



[Arizona Society For Professional Hypnosis](#)

www.hypnosisaz.com

[ASPH Newsletter Hyperlink](#)

Next Meeting – Tuesday, November 5, 2019

6:30 – 8:30 P.M. SHARP

ASPH OFFICER NOMINATIONS MONTH – THINK ABOUT RUNNING

Presenter – Sam Sterk, Ph.D

Topic – “*TRAUMA AND HYPNOTHERAPY TO EFFECT CHANGE*”

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>

PRESENTER: Sam Sterk, Ph.D.

Trauma and the Use of Hypnosis to Effect Change details:

- *Understanding Trauma and the Symptoms that people use to cope and mask Trauma events.
- *Regression as a technique to uncover and help clients deal with the trauma.
- *Affect Bridge, a technique to go back in time
- *Helping clients deal with the Loss. Anyone that's undergone Trauma experiences various types of losses.
- *Allowing the client to Abreact
- *Building Client's Confidence

BIO

Sam Sterk, Ph.D., CMPC # 177 is a trained Psychoanalyst, a certified Master Clinical Hypnotherapist and is registered as a Sport Psychologist, as well. Dr. Sterk has presented for the National Guild of Hypnotists, Hypnothoughts and the Association of Applied Sport Psychology. Sam Sterk is the Director of Peak Performance Plus LLC which is his private practice office in Scottsdale, Arizona. Sam Sterk's extensive clinical background and practice experience helps in the Presentation of Trauma work and Hypnosis. Yours truly is the current President of ASPH.

Last but not least, Dr. 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

These books are available by the author's name, through the author's website:
[www.peakplusaz](http://www.peakplusaz.com) click on books

Sam Sterk's fictional upcoming novel, HANNAH'S VISIONS, is currently being published by Austin Macauley Publishers.

President's Letter

ASPH is an amazing fellowship of like-minded Hypnotists that meet once a month, the first Tuesday at 6:30 PM, at the Granite Reef Senior Center in Scottsdale. 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 is always meaningful to our monthly presenters who tirelessly give of their professional time, both in their preparations as well as in their actual ASPH presentation. Please consider bringing a friend or friends who are hypnotists or individuals who happen to have an interest in Hypnosis. Our yearly membership fee is extremely reasonable.

If you have any additional questions, please discuss membership with Ms. Debbi Combs, our Secretary/Treasurer. We also provide CEU's, simply for attending our meeting. If you'd like to be considered as a speaker at one of our monthly meetings, please discuss this with our Vice President, Mr. Skip Albright. Both Debbi's and Skip's contact information is listed in our newsletter.

The following individuals have been nominated for 2020 board officers:

Skip Albright- President

Debbi Combs-Secretary

Kate Ellis-Treasurer

Our ASPH Board needs a Vice-President for 2020. Vice-President does take some time and effort as all of our Board positions do, but we have two previous Vice-Presidents on our Board, Sam Sterk and Skip Albright and Kate Ellis has served as Vice-President. They would be excellent contact people for learning the job. Please consider running for Vice-President and especially if you have never held a Board position before. Also, you do need to be a member of ASPH, but you do not pay yearly dues as long as you serve on the Board. Thank you.

There's still time to be nominated at November's meeting and you can run for any of the Board positions. If you know of good potential candidates, feel free to nominate someone after you have discussed it with them to make sure they want to serve. NOW'S THE TIME! Any candidate must present Debbi 1-2 paragraphs about why they'd be a solid board member. This must be received in the next two weeks. Voting will be open until November 23rd unless we only have one candidate for each office. The

new Board will be presented at our Holiday Party by our President Sam Sterk on December 3rd at Oregano's.

Also, by November 23, we will need to have a head count if you're coming to our ASPH Holiday Party. The ASPH Holiday party is scheduled on December 3rd at 6:00 pm at Oregano's and they need a headcount well in advance. ASPH members get to attend free. The price for guests is \$29.55. We need you to let Debbi Combs at asphsecretary@gmail.com know if you plan to attend the party and if you'll have a guest or guests by November 23. This is also a great time to join or rejoin our ASPH membership if you have not done so this year.

Our own Mr. Alan Handelsman will be conducting the White Elephant Gift Exchange. Alan is always highly entertaining. The White Elephant Exchange Gifts should be in the area of about a \$10.00 gift.

The past month (October, 2019), we had Mr. Alan Handelsman present on Hypnosis and Stress Reduction. Thank you Alan for a terrific presentation.

On November 5th, the first Tuesday of the month, at 6:30 PM, yours truly, Sam Sterk, Ph.D., CMPC# 177 will present on: **Trauma and Hypnotherapy to Effect Change**

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 bringing 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 10-15 minutes of every ASPH meeting we can have a case discussion, of course, leaving out any of the demographic details. We hope you'll join us. We look forward to seeing you.

Thank you

Sam Sterk, Ph.D., CMPC # 177

www.peakplusaz.com

Tel: 480-861-6718

Explanation for my Interest in Becoming President of the ASPH

When I was initially approached about considering running for the position of Board President, ASPH, I initially balked. Having performed as Vice President this past year, I knew well that the position of President would require a great deal of effort and time if this position were to be fulfilled earnestly. Specifically, I know our membership numbers and interest need to be increased – not a simple task.

I know this organization has had impressive interest in the past, and having talked to current active and inactive members, I know some of the reasons member attendance at our monthly meetings has dwindled. Some of those reasons will never be resolved to the satisfaction of every member (such as having meetings closer to their residence – our members literally live hours from each other.) Some of the reasons can absolutely be resolved.

To me, it all starts with dynamic Board leadership. It also starts with a sense of inclusion of all members. There is a saying in Human Resources Development that goes “people support what they help to create.” I know that to be true, and that is where helping this organization flourish begins in my opinion. It is also what I intend to foster if elected President. I do not consider the position of President to be some “ceremonious” title, but rather one of serious responsibility, and one I will attend to with the seriousness it demands.

In short, if I am elected President, I will do my level best to make this an organization members can be proud of and one that they will genuinely want to support.

A.C. Skip Albright

I, Debbi Combs am running for ASPH secretary again for 2020. I have been secretary since January 2012 and have served under five presidents, Michael DeSchalit, Robert O’Connor, Lewis Heller, Kate Ellis, and Sam Sterk, Ph.D. I know this job pretty well and do enjoy it. If anyone else would like to work in this position, I am willing to teach what I do and someone else might do a much better job as secretary once they get their feet under them. Otherwise, vote for me and I will happily continue.

Kate Ellis volunteered to run for ASPH treasurer, was nominated and seconded. Kate served and worked very hard as our ASPH president for two years, from January 2016 through December 2017. She also has served as vice-president. Kate has successfully worked her own hypnotherapy practice for many years and so knows how to handle money. She will make ASPH a very good treasurer.

UPCOMING PRESENTERS AND TOPICS

November – Sam Sterk, Ph.D. – “Trauma and Hypnotherapy to Effect Change”

December – Holiday Party

Let Us Remember

Lindsay Brady, one of our past ASPH presidents and a recent presenter will be having a hip replacement very soon. Let's keep Lindsay in our thoughts and send him some good healing energy.

Also, we just lost one of our members from Tucson, Glen Robinson. Glen had some health issues for several years and has succumbed to them. Bless you Glen that your new path is beautiful and fun and rewarding and we send our loving thoughts to your family and friends.

From Jodi Hert:

I just heard of this all women's hypnosis conference that is happening in LA next July, but they have early bird \$200 off until Dec 1st.

Here are the details:

Women Hypnotists Summit & Retreat

July 25th - 27th, 2020

Hilton Los Angeles

Early Bird Until 12/1/19

Save \$200

More details can be found at:

<https://www.womenhypnotists.com/>

Shared Hypnosis Office Space to Sublet in Tempe

Complete information emailed to all ASPH members and guests.

My office is one of the Regus offices at Wells Fargo Plaza on 64 E Broadway Road, Suite 200, Tempe, AZ 85282. It is Office number 216. There is ample free parking for you and your clients on the adjoining surface lot. The minimum monthly rent will be \$270. This amount will make the office exclusively yours

3 full weekday per week (Mo, Tu, We - includes evenings). To reserve the office 4 full weekdays per week, you will need to pay \$340 (Mo, Tu, We, Fr - includes evenings). To reserve the office 4.5 full weekdays per week, you will need to pay \$370 per month (Mo, Tu, We, Th mornings, Fr - includes evenings except Thu). I reserve the right to use the office on Thursdays starting at 12 noon and all day on the weekends.

Any interested parties, please call or text me at 602-550-3093 or email me at DrUmesh@AZHypnoHealing.com .

Thanks,
Umesh Tiwari, MD CHT
Arizona Center for Hypnotic Healing

Michael DeSchalit <motivatingmindshypnosis@gmail.com

Hey Fellow Hypnoti,

I just wanted to make you all aware of my upcoming trainings scheduled through January 2020. Some of these trainings are going to be offered at hypnosis conferences while others are private. I even have an online training as well.

"Expert Hypnosis Training - ICBCH Clinical Certification Training" - Sept. 16th-20th, 2019

Dan Candell and I have partnered up to form Expert Hypnosis Training. This is so much more than another certification class. Dan and I have put together one of the most comprehensive training programs in the world for new to experienced hypnotherapists. This training not only combines the most current and successful techniques, but also how to market, grow and sustain your hypnosis practice. You may already be certified, but are you ready to take your hypnosis practice to the next level???

For more information, go to www.experthypnosistraining.com

"Putting Together Your Motivational Hypnosis Talk" - October 17th, 2019

For more information, go to... <http://mid-americaconference.com/>

"HypnoBiz Canada - Award Winning Comedy Hypnosis Show" - October 26th, 2019

For more information, go to... <https://www.hypnobizcanada.com/>

"Expert Stage Hypnosis Training" - November 8th-10th, 2019 Melbourne, Australia

For more information, go to www.expertstagehypnosistraining.com

"Expert Stage Hypnosis Training" - January 13th-15th, 2020 - Las Vegas

For information about this training... Contact me directly at 1-800-684-8146.

That's it for now. If you have any questions about any of my upcoming trainings or you want to know how to take your hypnosis business to the next level, please feel free to contact me at 1-800-684-8146 or schedule a free "**Strategic Consultation**" with me online at <https://go.oncehub.com/MotivatingMindsHypnosisFreeConsultation> and let me show you how you can take your hypnosis business to the next level!!!

Michael C. DeSchalit, CH, CLC, CI

Hypnotist - Speaker - Author

Las Vegas, NV

(800)684-8146

motivatingmindshypnosis@gmail.com

www.virtualhypnosisonline.com

CLASS BEING OFFERED BY AMERICAN COUNCIL OF HYPNOTIST EXAMINERS (ACHE)

For **ACHE** members and non-members, a paid live webinar class by Michael Watson on "**Freeing the Emotional Hostage**" is being offered on Saturday, November 2nd, 2019. It will offer 3 hours of CE credits.

Go to hypnotistexaminers@gmail.com or call 1-619-280-7200 for more information or to register for the class.

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.

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 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**.

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://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.

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