



HYPNOTES



A Publication of Hypnosis Education Association
www.HEAhypnosis.com



Congratulations to the HEA Award Recipients



From left to right (presented Nov. 18, 2017, by Katheryn Napier, President)
Al Behrens, *Lynn Groves Keys to Excellence Award 2016*

Jan Rysdon, *Angel Award*

Robert Brenner, *Lynn Groves Keys to Excellence Award 2017*

Shelley Stockwell-Nicholas, *Yawman-Todd Founders Award*

Michael Watson, *Presidents Award*

Donna Queeney, *Board of Directors Award*

Robert Otto, *Achievement Award*

Patricia Scott, *Joan Pataky Community Service Award*

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: Katheryn Napier
Vice President: Tamera Fontenot
Secretary: Carol Perrine
Treasurer: Donna Queeney
Hypnotes: Jan Rysdon
By-Laws: **Open**
Ethics and Standards: Ross Hester
Website: Ty Arnold
Hospitality: Richard Porritt
Social Media: Debbie Lane

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President's Message...

Dear HEA Members and Guests,

Expanding Your Hypnotic Horizons is the name of our Spring Conference in Oldsmar, Florida. And already we have an amazing lineup of Inspirational speakers. Our conferences are designed to expand our Horizons and knowledge to always be advancing the world of Hypnosis and educating our communities about the benefit of hypnosis for a Holistic alternative or complementary resource. We always want to educate and complement the medical world on the benefits of hypnosis. More and more we are learning that if it is in the mind, hypnosis has a very good chance of helping to change any unwanted, unneeded, unnecessary thoughts or behavior.

Hypnotists are astounding in their desires to always want to learn more and more, to never be motionless, always moving forward in pursuit of new and exciting Horizons. And therefore, we offer a conference with great speakers to continue that process. I have never been to a conference that I didn't learn something to take away to improve my practice and enhance my techniques. So, if you are looking for a day of stimulating education and some entertainment, make your way to Oldsmar and meet a unique group of inspiring hypnotists, speakers and like-minded healers.

Respectfully,

Katheryn

Katheryn Napier
President



Join or re-new your membership online at

www.HEAhypnosis.com

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

Expanding Your Hypnotic Horizons

One Day Only

Saturday, March 10, 2018

9 AM – 5:30 PM * 5:30-6:30 Buddy Todd Hospitality Hour**

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

[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
- Embrace the opportunity to recruit new members & meet new people
- Have fun with a caring, friendly, and most welcoming group
- And much, much more!

Pre-Register Online by March 7-- Conference Fees

Member -- \$35

Board of Directors -- \$17

HEA Non-member Spouse/Partner --\$40

Non-Member -- \$60



Pay your
dues online!
Only
\$50/year

Log on to www.HEAhypnosis.com/conferences/conference-2018-spring/ to pre-register by **March 7**,
OR mail your pre-registration fee check made out to HEA to arrive by March 7

Hypnosis Education Association Treasurer
26341 Dayflower Blvd.
Wesley Chapel, FL 33544

Register at the door: Add \$10 to above fees (cash, check, or credit accepted)

*****Bring cash/checks to purchase items and to participate in our opportunity drawing*****

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. 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 (subject to change)

9:00 – 9:30	Sign In, Meet & Mingle (Purchase Starbuck's coffee & breakfast goodies at the Bistro in hotel lobby -- www.courtyard.com/bistro)
9:30 – 9:40	Katheryn Napier – President's Welcome & Announcements
9:45 – 10:45	Erick Känd – Hypnosis Demonstrations Anyone Can Do!
11:00 – 12:05	LindaJoy Rose (aka Dr. Lj) -- Medical Marijuana and You
12:10 – 1:35	Lunch (on your own; we will provide a list of some local restaurants)
1:35 – 2:40	Katheryn Napier – Round Table: Hypnotic Techniques for Children
2:45 – 3:50	Lola Gascon - Moving Forward
4:00 – 5:00	Ron Queeney - Explore the Power of Your Hypnotic Horizons
5:05 – 5:15	Closing remarks. 50/50 Opportunity Drawing – HEA Fundraiser
5:30	Buddy Todd Hospitality Hour in the Bistro -- Cash Bar; Appetizers provided by HEA

~ ~ ~ Conference Presentations and Presenters ~ ~ ~



Hypnosis Demonstrations Anyone Can Do!

With Erick Känd

What do YOU do when someone asks, “Can you hypnotize me...right now?” No need to run, because it’s time to have fun!

- Learn simple hypnotic demos that can be woven into any group presentation.
- Use the “funnel” technique to hypnotize anytime, anywhere, without risking failure.
- Rapid induction techniques that develop confidence, AND make you look amazing!

You don’t need to be a Stage Hypnotist to perform impressive demonstrations. Demonstrating your craft “on the fly,” legitimizes you as an expert authority, and leads to more clients booking sessions.

Erick Känd has been in the business of hypnosis since 2001. He’s performed Stage Hypnosis shows in every state of the USA, hypnotizing over 20,000 people in the process. His Youtube channel has over 3 million views. He used to work as a CPA, and he kind of looks like Howie Mandel. Visit him at HypGuru.com

“...people are drawn to hypnosis demonstrations for the same reason that we’re fascinated with understanding the content of our dreams. Hypnosis shows us the power of the unconscious to rule our behavior, even if only temporarily.”

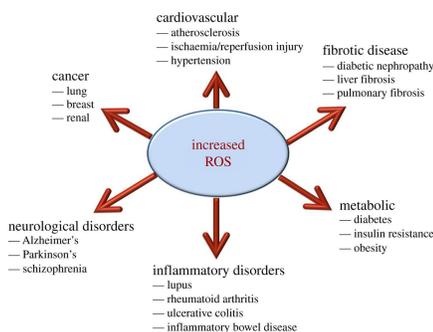
---Susan Krauss Whitborne, Ph.D., “The How-Tos of Hypnosis,”

www.psychologytoday.com/blog/fulfillment-any-age/201207/the-how-tos-hypnosis

Medical Marijuana and You Hypnosis and the Endocannabinoid System

With LindaJoy Rose, Ph.D.

Discovered only two decades ago, the human Endocannabinoid System (ECS) is the body’s regulator and impacts multiple systems and functions, including homeostasis and the “fight or flight” mechanism. CBD (legal in all 50 states) and Medical Marijuana (30+ states) are performing “miracles” these days. We will look at the history of the use of cannabis throughout the ages; recall how cannabis came to be politically demonized; look at the Endocannabinoid System; and discover how to enhance the Endocannabinoid System through hypnotic techniques.



LindaJoy Rose, Ph.D. aka “Dr. L J” is an international trainer, therapist, professional speaker, and author of eight books, including “Your Mind the Owner’s Manual”. A pioneer in the training and implementation of hypnotherapeutic training and subconscious dynamics internationally, Rose was the first Director of International Development for the American Board of Hypnotherapy and the creator of many original therapeutic modalities. She is the founder of the Natural Wellness Academy offering online certification worldwide in Holistic Health, Clinical Hypnotherapy, and CBD/Cannabis Coach. Get more info at www.naturalwellnessacademy.org and contact Dr. Lj at drljwellness@gmail.com

Round Table: Hypnotic Techniques for Children

With Kathryn Napier

First, we will cover some of the basics about working with children. I'll share some ideas from my experiences, and then we'll open up the floor for audience participation.

NOTE: Be sure to bring your ideas and techniques to this roundtable discussion.



Katheryn Napier, Board Certified Clinical Hypnotist with offices in Lake Mary and DeLand, FL, and President of HEA, has over 1,500 combined hours of training with Gerald Kein, Omni Hypnosis, Dr. George Von Hilsheimer, and William Baldwin. She works with children and adults, teaches Basic and Advanced Hypnosis Certification with Avalon Hypnosis and Training Center, also Metaphysical Training Certification, Teaching Basic & Advanced Remote viewing. She is a Universal Life counselor/Minister, a Reiki practitioner, and a cancer survivor. Visit Kathryn at www.AvalonHypnosis.com

I know that there are many highly-trained and experienced hypnotists out there who are intrigued and interested by the idea of working with the younger population.... Let me tell you right now that you already have those skills, you just need to use them in a different way! Are you willing to roll around on the floor? To use glove puppets and silly voices? To create dreams, secret places, fantasies? To act out being a magical person, or a fairy godmother or a wizard? To just be there, to listen, *really listen* to what they have to say? If the answer to these questions is Yes! then you can be sure that you really do have what it takes to work with these little guys.

--- Niki Cassar at <https://www.hypnosis.org/free-hypnosis/hypnosis-hypnotherapy-articles/niki-cassar/introduction-to-working-with-kids-and-teens-using-hypnosis.php>

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### Moving Forward *Step back into your future self*

With Lola Gascon

Isn't it time to shed off the baggage we carry and leave it behind? Imagine feeling light and energized again. This technique will help you to move forward. Leave the past and its heaviness behind; step into a present that feels good and a future you desire. This presentation will give you the tools to distance yourself from the challenges that are clouding your life and create effective ways to deal with them. You Matter!!!

**Lola Gascon**, LMHC, is a Florida Licensed Counselor and hypnotherapist who has appeared in local news as an expert consultant and has worked extensively with the military population nationally and internationally. She is NLP, Hypnosis, and Neurocise certified. She merges therapeutic techniques with coaching approaches for a complete synchronization of the individual. Contact Lola at Email: [therapsych@gmail.com](mailto:therapsych@gmail.com)  
Website: [WWW.lolagascontherapy.com](http://WWW.lolagascontherapy.com)



The only real obstacle in your path to a fulfilling life is you, and that can be a considerable obstacle because you carry the baggage of insecurities and past experience. ~ Les Brown

## Exploring the Power of Your Hypnotic Horizons

With Ron Queeney, CHt.

Discover the power of your hypnotic mind that you can enjoy and share. We begin with a short demonstration of utilizing your talent. And then... Experience the grand finale of my version of Patti Scott's version of "The Red Bull" (in your refrigerator). Promising to be stimulating, educational, and opening doors to your hypnotic horizons!



*In practice since 2005, Certified Hypnotherapist, Integrative and Transformational, Health Life Coach **Ron Queeney, CHt.**, offers the Tampa Bay Area the benefits of professionalism, experience, and knowledge in the practice of Hypnotherapy and NLP. His confidence in hypnosis is the result of reviewing clinical studies, and significant research into the health and wellness benefits of hypnotherapy, as well as direct client experience. Ron completes significant continuing education in Hypnotherapy and NLP every year, and maintains certification through the IMDHA, IACT, HEA, IIN and NLP Comprehensive. As a result, Ron Queeney, CHt., brings a professional approach to hypnotherapy and client health. [www.tampahypnosiscenter.com](http://www.tampahypnosiscenter.com)*

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November 2017 Conference Update ...



Crazy Gift Exchange and Buddy Todd Hospitality Hour: We had a wonderful turnout for the tasty dinner and fun gift exchange. A suggestion for future Friday night hospitality hours is to have some getting-to-know-you activities. We will do that in November 2018!!



ELECTIONS... Katheryn continues to serve as president. [NOTE: Officers serve a term of two years. President and Secretary begin terms on January 1st of even years; Vice President and Treasurer begin terms on January 1st of odd years.] Many thanks to these officers for agreeing to serve the HEA in upcoming years:

- **Katheryn Napier, President** for 2018-2020 term
- **Tamera Fontenot, Vice President** for 2017-2019 term
- **Carol Perrine, Secretary** for 2018-2020 term
- **Donna Queeney, Treasurer** for 2017-2019 term

Other Board of Director members will continue to serve...

- **Richard Porritt** - Hospitality Chairperson
- **Open** - By-Laws Chairperson – **We need someone to volunteer!!!**
- **Debbie Lane** - Social Media Chairperson
- **Jan Rysdon** - Publications and Publicity Chairperson - *Hypnotes* Editor
- **Ross Hester** - Ethics Chairperson
- **Ty Arnold** - Webmaster

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
2015	Patricia Scott

Contact Us

Katheryn Napier, President: 407- 492-7363
Jan Rysdon, *Hypnotes* Editor: 727-741-8513

Email: HEAcontact101@gmail.com

www.HEAhypnosis.com