



ASPH Newsletter

August 2024

Next Meeting: Tuesday September 3rd, 2024, 7:00 p.m. (AZ time)

Live and Zoom Meeting

11120 North Tatum Boulevard

Phoenix, AZ 85028

Lofy Group Building G

Venue arranged by Lew Heller (602-502-4000)

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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A Message from ASPH President



Alan Handelsman 2023-2024 ASPH President

When I returned to the office of ASPH president almost 2 years ago, I said that I didn't want to build meetings around speakers. Since then, we have had some lively and informative discussions among our members. We've also had some useful demonstrations, both with the group as a whole, and splitting up into pairs or small groups.

Our new leadership in 2025 might want to change the "no speaker" policy.

I am often stubborn (I prefer tenacious), but I can be flexible. After numerous (1) requests, I will assume the role of speaker at the September meeting of ASPH. However, I will be building my presentation around demonstrations, experiences, questions, and discussion.

The demonstrations will vary. Some will be one-to-one; others will involve the whole group. You can watch, experience, ask questions. I don't mind being challenged in the spirit of inquiry. Maybe one of your questions will lead to a lively topic for a future meeting.

One or two of the demonstrations will be working with someone without knowing the specific issue. Yes, it can be done.

If you have an issue you'd like addressed, but don't want anyone else (even me) to know, this is the perfect opportunity to volunteer to be a demo subject.

If you'd like to volunteer or ask a question in advance, simply text me at 602-478-8346.

I look forward to seeing you on September 3rd.

Agenda for September Meeting

Tuesday September 3, 2024

1. Meeting called to order (Alan Handelsman, President.)
2. 5 to 10-minute meditation by a volunteer (Or a volunteer that President Alan picks!)
3. Attendees' self-introduction and brief comments about why they chose to attend this meeting
4. Officer's Report.
 - a. President Alan Handelsman:
 - b. Vice President Debra LeBouton
 - c. Secretary/Treasurer Lindsay Brady
 - d. Parliamentarian Thomas Wheeler
5. Speaker (Presenter) Alan Handelsman, Certified Hypnotherapist

Note: The biography accounts of Alan Handelsman are excerpts from his autobiography, highlighted in the "Hypnotherapist of the Month" section of the ASPH May 2023 newsletter. Edited by Lindsay Brady, ASPH Secretary.

Alan Handelsman first performed as a professional musician in 1973. As a private music teacher, he developed systems to help others master a variety of needed skills.

His first exposure to hypnosis was in 1979, when he asked his brother, who was studying psychology, to teach him how to hypnotize himself and others.

In 2000 his search for self-help led him to Certified Hypnotherapist Robert O'Connor in Phoenix (who at the time was the President of ASPH). Under Robert's tutelage he became a Certified Hypnotherapist himself. In 2009 he retired as a musician and focused solely on hypnotherapy and teaching his method worldwide.

Alan's method of hypnosis is to help his clients create a series of inner experiences that allow them to naturally alter their perceptions. That is part of the power of hypnosis and defines his style of hypnotherapy that was influenced by experiences with performing, teaching, energy work, and hypnosis mentors.

Alan's approach centers around ending the inner conflict that is always present when a client presents an issue. He says, "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."

Plan to attend this chance to witness a presentation by one of the most respected hypnotherapists in ASPH's history by attending the September meeting in person or via Zoom. This is an exceptional opportunity that you don't want to miss.

6. Next meeting details
 - a. Call for members to consider volunteering for next year's ASPH administration and the process for installing the new leadership
 - b. Determine topic/speaker (Presenter) for October's meeting
7. Motion to adjourn.

Minutes of Last Meeting

August 6th, 2024: 7:00 PM MST

Attendees:

In person Attendees: Ron Benninghoff, Debra LeBouton, Pat Shay, Thomas Wheeler, Alan Handelsman, Lindsay Brady, Lew Heller, David Rodriquez.

Zoom attendees: Don Brady, Mary Powell, Rojahe Culbert.

ASPH Business Matters

ASPH President Alan Handelsman called the meeting to order at 7:09 PM.

He asked each attendee to introduce themselves and make a brief statement about their interest in hypnotherapy and their reason for attending the meeting. Each attendee responded to his request.

Officers report:

Lindsay Brady (ASPH Secretary/Treasurer) reported that the Society currently has 31 paid members and a bank balance of \$1,251.60. He also urged ASPH members to seriously contemplate volunteering for one of the roles for one of next year's ASPH Executive Board Member: President, Vice President, Secretary, or Treasurer.

Alan Handelsman (ASPH President) announced that the upcoming two monthly meetings will follow a presenter-led format instead of focusing on a specific discussion topic.

Debra LeBouton (Vice President) mentioned she is open to staying on as Vice President next year.

Meditation

Both live and Zoom attendees were led through a 10-minute meditation presentation by Alan Handelsman resulting in a peaceful relaxed atmosphere for the remainder of the meeting.

Discussion

The meeting was opened for sharing ways for hypnotherapists to grow their business. The discussion commenced with participants exchanging ideas on how hypnotherapists could expand their practices. Numerous insights emerged, yet there was a shared agreement that *achieving successful client outcomes* is the most effective strategy for business growth in hypnotherapy.

There was enough time left to showcase a successful hypnotherapy session: Lew Heller stepped forward as a subject seeking to reduce his swimming time while covering the same distance. Debra LeBouton offered to illustrate her method for achieving a positive outcome. Her performance was exceptional, and Lew expressed increased confidence in meeting his goal. Be sure to attend the ASPH September meeting to discover the outcome!

For a full accounting of the meeting log onto this Zoom recording:

[https://us06web.zoom.us/rec/share/H9F-TP-oEFJNpy8dp1YPCQALZrAAorh4SnAjx3wA2xuy98Cazve02G282Ph9_WgC.ok-Gm0dwma4XF -E?startTime=1722996121000](https://us06web.zoom.us/rec/share/H9F-TP-oEFJNpy8dp1YPCQALZrAAorh4SnAjx3wA2xuy98Cazve02G282Ph9_WgC.ok-Gm0dwma4XF-E?startTime=1722996121000)

Passcode: F\$!F6dr9

Note: Should the link not open by clicking on it, copy and paste the link to your browser.

The next ASPH monthly meeting will be in person and Zoom on September 3rd 7:00 PM at 11120 North Tatum Boulevard, Phoenix, AZ 85028, Lofy Group Building G

Next meeting presenter (speaker):

Alan Handelsman will present his methodology for executing an effective hypnotherapy session, whether a particular issue is being addressed or not.

A motion to adjourn was presented and seconded.

The meeting adjourned at 9:02 PM.