



ASPH Newsletter

December 2024

Next Meeting: Tuesday January, 7, 2025 7:00 p.m. (AZ time)
Live and Zoom Meeting

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

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

You will receive another 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
(hover over the link and ctrl click)

https://replay.dropbox.com/share/6Zi5zpcSglJVJs3V?variant=v2&media_type=video

Next ASPH General Meeting
Tuesday January 7, 2025

Agenda

1. Meeting called to order (Lew Heller, President.)
2. 5 to 10-minute meditation by Lew
3. **Guest Speaker: Michael DeSchalit, BCH, CI** (see below for details)
4. Officer's Report.
5. Next meeting details
6. Motion to adjourn.

Minutes

Holiday Party 2024: Check out our holiday party pictures. Company was great. Food was delicious. Party was fun. Hope to see you next year.



Welcome, Introductions, Party and ASPH Business

The December 2024 ASPH general meeting (holiday party) was live and in-person at the lovely Paradise Valley home of Lew and Donna Heller. We all brought or made items to pass. Since I'm a foodie, I have to share some of the delicious menu items including Mimi Stark's award winning lasagna, Sidora's authentic tabbouleh with just the right amount of grain to parsley ratio, Lew's grilled-to-perfection steaks (if you weren't there, you missed it), chicken, charcuterie board, desserts and more. If I missed your dish, my apologies, but my stomach was full!

Lew Heller, ASPH President, called the gathering to order at 6:00 PM, and we politely launched into the delicious buffet, shared stories and learned more about each other. Food offers a universal language that transcends borders and cultures, bringing people together in a beautiful, safe way.

I sat next to Mimi Sterk, who just published her cookbook (Claim to Fame! 5 Generations of Miriam Sterk's Family Recipes), with her grandchildren's encouragement and learned about some of the recipes, their meaning and history as well as more about her. I was so pleased to have the opportunity to talk with her and everyone else.

Everyone has a unique and sometimes surprising story to share, and you never know when just the right bit of information is coming your way. Sidora shared about Gladys McGarcy, MD, whom she knew. Dr. McGarcy lived to be 102 and lived locally. She wrote her autobiography around that age as well. This chain of events started because Thomas Wheeler had suggested that Sidora call me. Be open to the serendipitous chain of events that can evolve if only we listen to that inner voice! What is yours saying right now?

Rolled into the conversations were stories about how each of us started in hypnosis, the why, along with the trajectory of the many practices that exist in ASPH (all the more reason to be a member). Following our delicious meal, a white elephant gift exchange occurred.

I walked away from the evening feeling closer to the other members, inspired by their stories, and appreciative of how we are each unique beings making our way. We've all read about how welcoming ASPH is, and it is true. Our holiday party is one of many examples. I am thankful to be part of this wonderful organization. I hope you are too!

Matters of Business

ASPH officers for 2025 were officially installed:

- Lew Heller, President
- Debra LeBouton was retained as Vice-President
- Odette Fay, Secretary/Treasurer
- Thomas Wheeler was retained as ASPH Parliamentarian

Debra Le Bouton made a motion to adjourn and was seconded by Lindsay Brady.

The December ASPH meeting was officially adjourned at 9:30 PM. However, much visiting continued long after.

Our January 7th Meeting Topic:

""Setting Up Clients for Massive Success"

Are you getting the results you and your clients desire? Are you getting the type of clients you want? Do you have a system that you use to help your clients reach their expectations?

This presentation will cover my patented system to achieve all of those and more...

We will cover the clinical points that ensure success with your clients, starting with the first contact you have with them, then the consultation, and finally my secret sauce, the Genie Process. This system is what I have been using in my clinical practice for over a decade and has allowed me to change the lives of thousands of clients.

Bio and Additional Information:

Michael DeSchalit, BCH, CI

Michael is a multi-award-winning hypnotist in both the clinical and comedy stage hypnosis fields. He operates a global virtual hypnosis practice as well as maintains a busy tour schedule with his hypnosis shows as well as his Magic Show Residency in Downtown Las Vegas. His clinical clients range from high level CEO's, corporate leaders, Professional Athletes and entertainers and other peak performers in their respective fields. He was also the past president of ASPH.

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