



[Arizona Society For Professional Hypnosis](#)

www.hypnosisaz.com

[ASPH Newsletter Hyperlink](#)

HAPPY NEW YEAR

TIME TO RENEW YOUR ASPH MEMBERSHIP

Next Meeting – Tuesday, January 7, 2020

6:30 – 8:30 P.M. SHARP

Presenter – Odette Fay

Topic – *“Let’s Create Your 2020 – The Way You Want It NOT How It Just Arrives”*

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>

Presentation: Let's Create Your 2020 – The Way You Want It NOT How It Just Arrives

What does that mean? Can we create our lives the way we dream them instead of just letting them happen? Of course we can. It's not for others to accomplish; it's for all of us. Think back to times where you've been very clear on a goal and how easy it was to bring it about. We all have the experience of creating successfully, and it can be done in every part of our life. If you want to get a review of tangible, clear techniques to set goals and put them into motion, then this is a meeting for you.

This is an experiential session so come prepared to get excited about the life you're already creating in 2020. First we will do a brief review of what's working in your life (see below for more on that under Question). Next we are going to pick a goal and make sure it's a SMART goal with some enhancements. Everyone will have a chance to explore obstacles that come to mind, often so subtle we're barely conscious of them. During this session, I'm going to remind you of techniques and insights that you already know and have used. This includes a guided group hypnosis session to support you in creating 2020. You'll leave with handouts and a customizable self-hypnosis script.

Question:

Appreciative Inquiry says that from the moment the first question is asked, change begins. Another tenet is that the words we use to describe something create more of that, and we are using positive language to describe our life. With our internal and external conversations we are laying down tracks that our life will follow. Ask yourself this question and write down your answers and bring to the meeting.

Think back over your life...it can be in childhood or from adulthood...and from any part of your life...recall three memories where you feel especially proud of what you accomplished. This could be learning to ride your first two wheeler. It could be getting your degree or meeting your newborn baby for the first time. Describe these three memories in detail using all the modalities if possible to make it vivid (visual, auditory, kinesthetic, smell and taste).

We have approximately 90 minutes so think on these things starting....NOW. I look forward to seeing you at the January meeting and let's come together to create new partnerships and support within ASPH.

Bio:

Odette Fay, Ed.M. is based out of Scottsdale, AZ and works in the corporate sector providing training and coaching to adult learners. Her philosophy is that it's never too late to change, to grow, and learn, and that life-long learning is a gift we give to our soul. For many clients, once the career is winding down, it's only then that there's the opportunity to explore what's really meaningful. She's found that hypnotherapy is a powerful tool for exploring what the unconscious knows and wants our conscious mind to perceive.

She received her Master's in Adult and Vocational Technical Education from the University of Illinois, Urbana/Champaign and completed her training in Hypnotherapy through the Southwest Institute of Healing Arts. She also received training in Neuro-Linguistic Programming, Emotional Freedom Technique, Appreciative Inquiry and other useful tools. She is currently the Vice President of the Arizona Society for Professional Hypnosis.

Odette has retired from managing a Talent Development and Project Management Office for one of the largest public transportation agencies in North America where she provided training and coaching for managers and senior executives. She was a sought-after speaker for Rutgers University's Train-the-Trainer conferences presenting on topics such as Appreciative Inquiry, Design Thinking, Brain-based Learning, Assessments, Facilitation and Developing Public/Private Partnerships.

President's Letter

First let me start by expressing my appreciation for being selected to serve as the ASPH President for the year 2020! I also want to congratulate my fellow Board members who were selected to serve. That said, we have A LOT of work to do, so let's get going.

To the ASPH Members: This is going to be a year of change like this organization has never seen. It has been clear to me in communicating with our membership that change is needed. The membership and attendance at the monthly meetings has been steadily diminishing. I hear from some of our long-term members that it was common in the past for 25-40 members to show up for monthly meetings. Now, it is common to see 10 or fewer members at the meetings.

When I was elected to be the Vice-President in 2019, I sent an email to all of our members asking what they would like to see changed and/or kept the same in the ASPH. I got a disappointingly low number of responses, but those I did get made it known they were disappointed in the topics of meeting presentations (specifically they did not want to hear topics not having to do with the art and science of hypnosis), some members cited they do not attend meetings because of where or when they are held, and some had issues with the ASPH Board, policies, etc.

Well, times have changed, and yet the ASPH business-as-usual way of doing things has really not. I believe, as many of you have voiced, that things need to change to reflect the changes in our lives, our practices, and in the challenges we all face in our daily lives. All of the changes will be made intelligently and reflective of the opinions and desires of the membership at large. For instance, it has been the long-standing practice to hold meetings on the first Tuesday of every month, and usually in the Scottsdale area. I belonged to another state's Hypnosis organization before moving to Arizona which held 3 meetings per year, each being 5 hours in length, and always on a Saturday. That meant 15 hours of instruction was provided, fulfilling the National Guild of Hypnotists' requirement for 15 hours of continuing education per year. There was an hour of socializing/fellowship beforehand, with a lunch catered. Attendance was very high each meeting.

Our By-Laws stipulate meetings will be held the 1st Tuesday of the month, but nothing says we cannot change that if it makes better sense to do so and ratified by the membership. Would you prefer meetings every other month? Once per quarter? Three times per year with a holiday party in December? Do you want it to stay the same as it is now? And if we made such a change, would it mean you would attend more meetings? Please give this some thought.

Is it preferable to the membership that we vary the location of the meetings? If we stick to monthly meetings, I think this is what people would like to see happen. If we change to reduced numbers but longer-duration meetings, then we may strive to find a more centralized location.

These are but a few of the topics we will be exploring in the New Year. It will not be possible to make these changes for January's meeting, but I'd like to see us move relatively quickly. Your input as members of this, YOUR organization, is imperative. The responses we receive will be very telling and will guide the direction of this organization. Please feel free to respond to me personally or to any Board member with whom you feel comfortable. I invite email responses at skipnotherapy@gmail.com and those emails will remain confidential if you wish. You can expect to see a survey come to you via email in the near future regarding these topics. PLEASE respond to the survey and with your best intentions.

Attendance at the January 2020 meeting would be a great time to let us know your thoughts on these matters. I will set aside sufficient time for us to be able to have such a discussion. The future and shape of the ASPH is at stake.

Once again, thank you for the opportunity to serve as the ASPH President. I will strive to help make this organization the very best it can be. You all deserve that!

ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS

IT IS TIME TO RENEW YOUR ASPH MEMBERSHIP

Membership Renewal Form

RENEW YOURSELF WITH ASPH for another year by going to the website, www.hypnosisaz.com

and paying online through PayPal, 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

Hey Fellow Hypnoti,

I just wanted to make you all aware of my upcoming training scheduled January 13th – 15th, 2020.

"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 training 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

From Jodi Hert:

I just heard of this all women's hypnosis conference that is happening in LA next July.

Here are the details:

Women Hypnotists Summit & Retreat

July 25th - 27th, 2020

Hilton Los Angeles

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

ASPH FEATURED SPEAKERS

If you would like to be one of the ASPH featured speakers for this year, contact Odette Fay, our current ASPH vice-president at odettefay@gmail.com.

Thomas Wheeler here...I discovered a great resource - a **FREE NLP Workshop every Wednesday Night**. I went to their meeting and was VERY IMPRESSED.

Where: NLP Coaching & Skills Training Institute. Office of Bill Thomason: 11811 N Tatum Blvd. #P113, Phoenix, AZ 85028, just south of Paradise Valley 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://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.

Ask Debbi Combs if you would like to buy one of these pins.

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

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