



ASPH Newsletter

April 2024

Next Meeting: Tuesday May 7, 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 April Meeting—Topic: *My Dog Ate My Scripts*
3. Minutes of February Meeting

A Message from ASPH President



Alan Handelsman 2023-2024 ASPH President

Before trained as a hypnotherapist, I was putting people to sleep by working as a professional musician. For about thirty years, I worked in theaters, night clubs, casinos, hotels and even spent about a year touring the US and Japan.

I worked mostly in relatively large groups, where each of us had written parts to play. I was a "reader," rather than a jazz player who would usually improvise the music they played. I could play anything written in those parts, but my improvisation skills were severely lacking.

Some musicians are readers, others made a good living improvising, and there were some who could do both. I always felt a little incomplete, not being able to improvise like some of the jazz players I worked with.

Then I learned hypnotherapy, and things changed. I found that I was uncomfortable reading scripts. It was much easier for me to be a "jazz" hypnotherapist. Like a jazz musician, I would know the structure of the work, and where I wanted to go with a client. And like a good jazz musician listens to

the other players in the group, I would listen to the feedback I got from the client, and together we would work to create the desired outcome.

Now I feel more complete in my two careers. I can read, and I can improvise.

But why am I telling you all of this?

Because, at the May meeting of ASPH, entitled "*My Dog Ate My Scripts*," I'd like to hear how my fellow hypnotherapists deal with sessions that don't necessarily go as expected. How do you stay flexible, spontaneous, and effective when surprises happen? Each of us probably has one or more stories we can share.

Also, if you've found scripts helpful, I'd love to learn more about the benefits of using them.

If you are not in the area, Lindsay has made significant improvements in the Zoom experience. If you are in the area, most people have found our location in Tempe convenient and comfortable. Come see what it is like.

Plan on attending the meeting. Or improvise and join us even if you hadn't planned on it.

Alan

Next ASPH General Meeting **Tuesday May 7, 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: *My Dog Ate My Scripts* (To Script or Not To Script... That is the question?)
6. Next meeting details
7. Motion to adjourn.

Minutes of Last Meeting

April 2, 2024: 7:05 PM MST

Attendees:

Jon Pace, Don Brady, Patrick Powers, Carol Becker, Mary Powell, Pat Shay (Guest of Debra LeBoulton), Debra LeBouton, Thomas Wheeler, Alan Handelsman, Lindsay Brady, Lew Heller

ASPH Business Matters

ASPH President Alan Handelsman call the meeting to order at 7:00 PM and asked attendees to introduce themselves, to share their interest in hypnotherapy and why they chose to attend the meeting.

Jon Pace: A founding member of ASPH, with more than 50 years of hypnotherapy experience, and uses graphology, the analysis of handwriting, to learn about clients' personalities, participated in the meeting through Zoom and expressed that he is still interested in learning more.

Don Brady: Shared how self-hypnosis and homeopathy help him and friends deal with pain.

Patrick Powers: Shared how by using hypnosis at a high school softball game he helps players bat better by making the ball seem slower thus giving them more time to adjust their swing when batting.

Carol Becker: Indicated a desire to find out more about hypnotherapy for pain relief related to her sister's osteoarthritis. She also suggested the use of Rescue Remedy (a homeopathic mixture) to aid falling asleep easily.

Mary Powell: Became interested in hypnotherapy as a possible career after finding pain relief with hypnotherapy following years of suffering.

Pat Shay (Guest of Debra LeBoulton): Wanted to find out more about hypnotherapy. She has a background in psychology, social work, has worked with crisis lines, and Hospice.

Debra LeBouton, ASPH Vice-President: Shared how she removes back pain by going into a light trance.

Thomas Wheeler: ASPH Parliamentarian, trained in hypnotherapy, NLP and Reiki is looking to learning more by attending.

Lindsay Brady, ASPH Secretary/Treasurer: Reported that we have \$1,621.85 in our checking account and Paid out \$159 for our zoom connection, \$300 pending for meeting room and about \$500 pending for Website Maintenance.

Alan Handelsman, ASPH President: Alan has been practicing hypnotherapy for over 25 years and is still refining his perceptiveness. He apologized for not having physical pain so he could be the guinea pig for learning how to get rid of it.

Lew Heller: Shared his expertise relative to putting oneself to sleep with self-hypnosis and pain control.

Discussion

Pat Shay volunteered to be a stand-in subject for Alan Handelsman to demonstrate his A.B.R.A. breathing technique for reducing stress, fear, tension, frustration, and pain management.

Essentially the method is: When you come to the end of a normal breath, and you are ready to breathe in---DON'T! But rather, breathe out a little more. Pat, and the attendees who tested this exercise, reported feeling calmer and more relaxed and less physical discomfort as a result. If you were not in attendance, in person or via Zoom, you missed out on an enlightening experience.

To view, and or listen to, the entire meeting, log on to:

https://us06web.zoom.us/rec/share/CbrJSV0CH6rwELN6YWo0lNRzuOjKdPX-2G5DcGIAHEJNn2kMnJcwBbcsWUUs7TCj.Ru2_pVD7csxW1nML
Passcode:n#^2L^eF

Final Matters and Adjournment:

The next ASPH monthly meeting will be in person and Zoom on May 7th.

The topic of discussion: *My Pooch Swallowed My Scripts* (To Script or Not To Script... That is the question?)

A motion was made to adjourn and seconded. The meeting was adjourned at 8:49 PM.