



## ASPH Newsletter November 2022

*Next Meeting: December 6<sup>th</sup> 7:00 Sharp  
First Live In-Person Meeting in Two Years!*

This will be our traditional annual holiday meeting since COVID. Come and interact with your fellow ASPH members in person. Bring along your favorite potluck dish and a white elephant gift and enjoy stimulating conversations and surprising entertainment. Details to be emailed.

### **A Message from ASPH President**



**Alan Handelsman**  
**2022 ASPH President**  
DECEMBER 2022

Hello fellow ASPH members, past, present, and future.

After a short break of a couple of years, ASPH had its first general membership meeting on November 8th. It happened on a Zoom call, with 11 people attending.

I want to thank those of you who attended our November meeting. We all shared stories that were informative, interesting and inspiring. And we even shared a few laughs along the way. It warmed my

heart to see so many old friends and to be able to rekindle these relationships, both professional and personal.

Thank you to the officers, all of whom have done whatever was necessary (and sometimes more) to make this meeting happen. And to re-start this organization. Sometimes an idea or an organization is born when two or three people share a passion and talk about it, maybe over coffee or a meal. And this meeting, there were eleven of us. An auspicious start.

I do want to comment briefly on the Zoom meeting experience. I know there are those who do not like technology and might never attend a Zoom meeting. I am not going to try to change anyone's mind. But for a long time, it was the only way to be with a group of people. And now that there are alternatives, there are still advantages to meeting by Zoom.

We will meet people from "other lands" who might never be able to make the trip to meet in person. There are almost no "side conversations" when someone is speaking. And before and after our ASPH meeting, I was able to attend two other meetings that would have been impossible for me if we had met in person. Can you think of any other advantages of "signing on" instead of "driving to?"

So even with its disadvantages, I enjoyed spending a part of the evening on Zoom, seeing old friends, learning, and laughing. And next month, we will add food to all of that!

We are still working out some of the details, but as I write this, we are planning on an in-person and informal meeting. In years past, this was our holiday party meeting. This year we may have a little more to celebrate. Health, seeing old friends and colleagues, the New Year, and the new ASPH!

Save the date, December 6th. We will supply the details very soon. If you can join us, we will be happy to see you!

Smiles,  
Alan Handelsman  
President, ASPH

## **ASPH General Membership Zoom Meeting**

November 8<sup>th</sup> 2022

### **Minutes**

#### **Welcome**

President Alan Handelsman welcomed the attendees and invited them to introduce themselves. In addition to their self-introduction, he asked them to briefly share a few remarks about their interest in hypnosis and some memorable successes and challenges relative to being involved in hypnotherapy. This not only led to gaining a glimpse into each attendee's background but spawned insightful (and delightful) discussions from the group.

#### **Members in attendance**

Alan Handelsman, Cheryl (Sherry) Kesling, Debbi Combs, Debra LeBouton, Kate Ellis, Lewis Heller, Lindsay Brady, Lynnette Baumgart, Patrick Powers, Thresa Fiorella, Thomas Wheeler.

It was encouraging to have 11 out of the 23 members who applied for 2023 membership to tune into the November Zoom meeting. This is about the same ratio of attendance at our live monthly meetings before Covid.

### **Business**

Attendees at the November general meeting were offered the opportunity to volunteer or to nominate next year's ASPH Executive Board Members. Since there were no volunteers, nominations were posed that each of the 2022 Executive Board Members be retained and serve at their present position for the 2023 term. The attendees voted and the candidates were unanimously approved.

President: Alan Handelsman

Vice-President: Odette Fay

Secretary: Lindsay Brady

Treasurer: Debbi Combs

Parliamentarian: Thomas Wheeler

The ASPH Executive Board Members will be formally ratified at the December general meeting.

### **Next Meeting**

It was approved that the next ASPH General Meeting would be our traditional live-in-person holiday event on December 6<sup>th</sup>, 2022, at 7:00 PM.

Lew Heller has graciously offered his Scottsdale home for the gathering. ASPH Vice President, Odette Fay, has agreed to take care of the logistics in concert with Lew.

It was agreed that the food for the occasion will be potluck. This will not only cut the cost of restaurant food but ensure that at least one dish is to your liking. The affair will also be graced with entertainment, white elephant exchange (under \$10) and endless visiting.

So, mark off the date of December 6<sup>th</sup> at 7:00 NOW! (RSVP to Odette Fay at [odettefay@gmail.com](mailto:odettefay@gmail.com)) Details and directions will be forthcoming.

## **What's New**

### **Website Redesign**

The website is still in the process of design and refinement. Soon all members will be posted in their respective categories on the Hypnotherapists page. If you don't find yours, send Lindsay Brady an email at [info@hypnosisaz.com](mailto:info@hypnosisaz.com). Also, the website is in the Optimization process so it will appear higher on search engines.

### **Invitation to Join ASPH**

If you haven't yet applied for membership, go to [www.hypnosisaz.com](http://www.hypnosisaz.com) and click on the Members page. Review the options of New Members Basic and New Members Sponsor. If you have at any time been an ASPH member, scroll down to the Returning Members options. However, to see the

benefits of each renewal option you will need to refer back to the Basic Membership Options. If you are not ready to join, at least subscribe to the ASPH monthly newsletter.

## **Case Story of the Month**

By

Alan Handelsman, Certified Hypnotherapist

Many years ago, a friend of mine called me on a Friday afternoon. Her partner had put a password on to her new computer and couldn't remember it. She asked if I could come over and hypnotize her to recover the password. It was late on a Friday, and I was already looking forward to the weekend. Not to mention that my hypnosis skills were to be put to the ultimate test. Either her computer would open, or it wouldn't!

My friend told me that her password consisted of five numbers. She knew the first number, had forgotten the last, and knew that the last number was either a 6 or a 9. So I went to work. Once she was in a state of hypnosis, I asked her to imagine she was sitting at her computer and typing in the first number. Then I asked her where her fingers went to next. She mentally went through the motions, and gave me the next three numbers.

At that point, I figured we had enough information. She returned to the waking state of consciousness and sat at her computer. She typed in the four numbers, and the 6. Nothing happened. I can still feel the beads of sweat on my forehead! We had one more chance. She typed in the sequence ending the with 9.

And... And... It opened!

The thing I liked the best is this: There were many ways I could have asked her to retrieve the password numbers. I could have asked her to write them on a blackboard, see them in lights, hear them in a song, etc. But I asked her to type the numbers on a keyboard. After the computer opened, I asked her how she had picked the numbers for the password. She said, "They felt good under my fingers."

## **Featured ASPH Hypnotherapists of The Month and Past Months**



Debra LeBouton, B.CH, Ph.D.

Debra LeBouton has been practicing clinical hypnosis for over 30 years. She learned at an early age to put herself "asleep" while using self-hypnosis. She didn't know how valuable that lesson would be. Debra attended Mesa Community College and ASU. She searched through the curriculums trying to find a good

fit for herself and potential clients. After taking a break from attending school, she and her husband went into the furniture business. Still yearning for knowledge and experience, Debra turned towards hypnotherapy as a means to help people find their own answers.

She took a class from the American Board of Hypnotherapy to learn technique. She followed up with private tutelage from Lindsay Brady and ASPH. American Pacific University offered her an opportunity to delve into unknown waters thus attaining a B.CH and Ph.D. in hypnotherapy.

Many clients later, Debra obtained invaluable experience in how to teach, reach and solve some of the mysteries of every day life. NLP certified with experience in EFT, she continues to help and guide those who seek her out.

Debra has worked with all kinds of physical problems along with emotional ones including pain management, cancer, anxiety, grief, depression, smoking, weight loss and addictions.

She served as a past president, secretary, and treasurer for ASPH in the 1990'S. Still learning and growing, Debra practices in Florence AZ. She can make you laugh. Everyone needs to laugh... often.

Debra can be contacted at:

480-264-1399 Business phone please leave a message or email her at: [leboutond@gmail.com](mailto:leboutond@gmail.com)



### **Kate Ellis, CCHt**

Kate Ellis, ccht, M.Div is a Certified Clinical Counseling Hypnotherapist.

She is a consultant and teacher exploring psychological growth through understanding hypnosis, healing modalities, intuition, creativity, semantics and spirituality.

She is the owner of The Healing *Quest Clinical Counseling Hypnotherapy*.

The Healing Quest specializes in the relief and remission of anxiety and panic attacks. She has created a three-session protocol which is 99.99% effective in the eradication of anxiety/panic attacks. Often this includes phobias and addictive behaviors. She aids and instructs in techniques of self-hypnosis, habit control, behavior modification, transpersonal exploration, and mindfulness for over 30 years and encourages individuals to discover their own creative and intuitive abilities. How to be self-sufficient self-empowered and actualize innate potentiality. "These are the goals that motivate her hypnotherapy practice.

Kates Calling is to eradicate anxiety and panic attacks for as many people as possible. Anxiety and panic attacks are not a life sentence.

She writes: My journey and explorations into hypnosis began from an advertisement in a local Chicago, IL newspaper of a hypnotherapist giving a lecture. I was barely familiar with the subject and was intrigued having spent years in my own healing journey of an existential crisis compounded by an anxiety/panic dis-order. I was able to correct and heal my own psyche however was reticent on boarding an aircraft, where the first attack occurred.

During the lecture, Mr. Ron Tater mentioned he could mitigate phobias as well as taught and certified hypnotists. I made an appointment, attended one session and 3 months later I was on a plane, and never looked back. I spent the next subsequent 15 years studying hypnosis and other healing modalities.

She was trained by: The Hypnosis Foundation of Chicago 1988, The American Association of Hypnotherapist Examiners and is Certified with The National Guild of Hypnotists 1993, the Association of Counselors and Therapists and Brookside Counseling and Hypnotherapy Institute. Mental Health Role: Counselor Credential Type: Certificate Accrediting Institution: IACT Year: 1991. Ordained Minister in 2008 with The Universal Life Church.

Kate served as President of *the Arizona Society For Professional Hypnosis* (ASPH) in 2016 & 2017; Vice President 2013 & 2014 & 2015.

ASPH was founded in 1978 ASPH and is Arizona's only independent professional Hypnosis & Hypnotherapy organization. It is one of the largest active Hypnosis & Hypnotherapy membership groups in the country.

Kate was an instructor at Scottsdale Community college in Arizona, former faculty with Moraine Valley Community College and St. Xaviers University in Illinois.

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### **MORT BERKOWITZ, CH, HEC**

Dr Mort Berkowitz has been a certified hypnotherapist for over 50 years. Early in his career his school of hypnotherapy was one of only 2 schools accredited by the state of California. He is past president of the *California Professional Hypnotists' Association* and past vice-president of the *Arizona Society for Professional Hypnosis* (ASPH). He was founder and director of the Medical Hypnosis Center in Los Angeles, Oklahoma City and Phoenix. His private practice in those cities and his unique approach and success with his smoking cessation clients was noticed by the American Cancer Society and in 1987 they asked him if he would develop a similar program for them. He accepted the challenge and subsequently conducted group smoking cessation clinics throughout the Midwest and South for seven years. It was a 2-session program with 40 – 50 people in each group. The American Cancer Society followed these people for a year and concluded that Mort's was the most successful group smoking cessation program in the country. As a result, he was awarded the coveted Life Saver Award by the ACS. Only one person a year receives this honor, and no other hypnotist ever received it.

During the 1990's and 2000's Mort's frequent flyer mileage increased dramatically when he crisscrossed the country with his show, "*Adventures in Hypnotism*." He performed at college campuses, company conventions, corporate banquets and as a headliner in major comedy clubs. Ultimately, he performed the show in every state in the nation. 'Dr Mort' as he was known during his show business career was twice

nominated for the coveted "Entertainer of the Year" award by the National Association of Colleges and Universities.

He claims to be retired, but occasionally takes appointments with past clients and desperate referrals.

Although claiming to be retired from hypnotherapy, he is most certainly not retired from an active life.

Lindsay Brady  
**ASPH Secretary**