

## Mark Your Calendars for Upcoming Conferences

Check the location for each conference. Please RSVP to PatSiegel@aol.com, or call (516) 487-5287 for all events.

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### Conference Notes

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## Fall Conference

### Bernadette Keefe and Monique Riley

*An International Approach to Graphology*

**Saturday, October 26, 2013 • 10:15 a.m. to 3:00 p.m.**

*Lunch is complimentary. Different Location: Bromley Condominium,  
225 W. 83rd St., NYC (at Broadway, 2nd floor)*

**Bernadette Keefe and Monique Riley**, along with collaborators Lorraine Herbert and Monique Sterling, have completed a comprehensive book on handwriting analysis: *International Manual of Graphology, Core Insights into Handwriting Analysis*. It took six years for them to research and consolidate the best concepts of various international schools of graphology. Their book will be on sale at the Conference.

Bernadette Keefe and Monique Riley will provide an overall description of the book's approach to analyses as well as an explanation of "Global Pointers" and the use of "Considered Impression." They will show handwriting samples to illustrate their concepts and, as a workshop, will analyze a writing for a comprehensive analysis by attendees. This handwriting will be sent out prior to the conference to those who indicate they will attend.

Bernadette Keefe is British and Monique Riley is French. Both women are highly respected professional graphologists with decades of experience analyzing handwritings.

Bernadette received her Initial and Advanced Diploma from the London College of Graphology and The British Academy of Graphology. She also has a Royal Society of Arts Certificate in Counseling. For many years Bernadette served first as Vice Principal and then as Governor for the London College of Graphology and The British Academy of Graphology. She serves as an examiner for the London College. Bernadette is also a Fellow of The Royal Society of Arts and a Board Member of the International Graphological Colloquium.

Monique received her Diploma from SFDG (The French Society of Graphology) and has a Graphologue Conseil. She has been a Vice-President of SFDG since 1996, responsible for international relations, lectures and courses. As a professional graphologist, she is a consultant to private clients, international headhunters, outplacement agencies and HR departments of major companies. Monique is also a Fellow, speaker and examiner for The British Academy of Graphology. She has written numerous articles and has presented at both national and international conferences.

# Winter Conference

## Marie-Thérèse Christians

*The Great Diversity of Salespeople and Their Impact on Companies' Success*

**Saturday, March 22, 2013 • 10:15 a.m. to 3:00 p.m.**

*Location: 80 Fifth Avenue (at 14th Street), New York, Room 1408 C*

Marie-Thérèse Christians will be presenting the writings of sales people with different business titles and responsibilities, explaining how their personality profiles, as shown in their handwritings, can have an impact on their companies' success. These include marketing directors, various types of managers, merchandisers, and sales representatives, among others. She will discuss the key drivers of sales people and describe the profile of sales people with regard to industry, type of products and life cycle of the products being sold.

Marie-Thérèse is well known in the world of graphology in Belgium. Professionally, she is among the most experienced of European graphologists, having a successful practice for over thirty years as a business handwriting analyst and handwriting identification expert. Among her clients are numerous well-known and esteemed companies throughout Europe, including multinational as well as middle and small-sized companies. Marie-Thérèse is founder of the Cabinet of Graphological Studies. She is also General Secretary of ADEG, the Association of Graphological Ethics, which include fourteen graphology associations.



# Society Conference Reports 2013

**Betty Rozakis Saturday, October 27, 2013**

*Know Yourself,  
Your Relationships  
and Your Solutions  
through Handwriting  
and Tree Drawings.*

Betty has been a graphologist for over 20 years. She studied and earned a graphology diploma from The British Academy of Graphology, the only American ever to do so. She is the author of *Coffee With the Subconscious*, a personal book about how handwriting analysis has influenced her clients' understanding of their lives and relationships.

Betty determines personality types and how they influence compatibility between people. She not only analyzes the clients' handwriting, but the handwriting of those who have the closest relationships to them. It enables Betty to compare personality types, bring to light problem areas between them, and offer solutions for improvement. With the insights she gains from graphology, Betty can assist a client in reaching a clearer understanding of who they are. She continually strives to have a positive influence on them in order to bring out their true self.

Along with handwriting analysis, Betty often requests a tree drawing from her clients. She shared several of her case studies as well as her own family's handwritings. She showed

her handwritings going back many years and up to the present day to reveal her emotional involvement throughout her life. Her handwriting uncovered the influence of her husband on her and her handwriting. Likewise, she presented her husband's handwriting and discussed her influence on him. In addition, Betty presented samples of people from her hometown with a short analysis of each one.

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## **Maresi de Monchy** **Saturday, March 9, 2013**

### *Phobia and Handwriting*

Maresi de Monchy is from The Netherlands and is one of Europe's most respected graphologists. She is also a psychologist, the former president of the Dutch Graphological Society, a member of the Dutch Order of Graphologists, the European Graphological Association and the Dutch Institute for Psychological Help.

Her presentation on phobias and anxiety in handwriting was the result of extensive research of the handwritings of people diagnosed with phobia in The Netherlands and Great Britain. Maresi described the types of phobias and then showed handwritings that illustrated the signs of phobia. These deeply rooted fears cause panic attacks and prevent a person from leading a normal life. The underlying cause of phobias is anxiety caused by a trauma early in life or a chemical imbalance in the brain. The phobias usually show up during puberty.

The main manifestation of a phobia in the handwriting is lack of spontaneity. Letter forms often appear narrow and arcaded, rigid, tense, lacking garlands, and having wide right margins. The writer is afraid to move forward and take chances.

One example was a handwriting of a woman who wanted to become a stewardess. Her perfect, constrained writing showed she could not handle emergencies. She admitted to being phobic about making mistakes. Most interesting of all, there was the writing of a man who was afraid to cross the street. It is probable he was abused as a child. Once medication was prescribed, the phobia indicators in his writing greatly diminished. After the medication, his writing showed fluidity and movement. His fear of crossing the street may have been his desire to remain a child and be protected, as he could not cross the street without help.

Maresi concluded phobias and anxiety can be detected in handwriting and in many cases treated or resolved. Her work on phobias is revealed more extensively in the Supplemental Article section of this Newsletter.



### Patricia Siegel Sunday, May 19, 2013

#### *Women of the World*

Pat Siegel is President of The American Society of Professional Graphologists. She is a practicing handwriting analyst, handwriting identification expert and executive coach.

Over the last couple of generations there has been a revolutionary shift in attitudes about women's roles and potential. Yet women still face uphill challenges, recently highlighted in Sheryl Sandberg's book *Lean In*.

Pat's interest in why some women succeed beyond expectation evolved from her work as an executive coach. What can we learn from the handwritings of women who excel in fields dominated by men? What motivates these women, and what in their personalities enables them to overcome obstacles, both internal and external biases and circumstances that threaten to derail their progress? She showed a number of handwritings of women who have achieved excellence – Ann Richards, Marian Wright Edelman, Amelia Earhart, Rita Levi-Montalcini, Barbara Walters, Oprah Winfrey and Hillary Clinton among them. There is no common denominator in their handwritings, but each reflects the culture and background that nurtured and molded their attitudes, individuality, talent, motivation and determination that allowed them to cope and succeed.

### Lois Vaisman Sunday, May 19, 2013

#### *Today's College Generation*

Lois Vaisman is Vice President of The American Society of Professional Graphologists and is a licensed and practicing psychotherapist as well as a graphologist.

Lois showed handwritings of a group of young college students applying for an internship at a non-for-profit arts foundation. Each handwriting submitted was accompanied with a resume that highlighted the individual's education, work experience and skills. On the resumes, under their skills, each applicant listed detailed computer knowledge.

Even though the current generation of young people have been schooled in using computers and other forms of technology, handwriting nevertheless remains the medium in which individual personality characteristics can be seen. Although, the majority of the time young adults may rely on social media, there is always a need for pen and paper. Handwriting might not be the first go-to application and may not be kinetically as comfortable as a form of communication, but it still reveals and reflects the individual. Handwriting continues to be an area of expression that is unique and emotive for all ages. Handwritings will always reflect personality and the need for people to have an emotional connection to what they hope to communicate to others.

**Phobia** is a persistent and irrational anxiety disorder, or fear of a certain object, animal, activity, or situation that poses little to no actual danger. With Phobic Disorders, anxiety is experienced if the person confronts the dreaded object or situation (DSM-IV).

*Causes* Specific phobias are the most common psychiatric disorders, affecting up to 10% of people. Specific phobias are an anxiety disorder in which a person may feel extremely anxious or have a panic attack when exposed to the object of fear. There are a large variety of causes of phobias; usually they are based on **traumatic experiences** (sometimes in early youth), mental or physical abuse, etc. In severe cases the anxiety may lead to **compulsive** and/or **obsessive** behavior.

**Common (simple) phobias\* include the fear of:**

- Blood, injections, and other medical procedures
- Certain animals (for instance, dogs, spiders or snakes)
- Enclosed spaces
- Leaving the house/going on the street
- Flying
- High places
- Insects or spiders

*Symptoms* Being exposed to the feared object, or even thinking about being exposed to it, causes an anxiety reaction and, in some circumstances, severe panic attacks. This fear or anxiety is much stronger than the real threat. The following symptoms might occur (DSM-IV):

- Motor tension*
- |   |   |
|---|---|
| 1. Trembling, twitching, or feeling shaky               | 10. Nausea, diarrhea, or other abdominal distress                     |
| 2. Muscle tension, aches, or soreness                   | 11. Flashes (hot flashes) or chills                                   |
| 3. Restlessness   | 12. Frequent urination  |
| 4. Easy fatigability                                    | 13. Trouble swallowing or “lump in throat”                            |
| 5. Shortness of breath or smothering sensations         | 14. Feeling keyed up or on edge                                       |
| 6. Palpitations or accelerated heart rate (tachycardia) | 15. Exaggerated startle response                                      |
| 7. Sweating, or cold clammy hands                       | 16. Difficulty concentrating or ‘mind going blank’ because of anxiety |
| 8. Dry mouth  | 17. Trouble falling or staying asleep                                 |
| 9. Dizziness or lightheadedness                         | 18. Irritability  |

*continued on page 6*

\*Only common, simple phobias are mentioned; multiple phobias etc. will not be discussed here

*continued from page 5*

At least six of the listed symptoms are often present when anxious (not including symptoms present only during panic attacks).

*Medication* The person will avoid situations in which he or she may come into contact with the feared object, animal or situation — for example, avoiding driving through tunnels, if tunnels are the subject of the phobia. This type of avoidance can interfere with one's job and social life. The victim may feel weak or cowardly and lose self-esteem when avoiding the object of the phobia.

*Phobia in Handwriting* In many cases medication, often in combination with psycho-therapy, can help the patient to cope with phobia successfully, depending the severity of the final diagnosis.

Can we see phobia in handwriting? It is very difficult to be completely sure if the producer of the manuscript suffers indeed of some kind of phobia. One can, however, evaluate the classic signs of anxiety in handwriting, as anxiety is the dominant factor in phobic behavior, and presume that the person is, or could be phobic. But if a phobia is diagnosed in a person, one can — following these classic signs — clearly see the symptoms.

#### **The classic signs of Anxiety in Handwriting are**

- Usually slow writing
- Small writing, meaning small letter forms
- Correct letter forms
- Perfect, very precise writing
- Precise punctuation
- Disconnected writing
- Often, but not always, a narrow left margin
- Usually a wide right margin
- Narrow handwriting
- Usually upright, and often left slanted handwriting
- A high degree of tension (Pophal IVa, IVb,V)
- Arcade forms (in narrow writing)
- Very light, or very heavy pressure
- High, usually narrow, upper zones
- Covering strokes
- A wide, to an extreme, distance between the words

It is not necessary that all graphic signs mentioned above are present in the handwriting of a phobic person; however, the majority of the symptoms or signs should be present. Also, to define the person as a phobic writer, six of the physical characteristics should be present.

**Note:** Medication will not only influence the patient's behavior, but also the handwriting!

## Handwriting 1

*Woman: 31 years old*

*Phobia: Emetophobia  
(fear of vomiting)  
and social phobia*

*Receiving medication  
and psychotherapy*

*See pages 8, 9 and 11  
for samples*

This person suffers seriously from her situation, as she explains in the letter. The handwriting shows varying pressure; sometimes light, sometimes (a bit) heavier. Looking at the manuscript, many graphic signs correspond to a phobic handwriting:

### Graphic signs

- Slow
- Small
- Correct letter forms
- “Perfect”, very precise writing
- Precise punctuation
- Has a rather wide right margin
- Upright slant
- High degree of tension (Iva)
- Arcade forms
- Light and sometimes heavier pressure

*Conclusion*

This example shows clearly the graphic signs belonging to the handwriting of a phobic person. At first sight, the handwriting is neat, clear and precise, but for a 31 year old woman, it is quite childish, not developed; it is almost a school copy writing.

Medication probably gives her a way of relaxing, visible in the ability to connect letters in a fairly supple way. Still, one gets the impression of a person being guided by an inner force beyond her will, as if imprisoned, with very little freedom to act on her own.

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## Handwriting 2

*Woman: 38 years old*

*Suffers from  
multiple phobias*

*Phobias: Agoraphobia,  
social phobia, compulsive  
behavior, anxious about  
being abandoned*

*Receiving medication*

*See pages 10 and 11  
for samples*

The handwriting has a regular, fairly heavy pressure. At first sight, the manuscript shows classic graphic signs that are found in phobic patients.

### Graphic signs

- Slow
- Small
- Correct letter forms
- Perfect, very precise writing
- Precise punctuation
- Disconnected
- Upright slant
- A high degree of tension (Pophal IVb-V)
- Arcade forms
- Fairly heavy pressure
- Covering strokes

*Conclusion*

This handwriting seems printed, as if coming straight out of a book. It shows that the author has a strong wish to be perfect; every detail in the writing has been considered; it must have taken her much time to write the lines. The visible tension is extremely high, and the energy involved to produce the (copied) text, with such extreme precision, must have been tremendous.

There seems to be no free will involved, only compulsion. The author is imprisoned in her world, full of anxiety. Is it a wish to be perfect, to fulfill the expectations of the society she lives in? It makes one sad to realize that a phobic person seems to lack a “free will”, living constantly — at least in this case — in a self created prison.

104

(Medium pressure)

17 Mildmay Street,  
Lincoln,  
Lincs.

LWI 3HR

3/6/96

Dear Marion,

I am writing to you in response to a brief article in the Phobias' Society newsletter. I hope this information will be of use to you!

I am 31 years old, female and suffering from Emetophobia (and maybe social phobia too!) I have never really enjoyed people being sick - but then again, who has?! However, a real fear of vomit/vomiting has been a significant problem for approximately six years, since when it has been a disabling illness, causing me a lot of grief. Strangely, I can recall many people who were sick during my childhood and adolescence, the place, the reasons why, the colour even in one instance! I, myself, had not been sick (until recently) for a period of almost 20 years.

When the Emetophobia became a real problem - not just a strong dislike, but a TERRIFYING FEAR - coincided with buying my first house and doing it

up over a six week period; taking in a lodger who was totally incompatible with me; a recent breakdown in a two year relationship and the introduction of numerous paper-tasks involving paper work due to the implementation of the National Curriculum. (I am a teacher!) Following a course of tablets - Anafranil and later Buspar or was it Favorin ... I can't remember! ... and a couple of visits to a Clinical Psychologist (a waste of time!) .... and a few weeks off work, I improved and gradually became able to face life again!

Almost two years ago, I was suddenly ill again.. more seriously this time. Again, I was given medication by my G.P. (Favorin) but 5 months later, the Doctor at the Day Hospital gave me Imipramine (150mg./day) which seemed better. Eighteen months later I am still on the same dose, and seeing a Clinical Psychologist fortnightly.

The specific symptoms are too many to write - but in my 10 year career, I've only had 1 day off until Emetophobia struck. I needed eight months off last year! The symptoms...

shaking

twitching

sweating

tingling hands, feet, nose

churning stomach

(geb 17-1-1958)

Klachten: agorafobie (ontstaan begin puberteit)  
controledwang (sinds ± 1985)  
verlatingsangst (sinds kindertijd)  
sociale angst in een groep (sinds kindertijd)

Verslaafd geweest aan valium Gebruik nu dagelijks Pulmicort en Ventolin (astma-middelen)  
en gemiddeld eens in de maand seresta en dalmadorm

Overgenomen uit NCRV-gids:

#### TE DEUM LAUDAMUS

Onder de titel "Te Deum Laudamus" zendt de NCRV-radio wekelijks twee koorprogramma's uit, op zondagmorgen via Radio 5 en op woensdagmorgen via Radio 4.

Te Deum laudamus, U God loven wij, zijn de beginwoorden van een oudchristelijke lofzang. Vroeger is deze toegeschreven aan de kerkvaders Ambrosius en Augustinus, maar tegenwoordig wordt Nicetas Remesina (overleden ca 360) als de auteur beschouwd.

Er is voor een koorprogramma met religieuze (of zo u wilt geestelijke) muziek dan ook nauwelijks een betere titel denkbaar.

In de uitzendingen van de NCRV heeft koormuziek altijd een belangrijke plaats ingenomen en terecht. Dit onderdeel van het totale programma-pakket draagt mede de identiteit van onze omroep duidelijk uit. Nederland is enige duizenden koren rijk.

Wij ontvangen dan ook veel verzoeken voor een radio-optreden, veel meer dan wij met een uitnodiging kunnen honoreren. Er wordt scherp geselecteerd, met name op koorniveau en repertoire. Door de grote verscheidenheid aan koormuziek proberen wij in beide uitzendingen aan ieders wens tegemoet te komen.

## Handwriting 1

*Detail*

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- really enjoyed p  
who has?! How

## Handwriting 2

*Detail*

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itel denkbaar.  
de NCRV heeft koormuz  
onderdeel van het totale

# Guidelines for Joining The American Society of Professional Graphologists

**An Application to join ASPG is available online at [www.aspghandwriting.org](http://www.aspghandwriting.org)**

Professional Membership is open to applicants who are actively involved in handwriting analysis or handwriting identification on a professional basis, or are conducting research for publication or presentation. The applicant's education, graphological training, publications and experience will be reviewed for approval as a Professional Member.

The Associate of ASPG designation is open to all who are interested in the study of handwriting and enhancing their understanding of the subject.

## Dues

Yearly membership dues for Professional Members and Associates of the Society are \$125, \$60 if outside the U.S. For Associates who live outside the New York metropolitan area, dues are \$60.

## Benefits

A currently paid-up membership entitles Professional and Associate Members to the following benefits:

- Free attendance to the annual New York conferences, and occasional additional special lectures
- The ASPG Newsletter
- A free copy of the ASPG Journal, as available
- Professional Members may become Officers of the Board, vote on Society issues, or use their membership as a personal or professional credential.

## Visit our website

Click on [www.aspghandwriting.org](http://www.aspghandwriting.org) for ASPG news, abstracts of Journal articles, and conference summaries.

## Explore our Library

The ASPG Library, located at 9 Bond Street, is open Monday to Friday from 10 a.m. to 6 p.m., and contains a valuable and informative collection of graphology volumes. Professional Members, Associates, and students may borrow books for three weeks with one renewal. Contact [PatSiegel@aol.com](mailto:PatSiegel@aol.com) to arrange an appointment.

## Conference Fees

- Professional Members & Associates: no Charge
- Attendees: \$50
- New Attendees to an ASPG conference: \$25
- Membership fees of \$125 for 2014 will be collected at the March 22nd Conference

## Spring Graphology Classes

The graphology course is taught from a gestalt perspective, while also giving students the tools for evaluating individual graphic characteristics. Classes are structured for both beginning and advanced level students. A number of handwritings will be presented each week, and students will be given samples to analyze for each succeeding week. For further information, contact Patricia Siegel at [PatSiegel@aol.com](mailto:PatSiegel@aol.com), or (516) 487-5287.

Certification by The American Society of Professional Graphologists is given for satisfactory completion of four semesters.