North Texas Society of Clinical Hypnosis

April Webinar

4/22/26 6-7:30 PM CST



Dr. Hyeji Na

22 April, 2026

Program Title: Hypnotherapy for Wellbeing: Integrating Positive Psychology into Clinical Practice

1.5. CEU's

Dr. Hyeji Na earned her PsyD in Clinical Psychology from Baylor University, where she first discovered her passion for clinical hypnosis through research and practice. She is currently a staff psychologist and Health Behavior Coordinator at VA North Texas Health Care System, supporting Health Promotion and Disease Prevention initiatives, and is also an Assistant Professor at UT Southwestern Medical Center. Dr. Na is passionate about advancing approaches that build strengths and promote whole health—and hypnosis is no exception.

This presentation explores the use of Hypnotic Relaxation Therapy for Wellbeing (HRT-WB) as an evidence-informed approach to enhance psychological, emotional, and social wellbeing. Drawing from positive psychology principles, HRT-WB emphasizes building strengths and fostering resilience rather than solely addressing symptoms. The session will review conceptual foundations of wellbeing, outline the structure of HRT-WB sessions, and share findings from a pilot study demonstrating its feasibility, acceptability, and potential impact on life satisfaction, affect, and psychological distress.

Members: FREE

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