



Arizona Society For Professional Hypnosis

www.hypnosisaz.com

ASPH Newsletter Hyperlink

Next Meeting – Tuesday, March 5, 2019

6:30 – 8:30 P.M. SHARP

Presenter – Sam Sterk, Ph.D.

Topic – "Sports Hypnosis and Pain Reduction Training"

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 in Room 7 or Room 9 at the Scottsdale Senior Center. Ask at the front desk.

PRESENTER: Sam Sterk, Ph.D., CMPC #177

Peak Performance Plus LLC

www.peakplusaz.com Email: peakplus@aol.com

Tel: 480-767-0956 or (Cell) 480-861-6718

SPORT HYPNOSIS and PAIN REDUCTION TRAINING

PART ONE: Have you ever wished to work with athletes, have increased knowledge, enrich your practice and additional profitability, then this workshop is for you! This segment of the presentation discusses Assessment with tools offered to ASPH participants. When an athlete comes to the initial appointment, what do you look for? What is the conceptual knowledge base that helps us understand in what ways to best intervene using Hypnosis? Sam Sterk, Ph.D. has had previous affiliations with USOC-US OLYMPIC TRAINING CENTER. This knowledge and the concepts presented are used at the USOC. This workshop will last 45 minutes.

PART TWO: You will also learn everything you need to know about the Uses of Hypnosis with Pain Management. This is extremely helpful with both the injured athlete as well as individuals who are not athletes but suffer from pain. Come and learn additional techniques that will help enrich your practice. I will ask for a volunteer who experiences pain and will demonstrate pain reduction techniques. This second half will last 45 minutes.

Sam Sterk, Ph.D. Bio:

Sam Sterk, Ph.D., CMPC # 177, Ch.t is a trained Psychoanalyst, a certified Master Clinical Hypnotherapist and registered in Sport Psychology with over 45 years of professional experience. The CMPC signifies Performance Psychology, which applies to improved performance in Sports, Theater Arts, Dance and Music. Dr. Sterk holds a doctorate in Psychology and his Peak Performance Plus LLC's office is located in Scottsdale. Dr. Sterk also teaches in a Medical School where students learn Hypnosis and how it can be woven into modern day medicine. Sam Sterk, has been practicing Hypnosis and Hypnotherapy for over 45 years. Dr. Sterk practices and is the director of Peak Performance Plus LLC, located in Scottsdale, Arizona. Sam Sterk, Ph.D., is the current ASPH President.

To date, Sam Sterk has published 4 books, namely:

SAMMY'S JOURNEY

WIN! GET THE MENTAL EDGE SKILLS IN MARTIAL ARTS

WIN 2! TRAIN AND MASTER SPORT HYPNOSIS

WIN! GET THE MENTAL EDGE SKILLS IN GOLF

HANNAH'S VISIONS, a suspense mystery thriller, which just earned "Finalist" in the 2017 AZ Author's Association annual writing competition. **HANNAH'S VISIONS** is shortly to be published.

These books are available on Amazon.com and Kindle Direct Publishing.com

ASPH PRESIDENT'S MONTHLY ADDRESS

Sam Sterk, Ph.D., CMPC # 177

Peak Performance Plus LLC

Email: peakplus@aol.com www.peakplusaz.com

Tel: 480-767-Tel: 480-767-956 or (Cell) 480-861-6718

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, both in their presentation preparations as well as in their actual ASPH talk.

Last month, in February we had an absolutely amazing speaker, Ms. Kate Ellis, previous ASPH President, who spoke about how Hypnosis can ameliorate Anxiety Disorders and Panic attacks. Kate's talk was very well received and I for one want to take the opportunity to thank her.

On Tuesday, March 5th I will have a 2 part presentation, on how to assess and intervene with athletes and how to ameliorate physical pain with athletes and the non- athlete population. Working with athletes can be financially rewarding. In addition to more knowledge and techniques, you will learn how you can have additional sessions with the same athlete. All of this translates to a higher quality of work as well as making more money. I hope to see all of you.

Ms. Karyn Peck has volunteered to kick start a membership expansion committee. If anyone is interested in helping her out please call her at 1-928 533-1628 at her Prescott location. We are interested in growing our membership. 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 spoke to Ms. Linda Bennet, Director of the South West Institute for Healing Arts (SWIHA) and I was assured that when students graduate they will offer ASPH as an additional resource for their continued professional growth.

I've added that in the last 15-20 minutes of every ASPH meeting we can have a case discussion, without any of the demographic details.

Sam Sterk, Ph.D., CMPC # 177 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

March 5 – Sam Sterk, Ph.D. – “Sports Hypnosis and Pain Reduction Training”

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.

1. Copper temple gong with stand. Gong alone is 22" high and sits higher with stand. Heart chakra tones.
2. Assorted chimes to tap.

3. 4 antique Himalayan metal temple bowls/gongs with designs painted on sides.
4. 1 copper newer temple bowl/gong.
5. Also have very antique Jade Buddha & Kwan Yin statues.

Helga brought several of the above pieces to the February 5th meeting. They are gorgeous and create beautiful sounds.

**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.

Scottsdale Road has a sign for TERRAVITA Way. This is the community we live in. There is also a manned gate and the code to tell the guard is ASPH. Thank you. Helga

**ASPH Members ONLY!
CASH ONLY!**

See you on **3/3/2019 12:00 Noon – 3:00 PM (In TERRAVITA Community)**

TEACH NEW HYPNOTHERAPISTS...

Our Train the Trainer program is an unmatched training program that will take you further down the road toward being a power presenter and inspirational teacher.

The first half of the training is always about you as a trainer – including how to present, how to inspire and the perfect structure to apply to your brain to learn the best and fastest way.

The second half of any Trainers Training is all about content and using the models with the content so that you can grasp every concept with ease. When you're able to blend your own wisdom, experiences and storytelling with the actual content, your entire course will reach new heights in showing your true passion for your work.

Train The Trainer 2019

Scottsdale, Arizona June 6-14, 2019

Regular price is \$4997 Only a few seats left and ASPH members can get a seat for just \$3497

Use the Coupon code: ASPH and get the discount.

Sign up here: <http://thehypnoacademy.com/hypnosistrainer/>

Or here: <http://martincastorlive.com>

I will email everyone the full outline of this class presentation.

Debbi Combs - ASPH Secretary

Hello Current ASPH Members,

If you are already an active 2019 ASPH member, you are invited to join the new 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/>

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@nlpskills.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.

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.

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

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

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:

Debbi Combs - ASPH Secretary/Treasurer

3747 West Desert Creek Lane

Anthem, AZ 85086