



ASPH Newsletter

January 2024

Next Meeting: Tuesday March 5, 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

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 March Meeting (Topic: Relief of physical pain!)
3. Minutes of December Meeting
4. Membership Status?
5. Featured ASPH Hypnotherapist of the Month

A Message from ASPH President



Alan Handelsman 2023-2024 ASPH President

I often think about what is best for the organization, and what is best for its members. As president, I focus on the organization. As a member, I focus on what would benefit the members.

Two weeks ago, as I was sitting in the dentist's chair, I had a thought. It was one of those rare thoughts that works for the highest good of all.

This was it: An interesting and beneficial topic of discussion for our next ASPH meeting would be: Relief of physical pain!

I knew immediately that the idea was a good one, because I would have gladly volunteered to be a demonstration subject right then!

Even with those painful memories fresh in my mind (and mouth), I will be willing to relinquish my dibs on being a subject at our March meeting. There will be plenty of time for all of us to exchange ideas, and participate in demonstrations.

I look forward to seeing you at this most painless of meetings.



Next ASPH General Meeting **Tuesday March 5, 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: Hypnotherapy techniques for reducing or removing physical pain
6. Next meeting details
7. Motion to adjourn.

Minutes

February 6, 2024: 7:05 PM MST

Attendees:

Alan Handelsman, Lesa Fisk, Lindsay Brady, Lew Heller, Debra LeBouton, Carol Becker, Thomas Wheeler

ASPH Business Matters

ASPH President Alan Handelsman called the meeting to order at 7:05 PM MST. Attending members introduce themselves and declare their reason for attending the meeting.

President Handelsman announced that the Tempe Event center has been reserved through May of this year for \$50 per month. However, during the summer months the fee would be increased to \$75 to compensate for the cost of air conditioning.

ASPH Secretary/Treasurer Lindsay Brady presented the status of ASPH. As of 2/6/2024, ASPH has 20 paid members, along with 10 newsletter subscription members. The checking account balance is \$1,583.11. These funds primarily cover expenses related to meeting venues and website upgrades and maintenance.

Lindsay Brady nominated Lew Heller and Debra LeBouton for ASPH emeritus status. With this distinction, they join the ASPH Executive Board and are exempt from paying the Basic Membership fee. This motion was presented to the attending members and was unanimously approved.

Suggested Tactics for strengthening ASPH

- **Improved Website Accessibility:** This task has been successfully achieved.
- **Enhancing Search Engine Visibility:** The issue of improving our standing on internet search engines (SEO) was raised. Unfortunately, a resolution has not been reached. If you are (or know someone who is) skilled in SEO, please send contact information to info@hypnosisaz.com.
- **Membership Growth:** The benefits of increasing ASPH membership were acknowledged. Ways to achieve this were discussed; however no definitive plan was implemented.
- **Boosting Meeting Participation:** Strategies to increase participation in ASPH monthly meetings were considered. Hopefully this newsletter, and email reminders of meeting time and place, will be effective in motivating you to join in.

Membership Notice

Please be informed that members who have not renewed their 2024 membership by March 6th will have their listings removed from the website's 'Find a Hypnotist' page.

To renew your membership, and to insure that your listing continues, click on the appropriate link:

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/>

Newsletter Subscription

Starting this year, there is a \$10 annual fee to continue receiving the monthly ASPH newsletter.

If you wish to maintain your subscription, please apply before March 6th

<https://www.hypnosisaz.com/newsletter-signup/>

Discussion

Carol Becker raised the topic of using hypnotherapy to assist clients with dementia. Insights into this matter were provided by Lew Heller, Lesa Fisk, and Alan Handelsman.

Lesla Fisk generously volunteered to act as a hypnotherapy subject for Lew Heller, allowing him to demonstrate his approach to addressing emotional issues through hypnotherapy. In addition to Lew's presentation, Alan Handelsman, Debra LeBouton, and Lindsay Brady presented additional techniques for addressing the issue.

The discussion yielded valuable insights into effectively managing emotional problems. If you were unable to attend, you missed out on some valuable demonstrations and discussions that could prove highly beneficial.

For the full content of this meeting check out the Zoom recording at:

https://us06web.zoom.us/rec/share/VVrFnROtOIuVujDNoJYvhwFQlWePJDDjoO-qujm2jheF-T06k09_PM0CYp5Dfw6S.R8jXmycEg3Wey3II

Passcode:C8VpwuQ^

The meeting adjourned at 8:49 PM MST

Featured Hypnotherapist of the Month



Mary G. Powell, Ph.D., C.Ht.

Mary Powell first became interested in hypnotherapy after she suffered from chronic pain for years due to a traumatic brain injury. Frustrated with the medical industry, who kept trying to put her on prescription drugs, she made an appointment with Dr. Lewis Heller for hypnotherapy. Her session lasted two hours. After that session, she listened to the recording that Dr. Heller had made for her at bedtime. Within four days her pain had diminished by 80 percent and within one week, her pain was gone. Mary then realized that her pain stemmed not from her body, but from PTSD due to her injury which had impacted the way that she perceived pain. This was key for her to feel better physically and emotionally.

Two years later, Mary Powell, who already has her PhD in English, decided to become a certified hypnotist. She completed her training under the auspices of Lindsay Bradey because she wants to help others who are in physical and emotional pain like she was. “If I can change just one life, it will be worth it.” Now, Dr. Powell, who also has her PhD in English, and has taught English at the high school and university level for 24 years, opened her practice called New View Hypnotherapy. You can visit her website at newviewhypnotherapy.com, email her at newviewhypnosis@gmail.com, and/or call her, for a free 15-minute consultation, at 602-497-1396. “The practice of hypnotherapy has completely changed the way that I view the medical industry and my life. I realize now that we have a lot of control over our brains, our bodies, and the way that they function. I firmly believe that if everyone practiced the art of hypnotherapy, there would be far less disease, both emotional and physical, in the world.