



ASPH Newsletter

September 2024

Next Meeting: Tuesday October 1st, 2024, 7:00 p.m. (AZ time)

Presenter (Speaker) Lindsay Brady

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.

This Newsletter's Table of Content

1. A Message from ASPH President
2. Agenda for October 1st Meeting
3. Minutes of August 2024 Meeting

A Message from ASPH President



Alan Handelsman 2023-2024 ASPH President

In the heat of Arizona, Autumn has always felt more like Spring to me. Growing up in Philadelphia, Spring was a time when temperatures became more bearable, when more people started spending time outdoors, and when growth happened.

That sure sounds like Autumn here. Maybe not so much growth, but at least opportunity. I can think of two opportunities we have this Autumn as members of ASPH.

The first is to experience a presentation by our Secretary/Treasurer, Lindsay Brady. Lindsay has a wealth of experience. He is also someone who is creative, thoughtful, and open to new ideas, and allows his own ideas to evolve over time. No matter how many times I've heard him, he presents something new that is relevant to my own ideas, and how I do hypnotherapy.

I encourage you to come to our October meeting and see for yourself.

The other opportunity that each of us has is to serve as an officer of ASPH in 2025. It has been an honor for me to have served for the past two years along with Lindsay, Debra, and Thomas. But just as ideas can evolve over time, it is time for ASPH to evolve. With new ideas, new methods, new experiences. And new officers.

Yes, our organization is smaller now than it was in the past. But that means it can be easier to take ASPH in new directions now than at any time in the past.

So, if you've got ideas, willingness to serve, some energy, and a vision, we welcome you. This is your opportunity to carry on the tradition of ASPH in new and exciting ways.



Agenda for October Meeting **Tuesday October 1st, 2024**

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

Drawing from more than a half century experience, and having practiced on thousands of clients (yes, every session is a practice session), my presentation will not be about how to conduct a hypnotherapy session but rather investigating the fundamental driving force behind the hypnotic process itself and how the concepts can be easily integrated into your present hypnotherapy modalities. In short, not how to conduct a hypnotherapy session but rather what makes it work.

7. 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 November's meeting
8. Motion to adjourn.

Minutes of Last Meeting

August 6th, 2024: 7:00 PM MST

Attendees:

In person Attendees: Debra LeBouton, Bob Young, Ron Benninghoff, David Rodriquez, Alan Handelsman, Alysee Michaels, Thomas Wheeler, Lindsay Brady, Lew Heller

Zoom attendees: None

ASPH Business Matters

ASPH President Alan Handelsman called the meeting to order at 7:04 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:

Alan Handelsman (ASPH President) urged ASPH members to seriously consider volunteering for one of next year's ASPH Board Members: President, Vice President, Secretary, or Treasurer. He also announced that nominees' names would be presented at the October meeting, elections would be conducted at the November meeting and the newly elected officers would be officially installed at the December annual holiday meeting.

Lindsay Brady (ASPH Secretary/Treasurer) reported that the Society currently has 31 paid members and a bank balance of \$1,251.60.

Meditation

Alan Handelsman incorporated the meditation portion of the meeting in his presentation.

Presentation

Alan Handelsman demonstrated various approaches to hypnotherapy sessions and methods for delivering suggestions to a hypnotic subject. Volunteers Alysee Michaels, Thomas Wheeler, and David Rodriquez each offered a unique issue for Alan to address. Alan skillfully conducted individual example sessions with each volunteer, utilizing different strategies to resolve their specific concerns.

To view the entire meeting log on to the link below.

To view the demonstration segment of the meeting, advance to the 11-minute portion of the recording:

https://us06web.zoom.us/rec/share/ac_i7V2AfSwfZWWBG5Z_-

[bUcy7uWjXT8Wbma30NNPAU4rwYpSDnL4CbBebLFR_00.LklqYh_ljFDR_Qdr](https://us06web.zoom.us/rec/share/ac_i7V2AfSwfZWWBG5Z_-bUcy7uWjXT8Wbma30NNPAU4rwYpSDnL4CbBebLFR_00.LklqYh_ljFDR_Qdr)

Passcode: RdkV4&7H

Meeting Closing Notes:

The next ASPH monthly meeting will be in person and Zoom on October 1st 7:00 PM at 11120 North Tatum Boulevard, Phoenix, AZ 85028, Lofy Group Building G

Next meeting presenter

Lindsay Brady will guide a discussion focused **not** on conducting hypnotherapy sessions, but on understanding the mind-brain connection and the principles that drive the hypnotic process.

A motion to adjourn was presented and seconded.

The meeting adjourned at 9:02 PM.