are already an active 2019 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 Jodi Hert, will be approving the requests after confirming an active membership status, which means that 2019 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 nlpskills@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. ASPH Secretary/Treasurer Debbi Combs can tell you and verify for you the meetings you have signed in and attended. Members need to contact NGH themselves to have their credits recorded with NGH.

ASPH FEATURED SPEAKERS

If you would like to be one of the ASPH featured speakers for this year, contact Skip Albright, our current ASPH vice-president at skipnotherapy@gmail.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 Debbi Combs at asphsecretary@gmail.com. The one-time cost is \$35.00. You can also hand all your information and payment to Debbi 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.

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

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.

NOTE ABOUT BEING A NETWORKER

It has been decided that if you are a paying but not an active member attending ASPH meetings several times a year, your name will be removed as a **NETWORKER** in March 2019. To **NETWORK** with fellow ASPH members, it is felt that the **NETWORKERS** need to have up-to-date knowledge about what is happening and being discussed at the meetings and new members would benefit by knowing the **NETWORKERS**.

NETWORKING

The following members are available to network among ASPH members. If you would like to have your contact information included in this list of ASPH members, please email Debbi Combs at asphsecretary@gmail.com with your name, phone number and email address. You do need to attend several meetings a year to be listed as a networker.

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

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