



## ASPH Newsletter

December 2023

**Next Meeting: January 9, 2024, 7:00 p.m. (AZ time)**

**Live and Zoom Meeting**

**Tempe Events Center (Knights of Pythias Hall)**

**1606 E Apache Blvd, Tempe, AZ 85281**

To see the facility and to get a map of its location go to:

<https://tempeeventcenter.org/>

*You will receive an email reminder and a Zoom invite a few days before the meeting and on the day of the meeting.*

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3. Minutes of December Meeting
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## **A Message from ASPH President**



Alan Handelsman 2023-2024 ASPH President

Happy New Year! I hope that 2024 is your best year ever, or at the very least the best it can be. Here at ASPH, we are welcoming the new year with a few changes.

The first change is the date of our January meeting. We'll meet on the *second* Tuesday of January, the 9th. The time for all our meetings will be 7:00 PM, Arizona time.

We are planning our meetings this year in hybrid format. We will meet in person, and people will also be able to attend via Zoom. Yes, there might be some technical Zoom glitches, but we'll try to keep those to a minimum.

Many of us have been enjoying the exchange of ideas at our meetings in 2023. Historically, demonstrations have been a popular part of our meetings. In-person meetings will give us the opportunity to set aside more time for demonstrations.

What do you think of having "practice time" during meetings? Taking a portion of a meeting and splitting up into pairs or small groups and enjoy giving and receiving the benefits of hypnosis with other members. Our five-minute "meditations" have always been a highlight of our meetings. Now we may be able to enjoy that two or three times at a meeting. Some of us might enjoy honing new skills with others who are experienced, caring, and understanding. What do you think?

While January's meeting will be at the Tempe Events Center, we haven't yet chosen a permanent location for our hybrid meetings. In years past we have met at several places, most recently at the Scottsdale Senior Center. There have been some changes in the rules at the Center, and we are still researching whether we will be able to follow those new rules.

If you know of a place that might be worth considering as our permanent meeting location we are – as an organization of hypnotists – open to suggestion.

We are always open to your ideas, thoughts, and suggestions, and hope to see you in person in January.



Happy New Year,

## **Next ASPH General Meeting** **Tuesday January 9, 2024**

### **Agenda**

1. Meeting called to order (Alan Handelsman, President.)
2. Attendees' self-introduction and brief comments about why they chose to attend this meeting
3. Reports of Officers
4. 5 to 10-minute meditation by a volunteer (Or a volunteer that President Alan picks!)
5. Discussion: Demonstrations of hypnotherapy techniques and practice applying them
6. Next meeting details
7. Motion to adjourn.

### **Minutes**

## **December 5, 2023 ASPH Annual Holiday Meeting**

**Attendees:** Lew & Donna Heller, Alan & Anita Handelsman, Sam & Mimi Sterk, Debra LeBouton, Bob Young (guest), Jerame & Marry Powell (guests), David Rodriguez, Thomas Wheeler, Lindsay Brady

### **Welcome, Introductions, Party and ASPH Business**

The December 2023 ASPH general meeting (holiday party) was live, or should I say *lively*, and in-person at the elegant Paradise Valley home of Lew and Donna Heller.

Alan Handelsman, ASPH President, called the gathering to order at 7:37 PM.

Each attendee shared insights about themselves as well as their interests in, and experiences with, hypnosis. Without exception, we all gained a closer kinship with one another and a greater respect for each other's uniqueness.

The occasion was enriched with an outstanding all-you-can-eat potluck buffet and followed by a white elephant gift exchange.

### **Matters of Business**

ASPH officers for 2024 were officially installed:

- Alan Handelsman President
- Debra LeBouton of Vice-President
- Lindsay Brady for the position of Secretary/Treasure
- Thomas Wheeler was retained as ASPH Parliamentarian
- Emeritus members, Kate Ellis and Carol Adler remain members of ASPH Executive Board

Debra Le Bouton made a motion to adjourn and was seconded by Lindsay Brady.

The December ASPH meeting was officially adjourned at 9:30 PM. However, much visiting continued long after.

### **Recap of ASPH Officer planning meeting November 30, 2023**

Attendees: Alan Handelsman, president; Debra Le Bouton, vice-president; Lindsay Brady, Secretary/Treasure

1. ASPH monthly meetings will be highbred with both live and Zoom access. Zoom participants will be observers and listeners only.
2. Debra Le Bouton will investigate various locations that would meet the Society's meeting needs.
3. Meetings will begin at 7:00 PM on the first Tuesday of each month **except** the January meeting will be on the **second Tuesday, January 9<sup>th</sup>**, since the first Tuesday is New Years Day.
4. The discussion portion of the 2024 monthly meetings will continue to be an open forum platform in which some aspects of hypnosis can be investigated. Now that the meetings are live and in-person, it affords the opportunity for members to witness various facets of hypnosis first-hand by observing demonstrations and to participate in hands-on practice if they choose.
5. It was agreed that we (the ASPH officers) will always be open to, and even encourage, members to share their opinions about the Societies' policies and procedures.
6. Always have at the forefront of meetings the question: Is hypnosis special or ordinary?

### **Renew your ASPH membership or Join for the first time... NOW!**

Note: On some devices, you may need to refresh the page to display the form correctly.

#### **Scroll down to see the benefits of each category**

**Renewing Sponsor Membership fee \$90** (\$45 annual dues + \$45 Sponsor fee):

<https://www.hypnosisaz.com/renewal-member-sponsor-application-form/>

**Renewing Basic Membership annual dues \$45:**

<https://www.hypnosisaz.com/renewal-member-basic-application-form/>

**New Sponsor Membership fee \$135** (\$45 initiation fee + \$45 annual dues + \$45 Sponsor fee):

<https://www.hypnosisaz.com/new-member-sponsor-application-form/>

**New Basic Member \$90** (\$45 initiation fee + \$45 annual) dues): <https://www.hypnosisaz.com/new-member-basic-application-form/>

**Newsletter \$10** (Note: Beginning this year, there is a \$10 fee to continue receiving the monthly newsletter): <https://www.hypnosisaz.com/newsletter-signup/>

## **Benefits of being a member of the *Arizona Society for Professional Hypnosis***

### **Basic Membership**

- Resource for associating with other Hypnotherapists/Hypnotists at our monthly live and Zoom Meetings
- Monthly Newsletter featuring a Message from ASPH President, recap of previous meeting discussions and an insightful article from an ASPH member volunteer
- Authorization to post articles on ASPH website Blog
- Listing on ASPH Website Basic Members page with your:
  - Name
  - Credentials and Awards
  - Email Address
  - Phone Number
  - Hypnotherapy Specialties
  - Physical Address (Optional)

### **Sponsor Membership:**

In addition to the Basic Membership benefits, Sponsor Membership benefits include an enhanced listing on ASPH Sponsors Page with your:

- Photo (Personal Portrait)
- Name
- Business Name
- Business Logo
- Business Address
- Business Phone Number
- Business Email Address
- Website URL
- Posting of a two-paragraph article to your Sponsor Page
- Link to Your Hypnosis Related Videos

### **Monthly Newsletter only**

Keep abreast of ASPH happenings and still receive an invitation to attend monthly meetings as a guest

JOIN NOW

This is a hypnotic suggestion!