



ASPH Newsletter

January 2023

Next Meeting: Zoom, Tuesday, February 7th, 7:30 p.m.

You will receive a Zoom Invite a few days before and on the day of the meeting. If you have not yet applied for ASPH 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

Jan 2023

Have you ever discovered a new technique or method or approach or phrase or image that worked so well for you that you thought, "*This* is the answer for everyone and everything!"

Maybe you learned it from a book or teacher or stumbled upon it while working with yourself or with a client. Yes, it works for many people and situations, if not all of them. Even though it doesn't work all the time (what does?), it might be something you can fall back on during a difficult session, or when nothing else seems to be clicking.

I know that nothing works all the time, because human beings are not machines (okay, maybe Tom Brady, if not Lindsay.), and different people need different things at different times. But that doesn't stop me from asking myself from time to time, "If I only had one technique, or method, or 'trick,' to use for the rest of my life, which one would I choose?"

During the February meeting of ASPH, I would like to hear what you have up your sleeve or in your bag of tricks that is so cool, it has worked as your first go-to—or last resort? Put another way: If you were on a desert island, with only one hypnotic technique with which to help yourself and others, which one would you keep with you? (I'm sure that most of us at the meeting will be interested as well.)

Over the past 25 years or so, my own answer to that question has changed several times. Maybe I am growing as a hypnotherapist, or maybe I'm like a kid in a candy store and cannot decide what flavor I really want!

An ASPH meeting, whether live or Zoomed, is like meeting with a panel of experts who are ready and willing to share their experience and expertise with everyone. In my young and foolish days, I wondered why every hypnotherapist wouldn't work exactly like I did. After a while, seeing a bunch of people work successfully in a bunch of different ways, I was willing to tolerate other approaches. Now, in my advanced years, I have come to know that the field of hypnotherapy *needs* each and every different approach, because there are different clients who need different approaches.

So when I learn about different approaches from our panel of experts at ASPH, I find that each of them enriches and expands the work I do. Do you think that you are not an expert? Then let me ask you this: Who else has lived your life, and knows more about your experience and approach than you do? (Yeah. I thought so.)

I encourage you to attend our February Zoom meeting. Give the gift of your expertise and receive the gift of new ideas that just might change your work and your life.

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 and re-join.

If nothing else, subscribe to the ASPH monthly newsletter.

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

Minutes
of
January ASPH General Membership Zoom Meeting

January 3rd, 2023, 7:30 p.m.

Attendees

Alan Handelsman, Kate Ellis, Patrick Powers, Lisa Fisk, Thomas Wheeler, Odette Fay, Lew Heller, Mort Berkowitz, Debbie LeBouton, Lindsay Brady

Welcome and Introductions

The January 2023 ASPH general monthly meeting was conducted via Zoom and was presided by ASPH President Allan Handelsman. All attendees, after introducing themselves, shared with the group a brief narrative of their interests in hypnotherapy and an issue that they would like to address during the discussion portion of the meeting.

Peaceful Relaxation

To set the stage for a peaceful mood for the meeting, Alan Handelsman soothed us with a relaxing flute rendering in place of the usual guided relaxation presentation. It was a most effective way to set the *tone* for the rest of the meeting.

Discussion

The discussion segment of the meeting addressed a variety of issues that sparked insightful perspectives that lead to a plethora of ideas and scenarios; all of which were enlightening and useful. It was apparent that everyone came away with some fresh ideas that they could apply to their hypnotherapy practice. For those who did not attend, you should have... very stimulating

Business

It was agreed that the next ASPH general meeting would be a Zoom meeting held on February 7th, 2023.

Debbie LeBouton introduced a resolution to reinstate an ASPH certification program like the one offered in past years. Everyone agreed that this was a good idea and Alan Handelsman nominated Debbie to head a committee to accomplish the task. The motion was unanimously approved by the attending members.

A motion was made to adjourn the meeting, it was seconded. The meeting adjourned at 9:35 p.m.

Next Monthly Meeting: Zoom
Tuesday, February 7th, 2023, 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.

February ASPH General Meeting
Agenda

- I. Hello and welcome from ASPH President Alan Handelsman
- II. Introduction
 - A. Attendees' self-introduction and a brief comment about their specialty related to hypnotherapy
- III. Five-minute group meditation/hypnosis presentation. Lead by an attendee volunteer.
- IV. Report of Officers (Now is the time for attendees to bring up any old/new business, such as membership info, etc.)
 - A. Odette Fay, Vice President
 - B. Debbi Combs, Treasure
 - C. Lindsay Brady, Secretary
 - D. Thomas Wheeler, Parliamentarian
 - E. Alan Handelsman, President
- V. Discussion
 - A. Topics of issues posed by attendees (questions, answers, and advice)
 - B. "Bragging Rights." Attendees are encouraged to share an interesting or challenging client or a success story.
- VI. Next meeting details
- VII. Motion to adjourn

What's New

Website Redesign

The website is still being refined. Please look at it and submit any recommendations for its improvement: <https://www.hypnosisaz.com/>.

Members, please look at your membership entry on the Website Hypnotherapists page <https://www.hypnosisaz.com>, click on Hypnotherapists, click on your category (ASPH Sponsor or ASPH Basic) and make sure your information is correct. If any corrections are needed, email Lindsay Brady at info@hypnosisaz.com.

Special Request: Members are invited to submit their view about hypnosis on the "About Hypnosis" page of the ASPH website <https://www.hypnosisaz.com/about/>. Please write an article about your take on what hypnosis is, how it works and how you apply it for enhancing the lives of your clients. Email your entry to Lindsay Brady info@hypnosisaz.com. I am certain that members and visitors to our website would be eager to get your opinion. Thanks!

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

My specialty is correcting severe anxiety dis-orders; anxiety/panic attacks, OCD, PTS, etc. I had a 27-year-old seek relief from life altering OCD (obsessive/compulsive disorder). During our first meeting she said two odd things to me: “I have as a child always known I would be a bad mother, so I have chosen not to be a mother” and “I am afraid to reincarnate because I fear I will never see my friends, family or loved ones again.” The first I suspected a challenged childhood. The second was nothing I ever had expressed to me before. In my practice I play straight clinical. I give no indication of a ‘spiritual’ component or anything to indicate a ‘metaphysical’ attribute. Many of us have worked hard over the decades to bring hypnosis and hypnotherapy into the mainstream, so I have kept these matters at arm’s length to prevent the “woo-woo” connection or affiliation.

During our last session, having successfully conquered the OCD, now working as an EMT, thriving in her relationship with her fiancé, trusting herself, trusting her life, I asked her curiously if the two things she mentioned during our first meeting still held strongly in her beliefs? She said: “well, I am feeling a lot more relaxed about the process of considering having children, my fiancé really wants a family, but I still have my reservations. On the second, yeah, I am still frightened.” I asked if she would like to see if we could find the originating cause and beliefs? She jumped at the chance and said yes! I performed an LBL (life between life regression). If you are not familiar with the technique and process, one regresses the client through childhood onto a past life. From the past life it is easiest to access the Soul Home. In her regression she was a 23-year-old woman walking barefoot upon a dirt road outside of New Orleans in the late 1900’s. She was on the way to the local mercantile to purchase a canister of kerosene. As I questioned her, she told me she was being hurt by her husband who, was also an alcoholic. They have an 8-year-old son, Charles, whom the moon, the stars and the sun set. She loved, loved, loved her child. Recently her husbands’ physical attacks were including her son, and she simply would not stand for that. Her intention was to wait until he fell asleep, then secrete her son and belonging out, then setting the house on fire so he couldn’t hurt them any further.

Now two years later, she is living with her son in New Orleans working as a seamstress. She was very tired this one evening and fell asleep soon after returning home. When she awoke an hour later, she noticed Charles was nowhere in the flat, and his little shoes and coat were in their place. She jumped to her feet freaking out as there was a cold snap of recent. He was outside unprotected. He had been diagnosed with consumption (tuberculosis) 4 months earlier. She ran outside and finally located him struggling in a body of water he slipped into from an embankment. She brought him home, from what she described somewhat hypothermic. She reported that she nursed him through a bad cold for almost 6 weeks. I suspected pneumonia. Then, 6 months later he succumbed from the tuberculosis.

I then advanced her through that life, through death and onto the spiritual gateway, standing right outside where I will counsel the client.

I said to her, you know that in the 1900's there is no cure for consumption. She said: "yes, I know however, I hastened his death when I fell asleep, and he got sick." As we chatted, from a 'direction' came her son Charles who ran up to her and hugged her saying; "thank you, thank you, thank you!" She pulled back and asked why he was thanking her when she let him die? He said; "don't you remember our contract?" She seemed confused and said: "no." He then told her that in that life he did not want to live to adulthood. He only wanted to experience the unconditional love of a mother, and you gave this and so much more! As this occurred, from another 'direction' came a group of souls with laughter and smiles greeting her. She described to me: "That's my dad in this life, that is my fiancé, brother, oh, and that is my best friend Diana, but that is not her real name, her real name is Rebecca." They hugged and visited. Then I brought her back.

An LBL can be 3 hours or better in deep hypnosis. Our session was 5 hours. As I was making sure she was safe to drive home we chatted on the session. She seemed calm, excited and awed.

The next week she called me and told me that she had called her friend Diana with whom she had a date with to party the night of our session. She recanted our session in full detail to her friend. Diana replied: "Wow, how do you know if that experience was true?" My client then asked her a question: "Does the name Rebecca have any meaning for you?" Her friend hysterically asked her how she knew that name, and demanded to know? My client probed further asking what she meant? Diana replied: "When we were kids our parents told us there are online predators and to never reveal our real name. I chose Rebecca, I love that name, I don't know why."

Featured ASPH Hypnotherapist of The Month and Past Months

To be a “*Featured ASPH Hypnotherapist of the Month*,” email article and picture to Lindsay Brady, ASPH Secretary, at info@hypnosisaz.com. For sure, every member would like to hear the 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. Please no longer withhold your narrative.



Alan Handelsman
Certified Hypnotherapist

I am writing this article in first person. If that seems egotistical, then I humbly ask you to remember that things aren't always what they seem. I became a hypnotherapist not because I was born perfect and can impart wisdom from on high. I became a hypnotherapist because I needed so much help, I thought I could get a professional discount.

In 1973, I first performed as a professional musician. I also taught private flute, saxophone and clarinet lessons. In addition to playing in theaters, casinos, and ballrooms, I toured the U.S. and Japan with the Glenn Miller Orchestra in the early 80's.

My experience as a musician helped me in a variety of ways. I learned what it took to master skills, physically, mentally and emotionally. As a teacher, I developed systems to help others master a variety of needed skills.

I also learned to meditate in 1973. Yes, I was seeking help as early as that. Meditation helped me immensely and became a consistent part of my life.

The first exposure I can remember to hypnosis was about 1979, when I asked my brother, who was studying psychology, to teach me how to hypnotize myself and others.

Even with meditation and self-hypnosis, I still suffered with performance anxiety and depression. I continued my search for help and collected many helpful methods. I learned a lot about the areas of energy psychology and dowsing, among others. I developed methods and tools to help myself and others, and even began presenting them at conferences and seminars across the United States, and as far away as England and Norway.

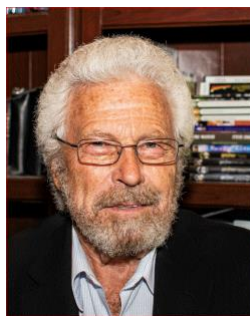
In 2000, my search led me to Robert O'Connor in Phoenix, and I became a Certified Hypnotherapist. I retired as a musician in 2009, and have focused on hypnotherapy and teaching my methods worldwide.

I use hypnosis to help the client create a series of inner experiences that allow them to naturally alter perception. To me, perception isn't just what we see. It is all that we sense with our five senses, what we think, feel, believe, and how our body reacts. In short, perception is our total experience at any given time. People can argue with our analysis, and even our wisdom. But it is hard for a person to argue with their own experience. That is part of the power of hypnosis. My style of hypnotherapy has been influenced by my experiences with performing, teaching, energy work, and my hypnosis mentors. My approach centers around ending the inner conflict that is always present when a client presents an issue. Once we turn our "inner enemies" into inner allies, we have the power to enjoy our new choices, and new ways of thinking, feeling, and behaving.

Alan Handelsman
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Note: Since no ASPH member responded to my request to be the *Featured ASPH Hypnotherapist 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.