



ASPH Newsletter

January 2024

Next Meeting: February 6, 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.

Newsletter Table of Content:

1. A Message from ASPH President
2. Agenda for January Meeting (Topic: Hypnotherapy techniques and demonstrations)
3. Minutes of December Meeting
4. How to easily renew your ASPH membership... or to Join for the first time... or to subscribe to the monthly ASPH newsletter

A Message from ASPH President



Alan Handelsman 2023-2024 ASPH President

Many years ago, I taught private music lessons. Flute, saxophone, and clarinet. Sometimes it was my job to teach small classes of students learning to play those instruments.

One of the biggest challenges I faced with the class was teaching youngsters of different abilities and experience levels. I was always trying to make sure that the more advanced students weren't bored and could learn and progress so that they weren't wasting their time. And I also had to make sure that the less experienced students got the basic instruction they needed.

It was a delicate balance and made the job a difficult one.

So it was with considerable joy that I sat at the ASPH meeting in January and saw hypnotists and hypnotherapists of different experience levels, different training, different skills, different interests, and different problems. The joy came from knowing that all of these differences contributed to the strength of this group, and that they were responsible for making my job easier, not harder.

Those who needed some advice, guidance, or support were able to get it from those who had more experience. Those who had experience were able to share and learn from those who had different approaches and viewpoints.

So, it seemed that all of us were able to learn, and all of us were able to share. There wasn't just one demonstration; there were three. That gave all of us a chance to participate in meaningful ways.

I remember ASPH meetings in the past where one person would demonstrate, and one person would be the "subject." The rest of us would be spectators. Of course, we could ask questions, and those meetings were very valuable.

Our January meeting - I believe - was valuable in a different way. There was simply more opportunity to participate. So, if you'd like to participate, to experience as much as watch, and to help others while they are helping you, this may be the meeting for you.

Come with questions, with answers you've found, with problems and passions. There is a place for you here.

And besides, there are some very interesting and even cool people at the meetings. You may make a friend or two (or fifteen), learn something you can use immediately, have a unique experience, and maybe even enjoy a few laughs.

Alan Handelsman, President, ASPH



Next ASPH General Meeting **Tuesday February 6, 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. Officer's Report
4. 5 to 10-minute meditation by a volunteer (Or a volunteer that President Alan picks!)
5. Discussion: Demonstrations of hypnotherapy techniques and practice to apply them
6. Next meeting details
7. Motion to adjourn.

Minutes

January 9, 2024 General Meeting

Attendees:

In Person:

Don Brady, Ron Benninghoff, Alan Handelsman, Lisa Fisk, Ryan Today, Debra LeBouton, David Rodriquez, Thomas Wheeler, Lindsay Brady

Zoom: Mary Powel, Jon Pace, Debbi Combs

January 6, 2024, ASPH general membership meeting was an in-person and Zoom event. We assembled at the Tempe Events Center (Knights of Pythias Hall). The accommodation proved to be highly functional for our purposes.

President Alan Handelsman asked each participant to introduce themselves and to share their interest in hypnotherapy. This led to insights into each attendee's background, their hypnotherapy specialties, and an in-depth discussion about the nature of hypnotherapy, issues for which it can be used, and various techniques to resolve them.

Lesia Fisk led the group through a relaxation meditation presentation that put each person in a relaxed, peaceful state of mind, body and being.

Ryan Today presented his *Tongue, Brain, Body, Behavior Connection* (Bioplasticity) technique for solving physical and mental and emotional issues. If interested in learning more about the technique, text or call: 480-414-7245.

To watch and listen to the entire Zoom recording of this meeting, click on this link:

<https://1drv.ms/v/s!BBmYXduXzlR7jkRS7mTSA7L6lSKN?e=GZqhzcO68kmusOs1mFXw3w&at=9>

Matters of Business

The next ASPH general membership meeting will be live and Zoom on February 6, 2024

**Tempe Events Center (Knights of Pythias Hall)
1606 E Apache Blvd, Tempe, AZ 85281**

Note: For the benefit of our remote participants, we are working to upgrade the fidelity of the Zoom audio so those who are unable to attend in person will feel more a part of the conversation.

The meeting adjourned at 8:53 PM.

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

If you choose to continue your membership, and there are no changes from last year's ASPH website listing, please use the simplified renewal link below.

(On some devices, you may have to recycle the link to properly view the page)

Renewal Basic Member \$45 Annual Dues.

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

Renewal Sponsor Membership \$90

(\$45 annual dues + \$45 Sponsor fee)

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

If you want to edit last year's listing, (Or choose to up-grade your ASPH listing from Basic Member to Sponsor Member) use the appropriate link below and make the applicable changes by filling out the form in its entirety.

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!