

Central Texas Society of Clinical Hypnosis
Video Library

~ 2024 ~



Harmony of Mind: Music-infused Hypnosis to Interrupt Ruminations in Depression

A 2-hour webinar with Anita Jung, LPC
Presented on February 16, 2024 via Zoom

~ 2023 ~



Weaving Ego State Therapy and Clinical Hypnosis to Pave the Path for Healing Trauma

A 2-hour webinar with Wendy Lemke LP from Minnesota
Presented on December 1, 2023 via Zoom

Part 1: 58:30 Part 2: 56:09



Interactional Synchrony, Is This the Key to Rapport (1:57)

A two-hour webinar with Hungarian psychologist and researcher, Katalin Varga, Ph.D.
Presented on September 15, 2023



(Self) Hypnosis to Activate Happiness Pathways

Two-hour webinar with Belgian psychiatrist Nicole Ruyschaert, M.D. presented on April 21, 2023.

Part 1: 55:45 Part 2: 1:02:24



The Use of Hypnoanalysis With Common Medical Problems

Two-hour webinar with family practice physician, Joseph Zastrow, M.D. presented on February 17, 2023.

Part 1: 1:10:47 Part 2: 42:45

~ 2022 ~



Hypnosis and Mindfulness: An Integration [🔗](#)

Two-hour webinar with Akira Otani, Ed.D. presented on November 18, 2022.

Duration: 2:05 hrs

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**Body Trance: Advancing flow, embodiment
and Sel-Regulation in Your Traumatized Clients** [↗](#)

[Part 1: 01:10 hr](#) [↗](#) Lecture on Hypnosis and Somatic
Experiencing

[Part 2: 02:16 hr](#) [↗](#) Demonstration



Make Your Heart Free: Transcend Grief to Peace [↗](#)

Two-hour webinar with Kathryn Rossi, Ph.D.
Recorded on May 20, 2022 and moderated
by Anita Jung, LPC.

Duration: 2 hours



Hypnosis for Acute Pain Control and Crises [↗](#)

2-hour webinar with David Patterson, Ph.D. of the
University of Washington. Hosted by Anita Jung, LPC
from Austin TX, and recorded on February 25, 2022.

Duration: 2 hours

~2021~



So You Want to Be Immune: That's Right!

Three-hour webinar with Harvey Zarren, M.D. of
Swampscott, Massachusetts. Hosted by Anita Jung, LPC
from Austin TX. Recorded on November 19, 2021.

[Part 1 \(1:30:08\)](#) [Part 2 \(1:29:51\)](#)



The Sofa of Bliss: The Art of Therapeutic Modeling [↗](#)

Webinar with Stefan Hammel of Kaiserlautern, Germany
hosted by Anita Jung, LPC from Austin, Texas
Recorded on September 17, 2021.

Duration- 1:58



**Finding Your Emotional Balance with Ideo-Dynamic
Hypnotic Responses**

Webinar with Nicole Ruyschaert, M.D of Antwerp, Belgium
hosted by Anita Jung, LPC
Recorded on May 21, 2021

Duration- 1:44

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**You're a Flower, Not Its Petals: the Five
Petals of Identity Model (2 Parts)**

Webinar with Consuelo Casula of Milan, Italy
hosted by Anita Jung, LPC
Recorded on March 26, 2021
[Part 1 \(1:29\)](#) [Part 2 \(1:08:15\)](#)

~2020~



**The Hands Have It: Ernest Rossi's Ideodynamic Hand
Techniques for Mind/Body Communication and Healing** [↗](#)

Webinar with Delle Jacobs, LICSW
and hosted by Anita Jung, LPC
Recorded on November 20, 2020
2:05

**The Role of Brain States in Clinical Hypnosis:
Using Brain Oscillations to Better Predict Results**

Webinar with Mark Jensen, Ph.D.
and hosted by George Glaser, LCSW
Recorded on November 16, 2018
1:27



**Integrating Art & Hypnosis to Help Clients Heal From
Trauma** [↗](#)

Julie Speir, LCSW
Recorded on April 29, 2016, Austin TX
61 minutes



Hypnosis and Mindfulness [↗](#)

Flint Sparks, Ph.D.
Recorded on February 17, 2012
Parts 1-4 (approximately 1 hour, 45 minutes)
[Part 1](#) [Part 2](#) [Part 3](#) [Part 4](#)

