

**Provisionally Corrected by the AHSE Board of Directors
on March 3, 2022
Member Unapproved**

**Association For Hanna Somatic Education, Inc.
Minutes of the Annual Meeting of the Members
April 23, 2021**

Location: Zoom Video Conference

Time Convened:

4:20 PM PDT / 5:20 PM MDT / 6:20 PM CDT / 7:20 PM EDT

AHSE MEMBERS PRESENT

- **AHSE Board Members:**

Carol Kerner, President

Gabriel Posner, V.P.

Phil Shenk, Treasurer

Ken Bridgeman, Secretary

Farzaneh Jafari, Director-at-Large #1

John Loupos, Director-at-Large #2

Ryan Moschell, Director-at-Large #3

Eleanor Criswell, Designated Director

- **AHSE Charter Members:**

Susan Koenig

- **AHSE Certified Members:**

Mala Aeto, Sigrid Austin, Lee Brewster, Danny Burke,

Deanna Ellestad, Per Erez, Jeong Gim, Joan Kauffman,

Bill Keele, Mary Poxon, Chris Ruane, Nikki Semenik,

Lori Seymour, Lyman Spencer, Eva Waldman, Diane Zantop

- **AHSE Student Members:**
Nelle Churchell, Patricia Cornelius,
Pat Howe, Serena Lucchesi,
Alexis Flores Williams
- **AHSE Associate Members:**
Gail Abrams, Peter Behel, Kimberley Freesh,
Wendell Hanna, Samantha Holland,
Janet Jacobson, Sandra Lovelace Shenk,
Jacqui Neurauter, Geralyn Russell
- **Public Attendee:** Jolene Bellstein
- A quorum of voting members was established to conduct business.

MOTION: Susan Koenig moved and John Loupos seconded that the AHSE Board of Directors provisionally corrected minutes of the April 17, 2020 Annual Meeting of the Association for Hanna Somatic Education, Inc. be approved.

18 Yeas - 0 Nays - 4 Abstentions

Motion Carried

ACTION ITEM: Ken will ask Lyman Spencer to post the minutes of the April 17, 2020 Annual Meeting of the Association for Hanna Somatic Education, Inc. on the website.

REPORTS FROM AHSE OFFICERS AND BOARD OF DIRECTORS AS WELL AS REPORTS FROM COMMITTEE CHAIRS

Carol Kerner, President

This was my fifth year as president of the AHSE Board. Each year I come to appreciate even more the various talents, abilities, and dedication of all the people on the board to do the work of this organization, as well as everyone who participates on our committees. I feel fortunate to have people like this to work with. One of the best things about this board is that regardless of the issues, we always come through it with a lot of humored good will, and I'm grateful for that.

This year I'd like to especially express my gratitude toward Ryan Moschell, who is one of our Directors. Ryan is absolutely instrumental in getting this convention organized on Zoom. We've had to prepare for this convention in a very different way this year, and he contributed incredibly to that process. I'm sure you've all noticed the new website we've used for convention registration and membership this year. Ryan constructed the website from scratch. He'll eventually expand and replace our currently aging website. So many thanks, Ryan!

Phil Shenk, Treasurer and Administrator/Bookkeeper

Last year was a very trying year for the association. Despite a good attendee registration for our scheduled 2020 convention, we had to cancel it with very short notice. This required a lot of extra administrative work for refunds. But fortunately we had accumulated a healthy reserve of funds in case of such unforeseen circumstances so we we survived in good shape. The entire board came together to make the 2021 convention come about, and the results have been very successful for us.

Last year's financial reports have been posted on the internet. At the close of last year, we had Total Assets of \$40,742, which includes the value we attribute to our website with \$33,000 in our savings and checking accounts. Despite having no income from a convention last year, there were costs associated with it. Nonetheless, we still had income over expenses of \$1,091. Despite all the difficulties, we did OK last year. This year we're a lot further ahead. Despite the sad news that IONS will no longer host groups such as ours, we expect over \$5,000 of the deposits from last year's convention to be returned sometime in the next month. This can go toward our new website and other future plans.

Ken Bridgeman, Secretary, Membership Committee

I've been pleased to work with such a great board for another term. Each year we develop new ideas and find creative ways to work through these for the benefit of our members.

The 2021 AHSE Membership – A total of 91 members.

3 Charter Members

53 Certified Members

13 Student Members

2 Certified Associate Members

23 Associate Members

Gabriel Posner, Vice President, Research Committee

In general, there seems to have been a lot more contact with other members of the association during this past year. Some have attended our board meetings to listen and share aspects of what they're doing. At our last in-person convention in 2019, I led a sort of brain-

storming session—a visioning activity—to see what other things we as a board might be doing. I've been excited to see that one of the things that emerged was the idea of more focus on marketing. This past year, Chris Ruane started work with a marketing committee that has become more of a community engagement. It's so exciting to see energy going into more public-facing aspects of our association. Thanks to all for working on that.

The past year has given me the opportunity to move forward with a personal research project as part of my graduate studies at Saybrook University. The project has been funded by a grant of \$1,900 from the AHSE to Saybrook, that has deep roots with Hanna Somatic Education; Eleanor was a founding director of the university. The project was approved to do a multiple case study of how HSE is currently being practiced, and I've collected data from different practitioners working with their clients. I still hope a Hanna Somatic Educator from Wave 1 would be able to participate. Some great data is coming in and I hope to publish something on this as soon as we can. The article on the survey project from a while back has finally been submitted to a journal. Although it was rejected, with the excellent feedback we received it might be worthwhile to redo the survey to improve upon it.

We had a couple of community meetings this year on research and have created a Slack working group with about 10 people. We'll see if several other research projects can be developed. There's a lot of interest in research right now. Several people outside of this Research Committee are doing things, including a practitioner in Saudi Arabia who has been doing some great things in Hanna Somatic research.

Farzaneh Jafari, Director-at-Large #1

I've been honored to have been a part of the board for the past 2 years. It has been a big step in my professional career. While unable to attend a lot of the board meetings, I was able to listen to the Zoom

recordings to stay attuned to all that the board accomplished over the past year. The AHSE convention has been very successfully modified to the Zoom version. I've been very appreciative of allowing my presence on the board to be a part of my journey.

John Loupos, Director-at-Large #2, Web Inquiry Committee

"I've found this to be a very gratifying job." John created a succinct graphic report on the various kinds of inquiries he has had throughout the past years.

Ryan Moschell, Director-at-Large #3, Website Update Committee

I came on the board in 2015 with some big, bold ideas and adapted to what could be done over time. I started out working on improving the website, marketing, and helping to get our members more business. I've enjoyed working with each board member and developing ideas for progress. My focus has been to bring the website up to a whole new level. It's has potential as a powerful tool for the public to learn about what HSE is, but even more for finding our members as practitioners. The convention registration part of the website is just a glimpse into the whole new website I hope to develop over the next year. It's been a joy to be part of this board. I love that we can disagree and work through issues together. It's really a fantastic process.

Eleanor Criswell Hanna, Designated Director

This is an incredibly pleasant board to work with and it has been a delight. Our book "Somatics" by Thomas Hanna has a new edition in France, is being translated into Chinese, and contracted to also be in Japanese. There are 43 million websites devoted to Somatics.

The research that Quiju Huang has been working on has been submitted to several journals. She has had very good results working with 150 medical staff in her hospital (they wouldn't let her work with the patients). Astonishing results show a decrease in doctor visits, in overall pain, and medication usage.

Ken Bridgeman, SomaTimes Acting Editor

I began doing this with Danny Burke who showed me how to put together an interesting publication despite the tedious work of getting it all together. I enjoy working with Chris to publicize events that are upcoming, and with those who have been able to contribute to the content.

Susan Koenig, Education Committee

This is a hot, fun, and efficient committee! Includes Carol Kerner, John Loupos, Bill Keele, Ryan Moschell, and Ken Bridgeman. We had thought to attempt a hybrid convention this year, but finally opted for an all-Zoom convention. We began working right after last year's Annual Meeting, and begin next month planning the 2022 convention.

Chris Ruane, Somatic Connections Committee

The goal has been to develop good marketing strategies. We started with a series of monthly meetings using StoryBrand, led by Karen Douglas de Fenzi from the UK. We have monthly committee meetings and plan different member events, such as Coffee Talk, Book Club, or various presentations. I'm most excited about getting us registered with TechSoup so we can apply for grants as a non-profit to help with our advertising. I want to thank Karen from the UK, Gim from South Korea, Keith Thompson, Danny Burke, and Sigrid Austin.

ELECTION OF OFFICERS AND DIRECTORS:

- Nominations Committee Chair Phil Shenk reported that 54 ballots were sent to Charter and Certified Voting Members.

TELLER'S COMMITTEE REPORT:

- Phil Shenk and Sandra Lovelace Shenk were appointed as the Teller's Committee.
- Phil Shenk, Teller's Committee Chair, reported that 16 AHSE Official Ballots for the 2021 Election of Officers and Directors were received in a timely manner.
- Phil Shenk reported that 15 AHSE Official Ballots have been verified and properly submitted.

MOTION: Susan Koenig moved and Lyman Spencer seconded that the uncontested slate of nominees be accepted as the newly elected officers and directors of the AHSE by acclamation.

22 Yeas - 0 Nays - 0 Abstentions

Motion Carried

- **The results of the 2021 Election of Officers and Directors are:**

Gabriel Posner, Vice President

Phil Shenk, Treasurer

Chris Ruane, Director-at-Large #1

Ryan Moschell, Director-at-Large #3

MOTION: Ryan Moschell moved and John Loupos seconded that the ballots for the 2021 AHSE Election of Officers and Directors be destroyed.

22 Yeas - 0 Nays - 0 Abstentions

Motion Carried

ACTION ITEM: Phil Shenk will destroy the ballots of the 2021 AHSE election by shredding them in a timely manner.

OATH OF OFFICE ADMINISTERED:

Phil Shenk, AHSE Treasurer, administered the AHSE Oath of Office to the newly elected AHSE officers and directors for terms of two years:

Gabriel Posner, Vice President

Phil Shenk, Treasurer

Chris Ruane, Director-at-Large #1

Ryan Moschell, Director-at-Large #3

which completed the 2021 AHSE Election of Officers and Directors.

MEMBERS FORUM

- Members joined together to discuss the COVID-19 pandemic's impact on them both personally and professionally. They shared their thoughts about how AHSE can go forward as an organization.

MOTION: Lyman Spencer moved and Susan Koenig seconded that the 2021 Annual Meeting of the Association For Hanna Somatic Education, Inc. be adjourned.

21 Yeas - 0 Nays - 0 Abstentions

Motion Carried

Meeting Adjourned:

5:09 PM PT / 6:09 PM MT / 7:09 PM CT / 8:09 PM ET

Ken Bridgeman, AHSE Secretary