



ASPH Newsletter

December 2022

Next Meeting: Zoom, Tuesday, January 3rd 7:30 p.m.

ASPH members will receive a Zoom Invite a few days before and on the day of the meeting. If you have not yet applied for membership and would like to participate in this and future meetings, log on to <https://www.hypnosisaz.com/membership/> and choose your desired level of membership.

A Message from ASPH President



Alan Handelsman
2023 ASPH President

DECEMBER 2022

As the New Year approaches, my message is one of Thanksgiving. I am grateful for everything and everybody who made our ASPH December meeting/party an enjoyable and memorable experience. About 15 of us met, (or met again), ate, talked, laughed, exchanged gifts, ate some more (that was me), and were reminded of the benefits that ASPH and its members have to offer.

My first individual thank you is to Lewis and Donna Heller for offering their beautiful and spacious home to use as the new, official ASPH clubhouse! The place was perfect for our gathering, and the Hellers were eager and gracious hosts.

My second thank you is to Lindsay Brady, Odette Fay, and the rest of the board for making most of the arrangements and doing so much of the legwork. I cannot think of anything we needed or would have wanted that they didn't prepare and provide. You might be wondering what my job was. As President of the organization, I took on the task of reviewing the plans as they arose, and providing my guidance, usually in the form of, "That's a great idea," "I hadn't thought of that," "I'll ask the other members of the board," or, "Why don't you ask the other members of the board?" And then, I attended the party, tried to prove that there wasn't enough food by eating "the rest of it," enjoyed just being a guest at the party, and left full and happy. Of course, I failed at proving that there wasn't enough food. There was plenty!

Which brings me to my next thank you. To everyone who brought themselves, food for our potluck, and gifts to share. It was a joy to see new faces and old friends. To share a meal, some laughs, and to get acquainted or reacquainted.

On a personal note, I'd like to thank my wife, Anita. Not only did she provide the food that "we" brought but maintained a smile all the way through our White Elephant gift exchange while listening to some of my same jokes she's heard for the about the last 33 years.

If I have failed to mention anyone else by name, that is my failure, not theirs.

Now let's look ahead. At least for the next year or so, we will continue to have a mix of Zoom meetings and in-person meetings. We are already making plans for another in-person meeting as soon as possible. However, our January meeting will be on Zoom, on Tuesday January, the 3rd.

Until then, I wish you the most wonderful Holiday season you can imagine for yourself and your beloved family and friends. And that 2023 is your best year ever.

Sincerely
Alan Handelsman
President, ASPH

Invitation to Join ASPH

This month's newsletter is being sent to not only ASPH members but prospective members. If you have never been an ASPH member, and would like to join, go to

<https://www.hypnosisaz.com/membership/> and review your 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 option. If nothing else, subscribe to the ASPH monthly newsletter.

I am personally asking you to become a part of our Society to share with and glean from your colleagues a greater insight into the powerful influence hypnosis has on swaying the lives of people who want to change their self-imposed limitations and enjoy a more peaceful, healthy and productive life.

Join Now!... That is a hypnotic suggestion!

Lindsay Brady, C.Ht.

ASPH Secretary

Minutes of
December ASPH General Membership Annual Holiday Social/Meeting

December 6th 2022

The annual ASPH Holiday meeting was held at the gorgeous and commodious home of Lewis and Donna Heller in Paradise Valley, Arizona.

Preceding the festivities, a short ASPH Executive Board meeting was held. The board members agreed that future monthly meetings would be a combination of Zoom and in person meetings, and rather than having a presenter at each meeting, the discussion should develop from issues posed by attending members.

The holiday party/meeting was not formally opened or adjourned, however, there was endless interaction and conversation among the attendees, continual feasting on mounds of mouthwatering dishes and a White Elephant Gift exchange. In short, a very successful event.

Members in attendance



Top Left to Right: Anita Handelsman, Odette Fay, Lewis Heller, David Rodriguez, Lynnette Baumgart, Ron Kelley, Debra LeBouton, Darlene Brady, Lindsay Brady

Bottom Left to Right: Alan Handelsman, Alyce Tartell, Thomas Wheeler, Sam Sterk, Miriam Sterk (Photo taken by Donna Heller)

Next Monthly Meeting: Zoom

January 3, 7:30 PM

ASPH members will receive a Zoom Invite a few days before and on the day of the meeting. If you have not applied for membership and would like to participate in this and future meetings, log on to <https://www.hypnosisaz.com/membership/> and choose your desired level of membership.

January ASPH General Meeting
Presided by ASPH President Alan Handelsman

Agenda

- I. Hello from officers
- II. Attendees' self-introductions
 - A. Brief hello and intro
 - B. Discussion of hypnosis related topics (Such as, What is Your Favorite or Most Useful Use for Hypnosis or Hypnotherapy?)

- III. Five-minute group meditation/hypnosis experience. Led by a volunteer. (Maybe Alan on flute.)
- IV. Introduction of Officers (Now is the time to bring up any old/new business, such as membership info, etc.)
 - A. Odette Fay
 - B. Debbi Combs
 - C. Lindsay Brady
 - D. Thomas Wheeler
 - E. Alan Handelsman
- V. Hypnosis Q&A
 - A. Topics of interest posed by attendees
 - B. Requests for advice
 - C. “Bragging Rights” Any interesting clients
- VI. Next meeting details
- VII. Motion to adjourn

What's New

Website Redesign

The website is still being refined. All members should be posted in their respective categories on the Hypnotherapists Page. If you don't find yours there, or if there are miss-posted entries, send Lindsay Brady an email with corrections to info@hypnsisaz.com. Also, the website is being optimized so it will appear higher on search engines.

Case Study of the Month

By Kate Ellis, CCHt

www.thehealingquest.com

A woman raising three children with crippling migraine headaches emanating from her cervical spine (c2 & 3) was referred by a very wise chiropractic doctor when the adjustments failed to

give relief after a period of time. Indeed, the adjustments worked brilliantly however, her appointments were becoming closer and closer. In the doctors experience he realized there was a psychological/emotional component thwarting his best efforts. I was a pup hypnoterapist at the time. I hypnotized her then asked her subconscious for the originating cause of the headaches? To my utter surprise she described a past life in which she was a farm girl in the early 1800's Oklahoma. She rose early to do her chores, opening the barn door to feed the animals. Before she could get inside, someone with a shovel crept up behind her and struck her twice at the back of her head and neck, murdering her.

This type of trauma was totally unexpected, I had to then work on a desensitization process to relieve the trauma. Often during a regression or PLR I will have the person witness as a "third Person" to prevent being re-traumatized. After having her describe the event, her tender age of 17, the sack-cloth dress she wore, the chill of the pre-dawn early morning and the pain endured, eventually she matter-of-factly recanted her story. We were done, and I could now move her back to fully waking consciousness.

I followed the client for years, assisting her with other issues, she never had a migraine again after that first encounter.

Did the client actually regress to a past life, being murdered in the exact spot that continued to defy correction, or did her subconscious invent a story it could understand and relive the migraines? I do not know nor do I care. Her psyche healed at some deep level and acquired a healing

Featured ASPH Hypnoterapist of The Month and Past Months

To be a "*Featured ASPH Hypnoterapist of the Month*," email Lindsay Brady, ASPH Secretary, at info@hypnosisaz.com.

For sure, every member would like to hear your story of how and why you chose to be involved in hypnotherapy and your unique approach to apply the hypnotic process for enhancing the lives of other people.

Note: Since no ASPH member responded to my request to be the *Featured ASPH Hypnoterapist of the Month*, I volunteered myself!



Lindsay A. Brady, C.Ht
Certified Hypnotherapist

As a professional hypnotist since 1970, Lindsay Brady, Certified Hypnotherapist, has conducted hypnotherapy sessions with tens of thousands of clients in a clinical setting and has “hypnotized” thousands more during demonstrations, stage-show hypnosis performances and lectures. Recognized as a leading clinical hypnotherapist, Lindsay’s reputation, and his high success rate of helping his clients achieve their desired behavior (with a single session), has attracted clients throughout the United States and internationally.

Lindsay was among the founding fathers of the *Arizona Society for Professional Hypnosis* (ASPH) and has served for more than 18 years on the Executive Board of ASPH and has acted as its president for five terms and is the present secretary of the Society.

Lindsay has contributed extensively to the promotion of hypnosis and hypnotherapy and has been featured in news articles regarding hypnotherapy and has appeared on radio talk shows and TV specials about the phenomenon of the hypnotic process.

In 1990, he established the Lindsay A. Brady Institute for Hypnotherapy in Tempe, Arizona. The Institute offers a full range of hypnotherapy services, including teaching practitioners (one-on-one) how to apply his method of hypnotherapy.

Lindsay’s approach to hypnotherapy is different from traditional methods and those of his contemporaries. His hypnosis procedure is simple, easy and effective and has been developed and refined during more than 52 years of working with hypnotherapy clients.

Early in his career, Lindsay observed that once a person’s self-perceptions are changed, their behavior automatically changes. In short, human behavior is not determined by what a person wants or what a person is trying to do; rather, their behavior is determined by how they “see” themselves, how they perceive the world around them and how they perceive themselves responding to other people, circumstances, and the events of daily life. By changing a client’s self-perception while in a hypnotic state, their new chosen behavior Just happens.

Lindsay prefers to call the phenomenon that is called hypnosis, Suggestionism or Perceptionism, but he still calls it hypnosis.

In fact, His next book is titled: *They Called it Hypnosis*.



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



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