



HYPNOTES



A Publication of Hypnosis Education Association
www.HEAhypnosis.com

Beyond 'The New Normal'

Here are some Goodreads quotes explaining what folks think about 'The New Normal':

"We sense that 'normal' isn't coming back, that we are being born into a new normal: a new kind of society, a new relationship to the earth, a new experience of being human."

– **Charles Eisenstein**

"If all that we see are the scattered pieces of 'what was,' the story of 'what is yet to be' will never be told. If, however, we are able to envision the pieces as what they are now freed to be, the story of 'what is yet to be' will stand among the greatest ever told."

– **Craig D. Lounsbrough**

"I learnt lessons at every step of life, COVID-19 pandemic was the examination & Innovation will be the new normal."

– **Omkar More**

"Shout-out to everyone who won't be going back to 'normal'! Those who will refuse to allow the nonsense they used to. Those who will set new healthy standards. Those who will let go, forgive, and move on. Those who will finally act upon their goals and dreams. Those who will never again shrink themselves for those who refuse to grow. Those who will fall back in love with life. Those who will come out of this chaos stronger and more badass than ever!"

– **Steve Maraboli**

What do you think? I'm with Steve!!

~~Jan Rysdon

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

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President's Message...

Dear HEA Members and Guests,

Just about a year ago, (March 14th, 2020) we held our Spring HEA meeting in Oldsmar. Two days later, we were locked down due to CoVid19. Suddenly we had to find new ways to do our work. And new ways to love our lives. Some of us shut down, some of us went online, and some of us started taking classes on the internet. And while we were adjusting as professionals, our clients were struggling to find new ways to live their lives. Under quarantine, relationships were tested, anxiety thrived, a contentious political climate created further tension, and our services were needed more than ever.

Today, it appears that there is an end in sight. It's curious how things will be for us once the pandemic dust settles. Will we go back to our old ways, or have things been changed for good? Will our increased use of the internet for shopping, learning, and even therapy be the way of the future for hypnotherapists and NLPers and other complementary and alternative caregivers?

Moving forward involves healing and recovery, adaptation and empowerment, and a new vision.

What have we learned from our experience? What is the value to this latest "unsettling"? How can it guide us forward ... into the future ... ***beyond the new normal?***

I'm looking forward to seeing you all at the conference as we explore together.

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 2021 Conference

Beyond 'The New Normal'

Saturday, April 24, 2021

9:30 AM – 5:00 PM

Our conference will be held via Zoom!

The presentations in this conference will be digitally recorded with full Video and Audio. Everyone who registers will receive a link to join the conference as well as a link to download the recordings after the conference once they are posted.

So even if you can't make it on the 24th, register now to go 'Beyond' with us!
(But you must register for the conference to get the recordings!)

Come and join us to 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!

Conference Fees

Member -- \$35

Board of Directors -- \$17

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

Non-Member -- \$60



Pay your
dues online!
Only
\$55/year

Pre-Register Online by April 22

Log on to [Hypnosis Education Association Spring 2021 Conference - Hypnosis Education Association \(heahypnosis.com\)](https://www.heahypnosis.com)

Conference Schedule-at-a-Glance (subject to change)

9:30 – 10:00	Sign in to Zoom, Meet, & 'Mingle'
10:00 - 10:15	Michael Watson - President's Welcome and Announcements
10:15 – 11:15	Robert Otto – Keynote Address: “The Wonder of You”
11:15 – 11:30	Break
11:30 – 12:30	Lisa Mangoni – “From Diagnosis to Resilience”
12:30 – 1:30	Lunch
1:00 – 1:30	Post lunch forum – “Lessons from the Pandemic” (For those who only need a 30-min lunch break, join us to discuss things we've learned, how we've grown, how will things be different in the future, what shall we do now?)

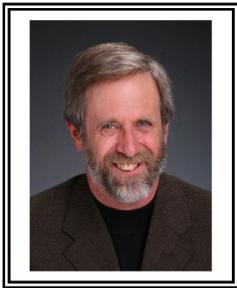
1:30 – 2:20 **Joseph Onesta** – “Metabolic Science and Hypnosis: A Perfect Combination”
 2:20 - 2:30 Break
 2:30 – 3:20 **Paula Daoust** – “Sarah Saves Her Job: Healing Important Work Relationships”
 3:20 – 3:30 Break
 3:30 – 4:30 **James Tripp** – “Coaching Adaptiveness Through Major Life Changes”
 4:30 **Closing remarks and evaluation.** Till we meet again in Orlando in November!

~~~**Conference Presentations and Presenters**~~~

**10:15-11:15**

**Keynote Address: The Wonder of You**

**With Robert Otto**



Healing, persistence, and the infinite power to manifest can all be yours. When we change our mentality, we change our reality. In this presentation Robert will share some thoughts on ...

- How to engage in enduring persistence
- Effective thinking
- How to become a peak performer
- Taking a positive direction
- How to attract what you desire

**Robert Otto**, president and CEO of the International Association of Counselors and Therapists and the International Medical and Dental Hypnotherapy Association®, has had a hypnosis career that spans more than 4 decades. He has conducted 4,500+ workshops and seminars; spoken on behavior modification in 29 states; worked with major hospitals and corporations; and frequently appeared on radio and TV. His work has been featured in dozens of newspapers, magazines and professional hypnosis journals, and can also be found in McGill’s Encyclopedia of Hypnotherapy, Everyday Miracles in Hypnotherapy, Hypnotize This, Through the Looking Glass, and others. As a pioneer in the profession, he is the first hypnotist to receive a Certificate of Special Congressional Recognition listed in the Library of Congress. Contact Robert at 570-869-1021.

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11:30-12:30

From Diagnosis to Resilience

With Lisa Mangoni

Some transitions in life are expected, exciting and welcomed, but there are others that hit you like a brick- suddenly, without warning- devastating you, blindsiding you and leaving you with no support -alone and wondering what you are going to do.

That is where this program can help. Lisa’s program: “From Diagnosis to Resilience” is a comprehensive hypnosis and coaching program that will give you support from the day you hear those words of being diagnosed, through the treatment cycle(s), and then finally into the recovery and beyond.



In this 60 min. program, Lisa will teach hypnosis practitioners a way to customize a recovery program for those clients diagnosed with serious illness, in their own style. You will walk away with practical strategies and a couple of usable take-aways.

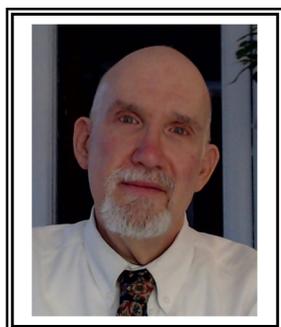
***Lisa Mangoni** is an educator, medical hypnotist, and personal growth coach in Sarasota, FL. She has worked with clients around the country and internationally since 2007. Her coaching work focuses on life’s transitions, both expected, and those created by sudden illness. Contact Lisa at (941) 807-3007 <http://coachlisamango.com> OR <https://shiftinsrq.com>*

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**1:30-2:20**

**Metabolic Science and Hypnosis: A Perfect Combination**

**With Joseph Onesta**



Metabolic Science combined with client-centered hypnotherapy is the ultimate answer to helping clients lose weight and/or control, even reverse Type 2 diabetes. Weight control is not merely portion control, and the old paradigm of calories-in and calories-out has never been based on science. Permanent results require permanent change, and the combination of sound metabolic science combined with the art of clinical hypnosis has the potential of making a significant contribution to the health and wellness of our clients. Based on research and his own journey out to reverse insulin resistance, Joseph designed a hypnotherapy program he now uses to help his clients lose weight and gain control over Type 2 diabetes.

***Joseph Onesta** is a board-certified clinical hypnosis practitioner by the International Medical and Dental Hypnosis Association (IMDHA), the American Council of Hypnotist Examiners (ACHE), and the International Certification Board of Clinical Hypnotherapy (ICBCH) where he is also certified as an instructor. He regularly presents at conferences. In addition to his clinical practice, he privately mentors and supervises new hypnotists in the development of their skills and practice. He is the author of Hypnofasting Program Guide: A Practical Plan to Lose Weight and Control Type 2 Diabetes and Uneasy Faith: How to Survive Religious Trauma without Sacrificing Spirituality. Contact Joseph at [josephonesta@yahoo.com](mailto:josephonesta@yahoo.com) [www.mindpowerpittsburgh.com](http://www.mindpowerpittsburgh.com)*

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**2:30-3:20**

**Sarah Saves Her Job: Healing Important Work Relationships**

**With Paula Daoust, Ph. D.**



For many, the pandemic has made working from home and Zooming the new working reality. Even with vaccinations on the horizon, working remotely is likely to remain the norm for many. Work relationships can easily become tense, but with remote work, conflict can be amplified. In this world, there are fewer informal interactions and the potential for misreading cues in the video world is ever present. The temptation to avoid a risky and messy conflict is easy to indulge in the world of remote work, but this can have disastrous results. Hypnosis is an ideal vehicle for helping our clients muster the courage they need to step up and address a conflict. This presentation will trace Sarah's journey towards her courageous conflict resolution.

*Dr. Daoust is a behavioral psychologist and a certified hypnotherapist. This combination provides her with unique insight and tools for addressing conflict. Dr. Daoust served as the director of a leadership academy for a large corporation for over 15 years and has taught business and social work students for over 30 years. In these roles she has coached hundreds of people, at all stages in their careers from entry level to C-suite, to pursue their peak performance. Dr. Daoust is the author of Conflict at Work; I CAN Speak; Using Emotional Intelligence in Sales and Conflict at Work: The Companion Workbook.*

Contact Dr. Daoust at [DrPaula@BehaviorTransitions.com](mailto:DrPaula@BehaviorTransitions.com) [www.behaviortransitions.com](http://www.behaviortransitions.com)

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3:30-4:30

Coaching Adaptiveness Through Major Life Changes

With James Tripp



In 2021 the world needs effective change agents perhaps more than ever. Due to the combined forced of rapidly advancing technology and the impact of the Covid crisis, millions of people's professional and personal lives have been upended. Old certainties have gone and many are feeling lost.

But we human beings are highly adaptive. Indeed, at an individual level, we are the paragon of adaptability among all species on this planet. The trouble is that many have lost touch with their inherent adaptability though becoming institutionalised into their old lives.

In this presentation we explore some of the key aspects to coaching transition (with and without hypnosis) and reconnecting people to their inherent adaptability.

James Tripp is a coach and people developer who makes extensive use of hypnosis and hypnotic communication in his work. He is known internationally as the developer of the 'Hypnosis Without Trance' approach to hypnosis. Aside from his primary work coaching independent life-path creators (creatives and agile entrepreneurs), he also (through his work with Rock2Recovery UK) has extensive experience coaching medically discharged military personnel in transitioning from service life to civilian life (often including the transcendence/transformation of 'PTSD'). Contact James at tripp@jamestripp.co.uk www.jamestripp.co.uk

November 2020 Conference Update ...

ELECTIONS... [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:

- **Patricia Scott, Vice President** for 2021-2023 term
- **Susan Watson, Treasurer** for 2021-2023 term

Other Board of Director members who will serve...

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

Contact Us

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Website: 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