



Arizona Society For Professional Hypnosis

www.hypnosisaz.com

ASPH Newsletter Hyperlink

Next Meeting – Tuesday, October 1, 2019

6:30 – 8:30 P.M. SHARP

ASPH OFFICER NOMINATIONS MONTH – THINK ABOUT RUNNING

Presenter – Alan Handelsman

Topic – “*CLIENTS WHO ARE STRESSED AND OVERWHELMED*”

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: Alan Handelsman

Presentation: CLIENTS WHO ARE STRESSED AND OVERWHELMED:

127 THINGS TO DO EACH SESSION TO SIMPLIFY YOUR WORK

Since Halloween is approaching, Alan will reach into his bag of tricks and treat us to a selection of ideas, demonstrations, ramblings, and the very latest – up-to-the-minute developments in ancient knowledge. These ideas are taken from his several best-selling books, including, but not limited to: *Working With Depression: What's The Point, A Step-By-Step Approach to Right Brain Thinking*, *You Are Perfect The Way You Are: A Guide For Change*, *Unconditional Love: Who Deserves It And Why*, *A Complete Planning Guide To Living In The Moment*, *Proper Breathing: Do It Right Or Not At All*, and *My Out Of Body Experience Made Me So Afraid I Was Beside Myself*.

The elements that make the above paragraph amusing are exactly the elements that make our clients' lives stressful, knowing that you can help take them from stress to smiles; from struggle to strength. You will learn techniques you can begin using with yourself and clients immediately. These techniques include the three-word induction, the ABRA breath, Godfather therapy...and more.

Why not have a laugh as you are helping clients with serious issues?



BIO:

After graduating in 1972 from Northeast High School in Philadelphia near the top of his class, but somewhere between 15 to 20 places below Lewis Heller (it depends on who you talk to – Alan or Lewis),

Alan continued his academic career at West Chester State College as a music major receiving his B.S. (It's not what you think.) degree in 1977. Always on the fast track, Alan earned his Master's Degree in Music performance twelve years later, in 1989.

Throughout his long career as a musician, he was putting people to sleep on a regular basis, so his switch to hypnosis was a natural progression. Now he simply has less to carry.

Another reason he entered the field of hypnotherapy was that he needed so much help with his stage fright and depression he was hoping to get a professional discount.

Whether as a musician (working with performers from Frank Sinatra and Ella Fitzgerald to Rod Stewart and The Moody Blues), developer of the Resonance Tuner™ (used in more than 50 countries), public speaker (US, Canada, Norway, England), or hypnotherapist, Alan has come to be very widely known in very small circles.

Now semi-retired, he lives a life of relative seclusion at an undisclosed location in south Scottsdale at 6112 E. Vernon Ave. (85257) with his wife Anita (the one with the real sense of humor).

He works with clients for a variety of issues – including weight loss – at his office just two blocks from a restaurant that features the best chicken fried steak in Phoenix. He also works by phone and Skype.

He can tell his success with some clients because they keep coming back, and his success with the rest of them because they improve so much, he never sees them again.

Many of his clients send their friends and loved-ones to him for which he is very grateful.

Comments from Clients:

"The techniques you have shown me have proved invaluable in helping me relax and focus in the audition/performance atmosphere." — R.T.

"What you did with me really worked...I'm just delighted. It's changed my whole outlook..." —T.M.

"I'm able to express so much more now. I'm excited about it. I'm feeling a lot more positive about myself." — M.N.

"Those nagging voices of self-doubt no longer have control over my life. Your easy going style and sense of humor make it a pleasure to work with you. Most importantly you are non-judgmental and totally accepting, you handle yourself with a level of expertise that gives your clients total confidence in your abilities. You are able to calmly handle any situation that arises." — D.S.

"Thank you for opening up another world to me...What a marvelous experience." — J.B.

"I have had the opportunity to evaluate many strategies and techniques to improve human performance. Your work is the most potent in identifying and solving human performance issues that I've ever seen." — C.H.

PRESIDENT'S MESSAGE

Peak Performance Plus LLC

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

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

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. 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. Bring a friend or friends who are hypnotists or individuals who happen to have an interest in Hypnosis. Our yearly membership fee is extremely reasonable and includes our Holiday Party dinner. 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 past month in September, 3, 2019, we had Mr. Ron Benninghoff present on how to establish a Hypnobirthing practice . Thank you Ron.

Presenters volunteer to give their time and expertise to attendees of our ASPH meetings. If you need to leave during a meeting, please sit in the back of the room so as not to disturb the other attendees. It would also be considerate to let the presenter know you will need to be leaving during his/her presentation.

There may be presentations you do not agree with or enjoy, but please afford the Presenter with consideration that they have been willing to give of their time and effort in hopes of bettering each person attending.

Next month, October, 2019 at 6:30 PM, we'll have Mr. Alan Handelsman present on "Clients Who Are Stressed or Overwhelmed." This is a must see presentation as Alan always does a superb job when he presents. Alan has been a previous President of ASPH and has tirelessly given of himself to our organization.

Let's start thinking about a new slate of ASPH officers for the year, 2020. You can be nominated by an ASPH member. Or, you can nominate yourself. We'll discuss this at our next meeting. In October's meeting we'll have nominations for officers for the 2020 calendar year. That would be a time to nominate officers but the actual election will occur in November. I ask that any nominated candidate submit in writing a one to two paragraph summary of why they are best suited for the role of a

particular ASPH Board officer position. The time frame for ASPH to receive these summaries is by no later than by the end of October. But, it's in November that our ASPH election process will take place.

We'll have our Holiday party on Tuesday December 3, 2019 starting at 6:00 pm at Oreganos in Old Town, Scottsdale. ASPH members do not pay for their dinner but guests will need to do so, in advance. Debbi Combs will send out an email regarding the Holiday party in November asking if you're interested in attending. Secondly, if you wish to bring a guest or guests, they will have to pay in advance of the holiday party. Guest payment for the Holiday dinner party is due no later than November 21, 2019 as we'll need to provide Oreganos with an exact head count, in advance of our Holiday party. The exact dollar amount will be spelled out in the letter by Debbi Combs but there's no cost to attend for ASPH members.

We're 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 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

UPCOMING PRESENTERS AND TOPICS

October – Alan Handelsman – “Clients Who Are Stressed and Overwhelmed”

November – TBA

December – Holiday Party

IACT / IMDHA - Complete information emailed to all ASPH members and guests

Proudly Presents - The Virtual Hypno-event of the Year!

The Galaxy of Stars - LIVE online!

Educational Symposium

A 2-day LIVE online symposium that you can attend in your slippers!

Each quadrant is taught by seasoned educators who, collectively represent decades of experience in the profession! You'll want to register early to reserve your place. 'Virtually' everyone will be there!

14 hours of essential hypnosis education for one low price! This is a LIVE event and all participants will receive a copy of the recordings on a convenient flash drive for their personal hypnosis library!

2 Full Days!!! \$129

Early Bird Discount \$99 (before September 6th) [REGISTER ONLINE](#)

October 5th & 6th, 2019

The stars shine brightly even in the daytime during the Galaxy of the Stars Star-Studded - Weekend!

MELISSA ROTH SEAN MICHAEL ANDREWS WILLIAM HORTON JUAN ACOSTA

TUITION INCLUDES:

2 FULL DAYS OF TRAINING

4 STAR-STUDED WORKSHOPS

4 AWARD-WINNING EDUCATORS

HANDOUTS TO ALL PRESENTATIONS

14 HOURS OF CONTINUING EDUCATION - CEUs

VIDEO RECORDINGS OF ALL LECTURES IN MP4 VIDEO

LOCATION:

The comfort and privacy of your home!

This meeting is open to anyone with an interest in hypnosis or in the topics presented. So tell your friends and join us!

TO REGISTER:

CALL: 570-869-1021

EMAIL: staff@imdha.com or staff@iact.org

[REGISTER ONLINE](#)

Visa/MC/Amex/Disc accepted

*Log in information will be sent to all registered participants prior to the event.

Members mailing list

Members@imdha.com

http://imdha.com/mailman/listinfo/members_imdha.com

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.experthypnosisistraining.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.expertstagehypnosisistraining.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*](mailto:motivatingmindshypnosis@gmail.com)

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

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 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. 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