



North Texas Society of Clinical Hypnosis

May Webinar

5/27/26 6-7:30 PM CST



Dr. Teresa L. Jackson

27 May, 2026

Program Title: Integrating
Hypnotherapy and Brainspotting
1.5. CEU's

Dr. Teresa Jackson, Psy.D., is a Licensed Psychologist in Texas, Board Certified Art Therapist (ATR-BC), and a Certified Brainspotting Practitioner. She is also certified in Mindfulness-Based Stress Reduction (MBSR). Dr. Jackson earned her Psy.D. in Clinical Psychology from the Texas School of Professional Psychology in 2006 and her Master's degree in Art Therapy from The School of the Art Institute of Chicago in 1992. Her work integrates neurobiologically informed trauma treatment, expressive therapies, and mindfulness-based approaches to support healing and resilience.

This training introduces clinicians to integrating hypnotherapy and a brief review of Brainspotting as complementary, neurobiologically informed approaches for treating trauma, emotional dysregulation, and entrenched behavioral patterns. Participants review Brainspotting's foundations, including eye position, subcortical processing, and relational attunement.

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Other Attendees: \$55
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