



## ASPH Newsletter

June 2024

*Next Meeting: Tuesday July 2nd, 2024, 7:00 p.m. (AZ time)  
Live and Zoom Meeting*

**11120 North Tatum Boulevard  
Phoenix, AZ 85028  
Lofy Group Building G**

This is Lew Heller's office conference room  
*If you get lost call Lew 602-502-4000*  
Thanks Lew

*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 July 2nd Meeting—Topic: *Less talk, more One-on-one experience*
3. Minutes of June Meeting
4. Business Matters

### **A Message from ASPH President**



Alan Handelsman 2023-2024 ASPH President

Hello ASPH,

Is *talking* about doing something ever more enjoyable than just *doing* it?

What's that? Root canal, you say? Okay, you got me there. *Sometimes*, talking is better than doing. Point taken.

However, at the July meeting of ASPH, let's do *more doing* than talking. Our meeting location has three spaces for us to use. That provides us with a wonderful chance to break up into pairs or small groups and, instead of talking about how we do hypnosis, we can actually do it.

Those who want to experience can "receive." Those who want to demonstrate can "give." And there will be time to trade off and do both.

There have been meetings where we get so involved in discussion that we don't leave time for demonstrations. At our July meeting, you can do more than watch a demo. You can be a part of the demo and have an experience of hypnosis that may be new, useful, and powerful.

Just one more thing. A two-year term as an officer is enough for most organizations.

ASPH is no exception. We will be looking for a change in leadership in 2025. If you have ever thought, "I could do that, and may be better," now is your chance to do that! This year's officers are committed to making the transition as easy as possible for everyone involved. Please consider serving ASPH as a board member in 2025.

And consider joining us at our July meeting for some hands-on hypnosis.



**Next ASPH General Meeting**  
**Tuesday July 2, 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. **Experience:** Less talk, more *One-on-one participation to experience or apply hypnotherapy*. If you are a member who wants to make a change in your behavior, **experience a different approach**, OR, if you are a seasoned hypnotherapist who wants to share your expertise to help an ASPH member change their behavior **or learn more about your approach**, this is your chance to experience either or both.
6. Next meeting details
7. Motion to adjourn.

**Minutes of Last Meeting**

June 4, 2024: 7:00 PM MST

**Attendees:**

Don Brady, Patrick Powers, Mary Powell, Debra LeBouton, Fox Bennette, Thomas Wheeler, Alan Handelsman, Lindsay Brady, Lew Heller, Jon Pace.

## **ASPH Business Matters**

ASPH President Alan Handelsman call the meeting to order at 7:00 PM. He asked each attendee to introduce themselves and made a brief statement about their interest in hypnotherapy and their reason for attending the meeting. (To witness each participants response and the entire meeting click on the link below)

### Officers report:

Lindsay Brady (ASPH Secretary/Treasurer) reported that the Society has 31 paid members and \$124 in the bank.

Alan Handelsman (ASPH President) Announced that he was born at a very early age, and related how hypnosis has influenced his life.

Debra LeBouton (Vice President) Announced that a NGH training meeting is coming to Phoenix and is scheduled for June 20<sup>th</sup>. For information go to ngh.com.

Mood-setting 5-minute meditation led by Lindsay Brady

## **Discussion**

The topic of discussion: *To regress or to not regress...* That is the question?

To experience the entire meeting and to witness a very spirited discussion, click on:

<https://us06web.zoom.us/rec/share/QK8nBCXOInqMICYlazhuPggMeLXuT4QRiWut4yADLsyr0bsiyjrbqSa1OL9i9HXtX.JrmnrFhCDZKIDP02>

Passcode:6Ac1?%XC

### **Final Matters and Adjournment:**

The next ASPH monthly meeting will be in person and Zoom on July 2nd.  
(Lew Heller's Office)

11120 North Tatum Boulevard, Phoenix, AZ 85028, Lofy Group Building G

Next Meeting Topic of discussion:

Less talk and more doing: Engage in personal interaction rather than discussion to directly experience, practice, or observe diverse hypnotherapy methods.

Whether you're an attendee seeking to alter your own behavior, to witness new methodologies, or you're an experienced hypnotherapist eager to impart your knowledge, this meeting is an opportunity to participate in the activity of your choice.

A motion was made to adjourn and seconded. The meeting was adjourned at 8:45 PM.