



HYPNOTES



A Publication of Hypnosis Education Association
www.HEAhypnosis.com

Rest in Peace, Paul Levin (1957-2022)



****NEW** Benefits for Members!**

Exciting things are happening at the HEA,
and we want you to be a part of every moment.

To show appreciation to our members for supporting the HEA, **MEMBERS ONLY** are invited to **free**, special Zoom events held various times during the year. When your current year dues are paid, you will receive the login information for these events about 2 days beforehand. If your dues aren't paid, you'll still have time to get in on the action. Look for event info on our Facebook page.

Hypnosis Hangout:

Come hang out in the evening with other members for an hour and a half to share and learn ideas in a friendly and interactive space. Sometimes members will present ideas, and sometimes there will be open discussions on a relevant topic. Contact Patti Scott if you have an idea for a future Hangout. The last Hangout was on August 31st when Patti and Michael Watson co-presented "The Language of Hypnosis" with some easy-to-use tips about empowering your language.

Living Legends:

Since most of our members rarely get to learn from Living Legends, Patti has planned special evening Zoom get-togethers just for members. The first was with Larry Elman. Shelley Stockwell-Nicholas will delight members with her clever and fun ideas on Friday, Oct. 21.

Be on the lookout for details about upcoming Zoom Hangouts and Living Legend get-togethers!

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 in a friendly and warm environment so they may be empowered to learn, grow, and achieve excellence in their lives, personally and professionally.

Board of Directors

President: Patricia Scott
Vice President: Michael Watson
Secretary: Carol Perrine
Treasurer: Susan Watson
Newsletter: Jan Rysdon
By-Laws:
Ethics and Standards: Ross Hester
Website: Jan Rysdon
Communication:

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President's Message...

Members and Friends of the HEA –

Since I was elected President of HEA for the 2022-2023 term, it has been an exciting and, yes, challenging year. When I came up with the theme “Rejuvenation” for our spring conference, I didn’t realize just how prophetic that theme was. I had been thinking about the unique challenges we have all faced the past couple of years, and then we faced a new, very serious challenge in Hurricane Ian. As usual, HEA members banded together to reach out and support their fellow members. It seems to me that after spending the past couple of years being forced to become more separated and distanced, our human instinct now is to become even closer and more connected. I’m hearing comments from other hypnotists and my students about how they are feeling a strong need to connect with others in the hypnosis community. Now that we are also offering on-line events for our members, we have new possibilities for connecting throughout the year.

In line with our rejuvenation mission, October 21, 8:30-10:00pm (Eastern US), we are offering our 2nd “Living Legends” on-line event for members only. This time we are featuring Shelley Stockwell-Nicholas, a true living legend in the world of hypnosis. Those who know her will agree that 1 ½ hours with Shelley is, on its own, worth the price of membership. We have also had two on-line “Hypnosis Hangouts” where members met more informally to learn and enjoy interacting, so watch for the next one.

Get ready for our biggest live event of the year Nov. 11-13, our Fall Conference. The theme is “Shifting the Paradigm of Hypnosis,” and we have a beautiful new venue, Drury Inn & Suites near Universal, and two days of innovative and talented presenters. Be sure to book your room(s) and register early. And be sure to attend our Friday evening social and crazy gift exchange with complimentary food and beverages. This is where you will discover why people say we are the friendliest hypnosis group. For a limited time, we are able to invite new attendees to attend the conference for only \$55 (This includes the Friday night social & Saturday awards dinner!).

A CALL TO SERVICE! Our wonderful volunteers on the Board of Directors and Committees are the life force of this group. They all generously contribute their time and energy out of a love for the HEA, the field of hypnosis, and helping people. **We are currently seeking nominees for Vice President and Treasurer for 2023-2024**, as well as other committee chairs, including someone with skills to keep our website updated and someone to handle communications (Facebook, e-mails, etc.). It’s hard to overstate how gratifying it is to be a contributing member of this beautiful organization, so please know that we will appreciate and utilize your dedication and expertise.

Let’s all get together and enjoy some face-to-face time and be collectively instrumental in “Shifting the Paradigm of Hypnosis” for a better future for everyone. See you there.

Patti

Patricia Scott
President



HEA Fall Conference 2022

Shifting the Paradigm of Hypnosis

Friday, Nov. 11 – Sunday, Nov. 13, 2022

We've moved to a new location!!!

152 Drury Inn and Suites Near Universal Orlando Resort

7301 West Sand Lake Road, Orlando, FL 32819

www.druryhotels.com

Make YOUR RESERVATION by Thursday, Oct. 27!!

www.druryhotels.com/bookandstay/newreservation/?groupno=10024155

Or Call (407) 354-1101 or 800-325-0720 and mention group 10024155

Hypnosis Education Association rate is \$134/night +tax for king or 2 queens

Complimentary hot breakfast for hotel guests!

**For hotel guests complimentary Kickback® - 5:30–7 p.m. Hot food & 3 drinks-
beer, wine, mixed and soft drinks.**

Non-hotel guest HEA attendees may purchase Kickback® for \$10.99 +tax at front desk per day

Pre-Register for the conference by Monday, October 31, 2022

Log on to <http://heahypnosis.com/conferences/fall-conference-2022/> to **pre-register**. To pay the Member conference fees, you must have paid the 2022 dues by Oct 31. Email Susan Watson at HEAcontact101@gmail.com if you are unsure about your status. It's time to renew or join!

To show our appreciation: We will make audio recordings of all of the presentations. After the weekend, they will be made available for download as our free gift to all who register for the conference.

Registration Fees:

Member – \$125

Board of Directors – \$75

Member's Non-member Spouse/Partner – \$95

Non-Member – \$195

1st Time Conference Attendee – \$55

Saturday Banquet Only for your guest – \$45

Your registration fee includes conference fees, our tasty Friday night light meal, and the Saturday HEA Awards Banquet & Fun buffet. We also offer the "Saturday Banquet Only" for your guests who don't wish to attend the conference (Why on earth wouldn't they??). The Saturday buffet includes **Breast of Chicken** with Basil Champagne, caramelized onions, smoked gouda, cream sauce; **Beef Tips with Mushroom cognac cream sauce**; **Penne Marinara (Veg.)** with baby spinach, plum tomatoes, caramelized onions and shaved parmesan (on the side); **Crisp Green Beans with lemon butter**; **Caesar Salad, Parmesan Breadsticks, and Dessert.**

NOTE: Same day registration at the conference will include an additional \$10. We accept cash, check & credit cards at the door. You may also mail your registration check in advance. Make it out to HEA and send to Hypnosis Education Association, 6081 Maggie's Circle, #106, Jacksonville, FL 32244. Bring extra cash for our 50/50 Opportunity Drawing and to purchase items sold by presenters and members. See you soon!



Friday Night Details: We gather at 6:30 p.m. in our conference room to celebrate the season and have fun as Buddy Todd, our dearly departed Hospitality Chairman, always helped us do. Light food and sodas are provided by HEA. Casual attire.

If you would like to participate in the **Gift Exchange**, bring a **NEW** wrapped gift of \$10-15 value appropriate for any of the participants (popular items include wine, items for the office or home, and holiday items.) When it's time for the exchange, you'll see how "crazy" it can get as gifts are selected and sometimes "stolen"! That's the "crazy" part, so get ready to laugh!! Which gift will you take home?!!



Conference-at-a-Glance**

Friday, November 11

- 5:30 – 6:30 **Kickback®** food and cocktails in dining area for hotel guests
- 6:30 - ? **Buddy Todd Hospitality Night & Crazy Gift Exchange in conference room.** Food and sodas provided by HEA. Bring a NEW gift of \$10-15 value.

Saturday, November 12

- 9:00 – 9:30 **Sign In, Meet & Mingle**
- 9:30 – 9:45 **Patti Scott**– President's Welcome & Announcements, Nominations for Vice President & Treasurer
- 9:45 – 10:30 **Art Emrich** – New Innovation for Teaching Hypnosis (Part 1)
15 min. Break
- 10:45–11:45 **Art Emrich** – New Innovation for Teaching Hypnosis (Part 2)
- 11:45-12:00 Hypnosis Quickie
- 12:00– 1:30 **Lunch** (on your own)
- 1:30 – 2:30 **Jan Rysdon** – The Ayes Have It!
15 min. Break
- 2:45 – 3:45 **Wieslaw "Wes" Rocki** - Transformative Power of Disease-Induced Solitude
- 4:00 - 5:00 **Board Meeting** (All Are Welcome)
- 5:30 -7:00 **Kickback®** food and cocktails in dining area for hotel guests
- 7:00-9:30 **HEA Awards Banquet & Fun**

Sunday, November 13

- 9:00-9:30 **Sign In and Mingle**
- 9:30-9:45 **Patti Scott** - Announcements and Elections
- 9:45-10:45 **Jessica Hanson** – Breaking the Trance of Grief
15 min. Break
- 11:00-12:00 **Michael Watson** – Hypnosis, Naturally
- 12:00-1:30 **Lunch** (on your own)
- 1:30-2:30 **Jackie Young** – Knowledge is Power
Hypnosis Quickie
15 min. Break
- 3:00-3:45 **Presenters' Panel** – Shifting the Paradigm of Hypnosis w/Q&A
- 3:45-4:00 **50/50 Raffle** Drawing & Announcements
- Farewell:** Till We meet in Oldsmar, FL, in April, 2023

Presentation details begin on Page 5

***This schedule is subject to change*

Reminder!!

Pay your 2023 dues when you register for the conference.

Dues are only \$55/yr.

HEA membership runs from Jan. 1 to Dec. 31 for all members, no matter when you join.

Easy to pay online--
www.HEAhypnosis.com
or make a check out to
HEA & mail to:

Hypnosis Education
Association Treasurer
6081 Maggie's Cr #106
Jacksonville, FL, 32244

~~~Conference Presentations and Presenters~~~

Saturday, November 12, 2022
9:45-10:30 and 10:45-11:45



New Innovations for Teaching Hypnosis (Parts 1 and 2)

With Art Emrich

Art's company, U-Solutions LLC, was just approved as an IMDHA school, and Art has been developing an innovative model of certification that he has been using with his students. It involves more time for students to do hypnosis and much more feedback on their efforts. After covering a topic and explaining the basics, Art then hypnotizes the students, applying what they learned. Then each student hypnotizes Art or another student with their understanding of what they learned. Afterwards, everyone gives

feedback to the "hypnotist". They are also assigned topics and asked to prepare a teaching module for it, after which they teach the material to the group and get feedback. This teaching style has proven to be much more intense for the student and gets them into the material as both student, teacher, and demonstrator right from the start.

Art Emrich - MBA, PhD - **Head Coach and Director**
U-Solutions, LLC - An approved hypnosis training school of IMDHA
Life Fellow - International Medical and Dental Hypnosis Association (IMDHA)
Board Certified Hypnotist - International Association of Counselors and Therapists
Contact Art at 941-685-9622 www.U-Solutions.net

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**Saturday, November 12, 2022**  
**1:30-2:30**

### **The Ayes Have It!**

**With Jan Rysdon**



What if you could support your clients in changing 'nays' to 'ayes'? What if negative thoughts, memories, ideas, actions, stressors, etc., could become more neutral and easier to handle? Research into the vagus nerve, electrical stimulation, and eye movement reveals that the answers to these "What if?" questions are not only plausible but possible. I'll discuss the research, and you'll practice some easy-to-use strategies to support you and your clients in making changes.

**Jan** has been using and teaching self-hypnosis and visualization techniques to students, clients, and the general public for over 30 years. She studied hypnosis with Patti and Michael in 2007 after retiring from teaching Public Speaking at St. Petersburg Community College. She is the co-author of two books on Heart-Thoughtful Mindfulness available on Amazon. Jan is editor of Hypnotes and manages the HEA website. Contact Jan at [happyhearthyphno@yahoo.com](mailto:happyhearthyphno@yahoo.com) [www.JanRysdon.com](http://www.JanRysdon.com)

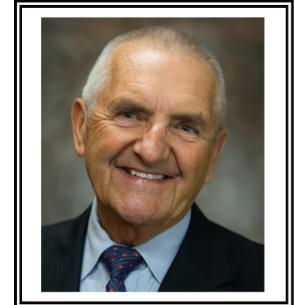
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**Saturday, November 12, 2022**  
**2:45-3:45**

**Transformative Power of Disease-Induced Solitude**

**With Wieslaw “Wes” Rocki, MD., PhD., CHt.**

Facing chronic and/or life-threatening diseases opens to the solitude of the individual, unique and intimate experiencing of illness and its consequences. Majority of patients, fearing that solitude, run into frantic resistance/denial which leads to an internal war and exclusive reliance on external resources; healthcare and family/friends. Yet, a resourceful embracing the solitude of disease may lead to identifying the root causes and connecting to the inner self-healing resources.



Since most of the chronic diseases are of psycho-somatic nature, hypnotherapists have a unique opportunity/obligation to help patients to recognize disease-solitude as the gate to finding meaning and arriving at self-realization as health. Wes invites you to join him in this interactive presentation where together you will explore the self-healing potential of disease-induced solitude.

*Wes is a physician, scientist, hypnotherapist, artist, and most of all, a passionate student of self-healing. He mentors his patients in realizing their inner self-healing resources and using them for partnering with the external healing resources, e.g. healthcare. His practice combines hypnotherapy, applied improvisation and the knowledge of medicine (conventional and alternative). Contact Wes at [drwes@selfhealingcare.com](mailto:drwes@selfhealingcare.com) [www.selfhealingcare.com](http://www.selfhealingcare.com)*

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**Sunday, November 13, 2022**  
**9:45-10:45**

**Breaking the Trance of Grief**

**With Jessica Hanson**



GRIEF is about more than just death. Grief: *a normal reaction to a loss of some sort. You are already successfully working with clients who are grieving, and helping them, even though you are not addressing GRIEF. “Grief is an instant induction, more of a shock induction, into a trance that is difficult to emerge from, because there is comfort in trance, we do not have to face the reality of loss. Grief led me to hypnosis and hypnosis helped me break the trance of grief.”* Allow me to share my experiences and ways to help support an underserved group.

***Jessica L Hanson** is often described as an "old soul" because of her many experiences. She learned hypnosis at the age of 13, and has used it to recover from: depression, NDE, grief, and much more. Jessica is co-author of the new IACT Trainers*

*Manual, owner of a state licensed Hypnosis School, author of 3 books, and the creator of the 'TURTLE Trance-Formation Process'. Her love of turtles is contagious! Her passion is helping people Trance-Form! Contact Jessica at [www.willmarhypnosis.com](http://www.willmarhypnosis.com)*

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**Sunday, November 13, 2022**  
**11:00-12:00**

**Hypnosis, naturally**

**With Michael Watson**

Hypnosis is a naturally occurring phenomena that can be seen throughout human history. It is, in fact, a part of who we are and how we operate. In this talk, we'll look at some examples of naturally occurring hypnosis and how you can use these approaches to induce hypnosis with your clients. We'll also explore what it means to have "hypnosis in your bones" ... that is, to be a NATURAL hypnotist and easily achieve results in your work.



*Michael Watson, Vice president of the HEA, has been practicing hypnosis for over 40 years. He is a pioneer of virtual hypnosis and has trained 100s of therapists to work online. Michael is the Principal Trainer for IACT and works with clients and students all over the world. Contact Michael at [www.Phoenix-Services.org](http://www.Phoenix-Services.org)*

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Sunday, November 13, 2022
1:30-2:30

Knowledge is Power

How to use research to help influence your client during the pre-talk

With Jackie Young



This interactive presentation will show you how to use the pre-talk to *your* full advantage in building trust and generating the first stages of trance by sharing the latest scientific research about the power of the subconscious. We will review important parts of the pre-talk and learn how to keep your client mesmerized with facts, visuals, and stories that will make them relax while you create a wondrous state of possibilities and creativity.

After retiring from a highly successful career in education culminating as CEO of a school board, Jackie pursued her love of brain research, mindset, neural psychology and the subconscious – all which naturally led to hypnosis! She wholeheartedly supports the idea that the client already holds all the resources for growth, and that

hypnotherapy is about connecting or uncovering those resource states working alongside the client. She remains humbled by how incredibly powerful and healing hypnosis is and feels privileged to be on this new career path to help make hypnotherapy the first call for mental and physical pain release and the fulfillment of a happier life! Contact Jackie at 905-622-6567 www.openmindshypnosis.ca

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**Sunday, November 13, 2022**  
**3:00-3:45**

**Presenters' Panel: Shifting the Paradigm of Hypnosis**

Attendees have the opportunity to ask questions and interact with the presenters.

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## By-Laws Update

The Board of Directors has made the following changes to the HEA By-Laws. You can find the amended By-Laws on our website [Hypnosis Education Association Mission, Code of Ethics & Bylaws - Hypnosis Education Association \(heahypnosis.com\)](https://www.heahypnosis.com):

ARTICLE IV, MEMBERSHIP (*Dates of membership were revised to reflect calendar year*)

3. Yearly dues run from January 1-December 31

ARTICLE VII, ELECTION OR APPOINTMENT OF OFFICERS AND DIRECTORS (*Number of standing committees was reduced and some were renamed*)

4. There shall be the following permanent standing committees:

- a. Newsletter
- b. By-Laws
- c. Ethics and Standards
- d. Website
- e. Communication

ARTICLE VIII, DUTIES OF OFFICERS

(*Unneeded references to duties that are listed in a separate List of Duties document were removed.*)

ARTICLE VI, MEETINGS (*Wording of who elects the officers was clarified*)

1. Election of President and Secretary shall be by the membership at the last Conference meeting of odd numbered calendar years (2013, 2015, etc.). Election of Vice President and Treasurer shall be by the membership at the last Conference meeting of even numbered calendar years (2014, 2016, etc.).

### Contact Us

Patricia Scott, President: 727-943-5003

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:

|      |                |
|------|----------------|
| 1998 | Dan Cleary     |
| 2005 | Lynn Groves    |
| 2008 | Joan Pataky    |
| 2010 | Michael Watson |
| 2013 | Ross Hester    |
| 2015 | Patricia Scott |
| 2018 | Carol Perrine  |
| 2018 | Jan Rysdon     |