



HYPNOTES



A Publication of Hypnosis Education Association
www.HEAhypnosis.com

Rest in Peace, our dearest Donna Queeney

HEA: *Bringing You Clearer Vision in 2020*



As we move into a new decade, may the words of George Bernard Shaw give you insights to excellence:

This is the true joy in life, being used for a purpose recognized by yourself as a mighty one. Being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it what I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It is a sort of splendid torch which I have got hold of for the moment and I want to make it burn as brightly as possible before handing it on to future generations.

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: Michael Watson
Vice President: Patricia Scott
Secretary: Carol Perrine
Treasurer: Susan Watson
Hypnotes: **Open**
By-Laws: Nancy Solook
Ethics and Standards: Ross Hester
Website: **Open**
Hospitality: Richard Porritt
Social Media: Joy Yanes

President's Message...

Dear HEA Members and Guests,

Foresight is 2020 as we look to this new year at HEA with a renewed spirit and a vision for the future. When we first began over twenty years ago, I was drawn to HEA because I wanted to connect with the hypnosis community in Florida to enjoy the collegiality and support that comes from being a part of a group. At that pre-Facebook time, there were few options for association with other hypnotists except for the large national conventions. Now there are LOTS of options at home, online, and around the world where you can interact with other hypnotists, but there are few places where you can get to know people "close up" and connect as the family we have become at the HEA.

We are looking forward to new and continued growth as we go forward and provide you with some special new offerings that will add to the benefits of membership in the HEA ... and we're so glad to have you here as a part of it. Please support us with your dues and attendance ... invite friends and associates ... participate with us online ... and let us know how we can support you in your work. And if you'd really like to be a part of the family, remember that it's all done by volunteers. We're so thankful to have the good people that we have making this all possible. And we're delighted to have you join us.

Respectfully,

Michael

Michael Watson
President



Join or re-new your membership online at www.HEAhypnosis.com/join-us

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
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 2020 Conference

Bringing You Clearer Vision in 20/20

“Eyes on the Prize”

Saturday, March 14, 2020

9 AM – 5:30 PM * 5:45-6:45 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 9-- Conference Fees

Member -- \$35

Board of Directors -- \$17

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

Non-Member -- \$60



Pay your
dues online!
Only
\$55/year

Log on to <http://heahypnosis.com/conferences/conference-2020-spring/> to pre-register **by March 9**,
OR mail your pre-registration fee check made out to HEA to arrive by March 9

Hypnosis Education Association Treasurer
6821 Southpoint Dr. N. Su 111
Jacksonville, FL 32216

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 – 9:45 Opening – **Michael Watson**, President

9:45 – 11:00 **Michael Watson**, The Possible Dream

11:00 –12:30 **Sean Michael Andrews**, Stage Hypnosis-Inspired Techniques to Make Hypnotherapists More Successful

12:30 –2:00 LUNCH on your own

2:00 – 3:30 **Hugh Harney**, The Wholeness Work

3:45 – 5:15 **Tracy Riley**, Rapid Resolution Therapy

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~~~

9:45-11:00

The Possible Dream

With Michael Watson



George Bernard Shaw says that the true joy in life comes from being used for “a purpose recognized by yourself as a mighty one.”

We will explore how to...

- discover the mighty purposes that can enrich your life and your community.
- clarify your goals so that they almost achieve themselves.
- eliminate the obstacles in your path.
- connect with a spirit of enthusiasm and commitment that will carry you joyously to success.

This fast-paced presentation will include numerous exciting tips, tricks, and techniques that can be used for yourself, your clients, or even groups, teams and organizations.

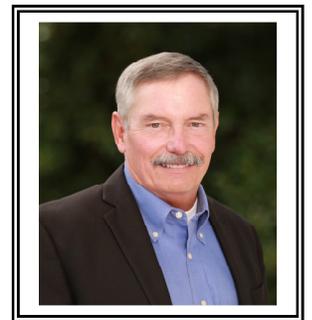
Michael Watson is an internationally known trainer of Hypnosis and NLP with over 40 years of experience in the field. A past president and lifetime member of the HEA, he is a board member and Diplomate of the International Medical and Dental Hypnotherapy Association. He is the creator of the Virtual Chapter and co-hosts the meetings every month online with Karen Hand. He runs a full-time practice in Orlando, Florida, and online and offers training for hypnotists who want to take their practice virtually everywhere. Contact Michael at FLHypno@outlook.com www.phoenix-services.org

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**11:00-12:30**

### **Stage Hypnosis-Inspired Techniques to Make Hypnotherapists More Successful**

**With Sean Michael Andrews**



What can Hypnotherapists learn from stage hypnosis to give demonstrations during talks to recruit new clients? How can these same techniques increase the effectiveness of hypnotherapy sessions? Learn how to easily give killer presentations that wow the crowd and make participants WANT to book appointments with you. Sean will also teach how to choose the best volunteers so that the demonstrations always work. Finally, Sean will show how to prove hypnosis to clients to increase the effectiveness of your therapy and ensure you never again hear a client say, “I’m not sure I was hypnotized.”

**Sean Michael Andrews** is a graduate of Regents College. He is a Master Practitioner of Neuro-Linguistic Programming and a certified Instructor with NGH and IMDHA. Sean is the Supervising Instructor for the Dave Elman Hypnosis Institute and he is the 2018 IACT Hypnotist of the Year. He has taught in 17 countries. Sean is a hypnosis researcher who resides in Orlando, Florida. He holds a black belt in Taijutsu Karate. Sean is considered by many to be the World’s Fastest Hypnotist.

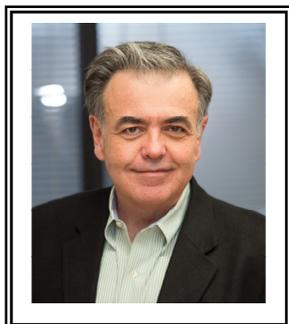
Contact Sean at [www.worldsfastesthypnotist.com/](http://www.worldsfastesthypnotist.com/) [sean@worldsfastesthypnotist.com](mailto:sean@worldsfastesthypnotist.com)

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**2:00-3:30**

**The Wholeness Work**

**With Hugh Harney**



**The Wholeness Process** is a recent development from NLP developer Connirae Andreas. It is a new “path to awakening.” A new way of resolving life problems. A direct path to fundamental experience. It helps with insomnia, relationship issues, pre-migraine auras, difficult emotions, and more. It provides a surprisingly straightforward and effective way to transform life issues. (<https://wholenessprocess.org/>)

**Hugh Harney** studied in many forms and schools of hypnosis over the past 20 years. He uses trancework to facilitate clients reaching their inherent higher selves. He views “The Wholeness Work” as the most efficient means for enabling people to integrate their fundamental perceptions in a manner that supports their core desires. Contact Hugh at [hharney@mac.com](mailto:hharney@mac.com)

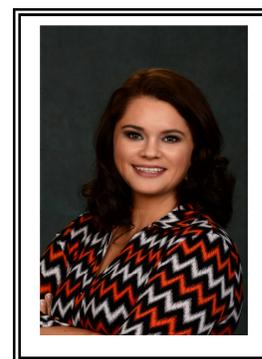


**3:45-5:15**

**Rapid Resolution Therapy**

**With Tracy Riley, Ph.D.**

So many times, the mind confuses what has happened with what is currently happening as the mind plays an event over and over. The broken record can get stuck, and it recreates the trauma many times over. And because the diagnosis of Post Traumatic Stress Disorder is so prevalent, it is imperative to learn new techniques to quickly eliminate the broken record player with the people you see. This presentation will offer a quick and easy hypnotic technique to alleviate symptoms of trauma.



**Dr. Tracy Riley, LSCW**, obtained her Bachelor’s Degree from Auburn University in Social Work, and then a Master’s Degree, also in Social Work, from Florida State University. She has been licensed as an LCSW in Florida for over 10 years. She also obtained a special certification from the University of Colorado in Death and Grief Studies. Most recently, Dr. Riley completed her Doctorate in Clinical Psychology. With her southern charm and good-natured humor, Dr. Riley’s superpower is energetic communication: the key ingredient she uses to inspire, influence and impact. Contact Tracy at [tracy@tracyriley.com](mailto:tracy@tracyriley.com) [www.tracyriley.com](http://www.tracyriley.com)

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## November 2019 Conference Update ...

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

- **Michael Watson, President** for 2020-2022 term
- **Patricia Scott, Vice President** for second half of 2019-2021 term
- **Carol Perrine, Secretary** for 2020-2022 term
- **Susan Watson, Treasurer** for second half of 2019-2021 term

Other Board of Director members who will serve...

- **Richard Porritt** - Hospitality Chairperson
- **Nancy Solook** - By-Laws Chairperson
- **Joy Yanes** - Social Media Chairperson
- **Open** - Publications and Publicity Chairperson - *Hypnotes* Editor
- **Ross Hester** - Ethics Chairperson
- **Open** - Webmaster

### Contact Us

Michael Watson, President: 407-733-8963

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

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

### 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 |
| 2018 | Carol Perrine  |
| 2018 | Jan Rysdon     |