



HYPNOTES



A Publication of Hypnosis Education Association
www.HEAhypnosis.com

Congratulations to HEA Award Recipients

At the November 2014 Awards Banquet Carol Perrine, President, presented the following awards:

Yawman-Todd Founders Award to Lynn Groves



For her work in advancing the field of hypnosis. [She was unable to attend the conference due to health reasons but was thrilled when Carol contacted her to share the news.]

Lynn Groves Keys to Excellence Award to Patricia Scott



For promoting hypnosis in her community and for continually building the membership of HEA

President's Award to Jan Rysdon



For assisting Carol and filling in several Board positions that became open

Angel Awards

Don Heller



For extraordinary service

Susan Mair



Mission

The Hypnosis Education Association is a member-run organization of a diverse group of people interested in hypnosis and the complementary healing arts. Our Mission is to provide high standards of education and quality support for its members, so they may be empowered to learn, grow and achieve excellence in their lives, personally and professionally.

Board of Directors

President: Carol Perrine
Vice President: Darlene Rose
Secretary: Jan Rysdon
Treasurer: Open
Publications and Publicity: Jan R.
By-Laws: Don Heller
Ethics and Standards: Ross Hester
Website: Debbie Lane
Hospitality: Richard Porritt
Social Media: Debbie Lane

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President's Message...

Hello Amazing Members and Friends of the HEA:

I hope your New Year is as wonderful as you imagine it to be and continues to be full of wonderful adventures! Will your first adventure be the **HEA March 14th Conference**? The theme for this conference is:

“Connecting to Wholeness: Hypnosis for Vital Well-Being”

Studies show that when you practice connecting to your inner resources, by any number of ways, you stimulate your parasympathetic nervous system, which, in turn, opens you to the unlimited possibilities of *wellness* in all areas of your life. What a wonderful thought that is!

- **What a line up we have for you!** **IMDHA Life Fellow -- Patricia Scott, Two Hypnotists of Year -- Art Emrich and Debbie Lane -- as well as Colorologist Caryl Dennis**, will show you how you can improve your life, personally and professionally, with a variety of excellent presentations and topics focused on well-being. Prepare to learn and connect on many levels!
- **Please join us for an HEA First!** *This conference is a one-day event held on March 14th at the Courtyards of Marriott in Oldsmar, FL (NW Tampa) with a hospitality hour afterwards (location to be announced).*
- **Remember to renew** your membership, and if you are not a member, **join** our wonderful organization. The HEA depends on your membership support to continue to provide amazing educational opportunities in the world of hypnosis. Being a member has so many benefits (see list below).
- **Read** all the details and **Pre-Register early** for this one-day conference on our website:

www.HEAhypnosis.com

Come join us for all the fun of connecting to your hypnosis education and you will improve your vital well-being. At the end of the day, you will take away from this conference valuable information to assist you and your clients. There is no better Hypnosis Education bang for your buck anywhere!

I look forward to seeing you on March 14th!

My best,
Carol

“Just as there is no loss of basic energy in the universe, so no thought or action is without its effects, present or ultimate, seen or unseen, felt or unfelt.” ~ Norman Cousins

Benefits of Membership

1. Outstanding professional and personal development opportunities
2. Continuing education units (CEU's)
3. Social opportunities to share and grow professionally and personally
4. Recognition of achievements and honors
5. Access to other members' contact information
6. Professional listing on HEA website
7. Online contact through Yahoo and Facebook
8. Access to the HEA publication *Hypnotes*
9. Able to submit articles to *Hypnotes*
10. Access to relevant publications and other tools at conferences
11. Promotion of one's seminars and training programs to the members
12. Promotion of one's own publications and tools at conferences
13. Recognized as maintaining the highest professional and personal standards and ethics
14. Being part of a caring, friendly, and most welcoming group!!!

HEA Spring Conference

Connecting to Wholeness: Hypnosis for Vital Well-Being

*****One Day Only*****

Saturday, March 14, 2015

9 AM - 5 PM * 5:30-6:30 Hospitality Hour**

**Courtyard by Marriott – Oldsmar
4014 Tampa Rd., Oldsmar**

[Right behind Applebee's on south side of Tampa Rd.]

Come and join us in Oldsmar where we will connect and

- Become empowered by the presenters
- Interact with dynamic, positive & like-minded professionals
- Seize the opportunity to recruit new members
- Have fun with a caring, friendly, and most welcoming group
- And much, much more!

Pre-Registration Conference Fees

Member -- \$35

Board of Directors -- \$17

Spouse/Partner --\$40

Non-Member -- \$50

Log on to www.HEAhypnosis.com to pre-register **by March 10,**

OR mail your pre-registration fee check made out to HEA to

Carol Perrine, President

PO Box 5333

Gainesville, FL 32627

Register at the door: Add \$10 to above fees

Hotel Information: Because this event is planned to draw "locals," we are not providing special hotel rates for those who may want to travel to the conference. March is a busy time, and many of the hotels in Oldsmar are already booked for a PGA golf tournament, Spring Break, and other events. We suggest that those who wish to travel use online search tools to find hotels with reasonable rates in nearby communities

Conference Schedule-at-a-Glance

9:00 – 9:30	Sign In, Meet & Mingle (Purchase Starbuck's coffee & breakfast goodies at the Bistro in the hotel lobby -- www.courtyard.com/bistro)
9:30 – 9:45	Carol Perrine – President's Welcome & Announcements
9:45 – 11:00	Art Emrich – Time Travel to the Past / Future with Your Conscious Mind
11:15 – 12:15	Debbie Lane – Getting Your Piece of the 'Pi' with Doctors
12:15 – 1:45	Lunch (on your own; we will provide a list of some local restaurants)
1:45 – 3:15	Caryl Dennis - Colorology: The Science of Color
3:30 – 4:45	Patti Scott - The Cellular Universe: A Process for Healing
4:45 – 5:00	50/50 Drawing – HEA Fundraiser
5:30	Hospitality Hour in the Bistro in the hotel lobby-- Cash Bar; Appetizers provided by HEA

~~~Conference Presentations and Presenters~~~



Time Travel to the Past / Future with Your Conscious Mind

How to Avoid Contaminating Our Precious Present Moment with Negative Emotions

By Art Emrich

Experiencing negative emotions from the past and the future is a process. We can make changes to this process that will protect us from contaminating our present experience of reality with emotions that do not belong there/here. This presentation will illustrate the process (with ppt slides, of course) and give examples of what we often do – unintentionally. Then we'll look at some suggestions about how we can avoid doing this to ourselves. And finally an experiential process will provide an application opportunity to make improvements in how we do our time travel that will have us returning to our present moment clear of negative emotion hitch-hikers.

*Art first formally studied hypnosis and NLP with Lt. Col. Frank Burns, US Army Intelligence, in Washington, DC in 1980. Since then he has continued study and coaching as the **HEAD** Coach of his company, U-Solutions, LLC (the "U" stands for "Unconscious," where all the best solutions are). He has an MBA from the U. of SC, and a PhD from California University in Behavioral Science, with a major in Clinical Hypnotherapy. He is a certified Trainer with IMDHA, IACT, NGH, ABH, and ABNLP. Art was selected at Hypnotist of the Year by IACT in May 2014. Contact Art at abemrich@comcast.net*



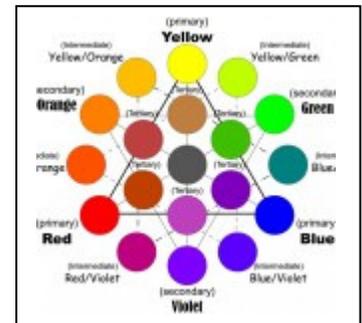
Colorology: The Science of Color

Why and how color affects you; simple and practical ways you can use color to enhance all aspects of your personal and professional life

By Caryl Dennis

Beginning with a simple, scientific explanation of the chakras (energy centers in the body) and the history of Colorology, we will explore how color influences your health, emotions, food, clothing, décor, education, business and relationships. We will look at the properties and affects of each color, and discuss a number of simple Colorology tools and techniques that can be used to enhance your life physically, emotionally, mentally and spiritually. We will end with a chakra balancing exercise, in which you will discover how to visualize and focus color to enhance your well-being.

*Caryl Dennis has authored eight non-fiction works on a variety of subjects. Her first book, **Colorology: The Science of Color** (1990) is considered a classic in the field. As a Master Colorologist, she has been involved in consulting, training and lecturing activities with a broad spectrum of organizations and individuals throughout the country. Since 1987, she has appeared on many national and local radio and television talk shows, and lectured at numerous conferences and workshops. She is also an internationally known Psychic Counselor with over twenty-five years of professional experience and offers Walking Ghost Tours in Safety Harbor. Contact Caryl at Caryl@RainbowsUnlimited.com and visit her website at www.rainbowsunlimited.com/*



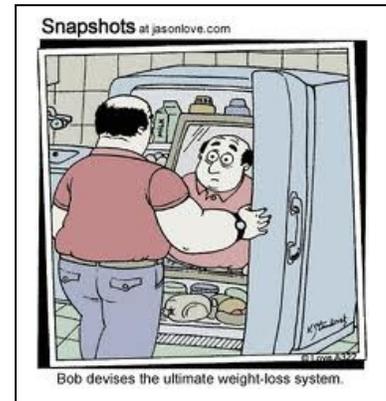


Getting Your Piece of the 'Pi' with Doctors

By Debbie Lane

Debbie will share her story of how she became the staff hypnotherapist for a busy (four offices) weight management practice. She was able to introduce Virtual Gastric Band into the practice as a new protocol (in an office where appetite suppressants were a normal part of the program). She will give you tips on what to do and what not to do when dealing with doctors, medical staff and their patients, including how to get other practices to refer their patients to you as well.

Debbie was certified by the Naturalife Institute in Basic Hypnosis and Integrative Hypnosis in 2002. She was certified in Medical Hypnosis in 2009. Awarded the International Hypnotist of the Year by IACT in 2007 and awarded the Hypnosis Achievement Award by HEA in 2007. Debbie was previously a vice president of a national chain of child care centers, The Learning Center, Inc. She has combined her business, teaching and care giving experiences into a successful practice in Palm Harbor. Contact Debbie at contact@wisdomhypnosis.com, and visit her website at www.wisdomhypnosis.com



The Cellular Universe

A Process for Healing

By Patricia V. Scott, Ph.D.

In this seminar, Patricia will explore the Unlimited Possibilities inherent in our miraculous mind-body design. Expand on your knowledge about how thought, words and attitude impact your physical experience. Bruce Lipton, Ph.D., in his book, "The Biology of Belief", states:

"...our new understanding of the Universe's mechanics shows us how the physical body can be affected by the immaterial mind. Thoughts, the mind's energy, directly influence how the physical brain controls the body's physiology. Thought "energy" can activate or inhibit the cell's function-producing proteins via the mechanics of constructive and destructive interference....."

"Patti" is a Certified Medical Hypnotherapist (since 1992), former President of the Hypnosis Education Association, Certified Master Trainer for the International Association of Counselors & Therapists, & Life Fellow with the International Medical & Dental Hypnotherapy Association. President of UP Hypnosis Institute, a Division of Unlimited Possibilities Hypnosis Inc., in Palm Harbor, FL, she maintains a private practice and offers Certifications and continuing education in Hypnosis and NLP, as well as personal development classes for the general public. Previously, Patti had a highly successful 20 year career as a professional singer, actor, dancer & published songwriter. For more information, go to: www.UPHypnosis.com

Did You Know ?

Here is some information to give you a better understanding of HEA.

Please email Jan Rysdon at happyheart@tampabay.rr.com if you note any incorrect or missing information. We are working to create an archive of our history.

HEA has a new web domain: www.HEAhypnosis.com Please change links on your website to HEA to reflect our new domain

Some History of the HEA

Once Upon a Time in a state of confused Yankees seeking retirement, there was an organization of hypnotists. It was the oldest continuously operating hypnosis organization in Florida and had been originally incorporated by its founders as a for-profit corporation. They named it "The Florida Association for Professional Hypnosis," FAPH. Each of the principle stockholders literally owned a piece of the organization through their stock and hoped to receive dividends as the organization grew based both on dues and sales of products like training materials. This they accomplished through the eighties as they held conferences in different locations around the state. But as members aged and became less active, attendance lagged and little profit was made.

After much consideration, members Buddy Todd and Earl Yawman decided to leave the FAPH to form a not-for-profit organization. Thus, the **Hypnosis Education Association** was born in 1999. Buddy and Earl carefully planned a Hospitality Evening at each conference with food, drinks, and socializing, which helped to build the membership and camaraderie of the group. Many of the original members, Buddy, Earl, Lynn Groves, Pat Brown, Joan Pataky, Dan Cleary, George von Hilsheimer, James Grant, Dorothy Ross, Michael Watson, Renee Sakr, and I were good friends and had been members of FAPH for years. Many of us were members of both organizations. Gradually, though, the FAPH dwindled as members retired while HEA grew and strengthened. As we move into our future, our responsibility continues to be to work together to make it a joyous time of learning and personal validation for each member. That will continue our growth.

~~~~~Respectfully submitted, J Ross Hester, PA-CH

### Lifetime Members

When a member has made great contributions to HEA and the field of hypnosis, the president may award the status of Lifetime Member to honor that member. Lifetime members are exempt from paying annual dues; they do pay conference and banquet fees; if a Lifetime Member is a presenter, then the conference fees are excluded.

These are our Lifetime Members:

2005 Lynn Groves  
2008 Joan Pataky  
2010 Michael Watson  
2013 Ross Hester

### HEA Aims and Purposes

1. To offer knowledge and education of the nature, uses and benefits of hypnosis to professional hypnotists and to the general public.
2. To reduce misconceptions and fears about hypnosis.
3. To establish and promote a hypnosis code of ethics.

### Awards

Each November at the Awards Banquet the president and/or the Board of Directors may honor deserving members of the field of hypnosis with some or all of the following awards.

**Yawman-Todd Founders Award** – formerly the Earl Yawman Award, named for one of our two founders; the award was changed to honor our other founder, Buddy Todd, after his death in 2013; *for exceptional accomplishments in advancing the field of hypnosis.* Recipients: Michael Watson, Buddy Todd, Dan Cleary, Robert Otto, Melissa Roth, Okka Holthuis, Susan Mair, Robin D'Antona, Joe McCauley and Lynn Groves.

**Achievement Award** -- *for contributions and accomplishments in the field of hypnosis.* Recipients: Michael Watson, Patricia Scott, Okka Hothuis, Dan Cleary

**Lynn Groves Keys to Excellence Award** – the Achievement Award was renamed in 2014 to honor Lynn's many years of service to HEA; *for contributions and accomplishments in the field of hypnosis.* Recipient: Patricia Scott

**Joan Pataky Community Service Award** – named for Joan to recognize her *dedication to community*

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*service.* Recipients: Buddy Todd and Dan Cleary

**President's Award** – the president may award a member *for dedicated service to HEA*; if the president is the recipient, the Board of Directors will give the **Board of Directors Award**. Recipients: Lynn Groves (twice), Michael Watson, Patricia Scott, Buddy Todd, Susan Mair, Greg Graham, and Carol Perrine

**Lifetime Member Award** – *for great contributions to HEA and the field of hypnosis.*

Recipients: Lynn Groves, Joan Pataky, Michael Watson, Ross Hester

**Dedication and Service as President** – *recognition of the outgoing President*

**Angel Award/ Buzzy Bee Award** – the president may create a name for this award to *recognize members who provide extraordinary assistance*

**Other awards** may be created to recognize outstanding services

**Nominations for awards** may come from the membership. To submit a nomination, send the name of the individual and pertinent details to the current president in the month of October.

### **Conference Presenters**

We are always on the lookout for presenters who will offer our members relevant information, up-to-date research, strategies and techniques, and other ideas that empower us to learn, grow and achieve excellence in our lives, personally and professionally. Speakers are requested to attend the entire conference and do not pay the registration fee. They do pay their own transportation, hotel, and meal costs. We do not pay for speakers. You may submit a proposal or nominate someone else to be a speaker. Contact our president to get more information.

### **LOCAL CONTACTS**

**Miami:** Santiago Aranegui (305) 267-0117 or (305) 267- 8277

**Palm Harbor/Tampa Bay:** Patricia Scott (727) 943-5003

**Jacksonville:** Susan Watson (904) 553-2646

**Stuart:** Beth Campbell (772) 419-8007

If you would like to be added, please contact the Editor.

### **Contact Us**

Carol Perrine, President: 352-328-8163

Jan Rysdon, Editor: 727-741-8513

[HEAcontact101@gmail.com](mailto:HEAcontact101@gmail.com)

[www.HEAhypnosis.com](http://www.HEAhypnosis.com)

## **Some Links for You to Consider**

Here are some websites with researched articles:

HMI College of Hypnotherapy: <https://hypnosis.edu/articles/>

Hypnosis Network: [www.hypnosisnetwork.com/articles/category/hypnosis-research/](http://www.hypnosisnetwork.com/articles/category/hypnosis-research/)

The Guide to Hypnosis: [www.theguidetohypnosis.com/research-on-hypnosis.html](http://www.theguidetohypnosis.com/research-on-hypnosis.html)

Wiley Online Library: [http://onlinelibrary.wiley.com/journal/10.1002/\(ISSN\)1557-0711](http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)1557-0711)

Hypnobirthing UK: [www.hypnobirthing.co.uk/hypnosis\\_in\\_childbirth\\_research.shtml](http://www.hypnobirthing.co.uk/hypnosis_in_childbirth_research.shtml)

International Certification Board of Clinical Hypnotherapy: <http://www.hypnotherapyboard.org/research-statistics-on-the-effectiveness-of-hypnosis-with-citations/>

**Note:** *If you have a link you would like to share, please email it to Jan Rysdon at [happyheart@tampabay.rr.com](mailto:happyheart@tampabay.rr.com). All submissions will be reviewed and considered for publication. Thank you!*