

Curriculum Vitae

Date Prepared: May 29, 2025

Name: Hyeji Na, Psy.D.

Office Address: VA North Texas Health Care System
Mental Health Service, Building 1-116A
4500 S. Lancaster Rd.
Dallas, Texas 75216

Work Phone: 214-857-3085

Work E-Mail: Hyeji.Na@va.gov

Education

Year	Degree (Honors)	Field of Study (Thesis advisor for PhDs)	Institution
2024	M.S.	Functional Nutrition	Parker University
2019	Psy.D. (Presidential Fellowship)	Clinical Psychology (Dissertation advisor: Gary Elkins, Ph.D.)	Baylor University
2015	M.S.	Clinical Psychology	Baylor University
2010	B.A.	Psychology	Emory University

Postdoctoral Training

Year(s)	Titles	Specialty/Discipline (Lab PI for postdoc fellows)	Institution
2019-2020	Psychology Postdoctoral Fellow	Clinical Psychology, emphasis in Patient Aligned Care Team (PACT)/Primary Care Mental Health Integration (PCMHI)	VA North Texas Health Care System; Dallas, TX

Professional Development Training

Year(s)	Course or Program, Degree if any	Institution
2024	Foundations in Integrative Health	Andrew Weil Center for Integrative Medicine

Faculty Academic Appointments

Year(s)	Academic Title	Department	Academic Institution
---------	----------------	------------	----------------------

2017	Graduate Teaching Assistant	Psychology & Neuroscience	Baylor University; Waco, TX
------	-----------------------------	---------------------------	-----------------------------

Appointments at Hospitals/Affiliated Institutions

<u>Past</u>			
Year(s)	Position Title	Department/Division	Institution
2020-2021	Medical/Surgical Psychologist	Mental Health	VA North Texas Health Care System; Dallas, TX
<u>Current</u>			
Year(s)	Position Title	Department/Division	Institution
2021-Present	Health Behavior Coordinator	Mental Health	VA North Texas Health Care System; Dallas, TX

Other Professional Positions [*Industry, foundation, private practice*]

Year(s)	Position Title	Institution
2018-2019	Research Therapist	Baylor Scott & White Health Warriors Research Institute; Waco, TX
2013-2019	Graduate Research Assistant	Baylor Mind-Body Medicine Research Laboratory; Waco, TX
2017-2018	Pre-doctoral Psychology Intern, Medical Psychology Track	VA North Texas Health Care System; Dallas, TX
2014-2017	Psychological Trainee	Baylor Psychology Clinic; Waco, TX
2015	Psychological Trainee	Baylor University Counseling Center; Waco, TX
2014	Hypnotic Relaxation and Mindfulness Group Facilitator	Baylor Scott & White Cancer Center; Waco, TX
2014-2015	Psychological Trainee	Bill Logue Juvenile Justice Center; Waco, TX
2013-2014	Rehabilitation Psychological Trainee	Hillcrest Baptist Medical Center; Waco, TX
2011-2013	Research Project Coordinator, Division of General Internal Medicine	Northwestern University Feinberg School of Medicine; Chicago, IL
2006-2009	Data Entry Specialist, Emory Women's Mental Health Program	Emory Clinic/Emory University School of Medicine; Atlanta, GA

Current Licensure and Certification

Licensure

Year(s)	State

2020-Present	Psychology, Texas
--------------	-------------------

Board and Other Certification

Year(s)	Specialty	Certifying Organization
2/2021-Present	Clinical Privilege for Hypnosis	VA North Texas Health Care System
11/2020-Present	HeartMath® Certified Practitioner	HeartMath Institute
6/2020-Present	Lean Six Sigma Yellow Belt Certification	VA North Texas Health Care System

Honors and Awards

Year	Name of Honor/Award	Awarding Organization
2021-Present	Outstanding Performance Appraisal Rating	VA North Texas Health Care System
2021	The Crasilneck Award for best first paper presented by a young scientist	Society for Clinical and Experimental Hypnosis
2013-2019	Presidential Fellowship	Baylor University

Major Administrative/Leadership Positions

Year(s)	Position Title	Institution
None		

Committee Service (*Member, unless noted otherwise*)

Year(s)	Name of Committee	Institution/Organization
<u>University/Department</u>		
None		
<u>Hospital</u>		
2022-Present	Veteran Health Education and Information Committee	VA North Texas Health Care System
2021-Present	Health Promotion & Disease Prevention Committee, Co-Chair	VA North Texas Health Care System
2020-Present	Whole Health Committee	VA North Texas Health Care System
2020-Present	Employee Whole Health Workgroup	VA North Texas Health Care System
2020-2023	Employee Engagement Workgroup	VA North Texas Health Care System
2020-2021	Psychology Recognition Week Committee	VA North Texas Health Care System
2018	Psychology Diversity Committee	VA North Texas Health Care System
<u>State/Regional</u>		

None		
<u>National/International</u>		
None		

Professional Societies

Dates	Society Name, member
2015-Present	Society for Clinical and Experimental Hypnosis, Member
2013-2023	American Psychological Association, Member
2013-2023	Association for Psychological Science, Member

Community Engagement

Year(s)	Role, brief description	Organization or institution
2021-Present	Volunteer, Annual Whole Health Fair -Assisted in planning and volunteered at the annual health fair promoting whole health for employees and Veterans at VA North Texas Health Care System	VA North Texas Health Care System; Dallas, TX
2014-2019	Founder and Mentor, Baylor University Graduate-Undergraduate Mentorship Program -Founded and developed mentorship program which pairs Baylor graduate students with undergraduates who are interested in pursuing graduate education	Baylor University; Waco, TX
2017	Volunteer, VANTHCS Mental Health Summit	VA North Texas Health Care System; Dallas, TX
2015-2017	Guest Lecturer, Mental Health and Counseling Class -Lectured on positive psychology, clinical hypnosis, and dissociative identity disorder	Robinson High School; Robinson, TX
2014-2017	Representative, Baylor University Graduate Student Association -Served as a graduate student leader during orientation for graduate students and served on the academic and service committees	Baylor University; Waco, TX
8/2015	Peer Leader, Baylor University Sexual Assault Prevention Training -Facilitated discussion with incoming Freshman class regarding ways to promote safety and prevent violence on campus	Baylor University; Waco, TX
2011	Youth Teacher -Presented seminars to high school and college students on various topics, including mental health, college applications, and spiritual well-being	G3 Church; Killeen, TX

2008-2009	President, Emory University Delta Phi Lambda Sorority Inc. -Led weekly chapter meetings and oversaw all major event planning	Emory University; Atlanta, GA
-----------	---	-------------------------------

Educational Activities

1. Direct Teaching

Date	Course Name, Rotation or Session Topic	Role	Number of Instruction hours	Primary Learner Audience (number)	Department or Organization
<u>Medical and Graduate School (UME) Course Instruction, Small Group Instruction, Clinical Supervision</u>					
7/2024-Present	Motivational Interviewing EBP Rotation	Clinical Supervisor	1-2 hours per week	1-2 psychiatry residents per rotation	VA North Texas Health Care System
2/2024-Present	Cognitive Behavioral Therapy for Insomnia EBP Rotation	Clinical supervisor	1.5 hours per week	1 psychology intern per rotation	VA North Texas Health Care System
7/2022-7/2023	Psychological Assessment Rotation	Clinical supervisor	1.5 hours per week	1 psychology intern	VA North Texas Health Care System
12/2022	Flourishing: Moving Beyond Mental Illness	Presenter	1 hour	7 psychology interns	VA North Texas Health Care System
10/2022	The Value and Limitations of the Placebo Effect	Presenter	1 hour	7 psychology interns	VA North Texas Health Care System
<u>Graduate Medical Education (GME) Course Instruction, Small Group Instruction, Clinical Supervision</u>					
11/2022-7/2023	Cognitive Behavioral Therapy for Insomnia	Clinical supervisor	1 hour weekly	1 graduate psychologist	VA North Texas Health Care System
<u>Instructor in Continuing Medical Education (CME), Faculty Development, National Educational Symposia</u>					
2021-Present	Motivational Interviewing for PACT Clinicians Session 1	Instructor	8-24 hours per year	Up to 15 healthcare staff per class	VA North Texas Health Care System
2021-Present	Motivational Interviewing for PACT Clinicians Session 2	Instructor	8-24 hours per year	Up to 15 healthcare staff per class	VA North Texas Health Care System

2. Curriculum Development

Date	Course Name or Curriculum Product	Role	Purpose	Primary Learner Audience	Organization or Institution
None					

3. Mentoring and Advising

Date	Mentee Name	Mentee Level/ Program and Institution	Role	Mentee Outcomes, Current Position
None				

4. Learner Assessment Activities or Tool Development

Date	Course Name or Session Topic	Role	Number of Evaluation Hours	Primary Learner Audience	Organization or Institution
None					

5. Educational Administration and Leadership

Date	Title	Responsibilities	Time (FTE or hours)	Organization and Program Scope	Outcomes
None					

Grant Review Activities

Year(s)	Name of Review Committee	Organization
None		

Editorial Activities

Year(s)	Journal Name
<u>Editor/Associate Editor</u>	
None	
<u>Editorial Board</u>	
None	
<u>Ad Hoc Reviewer</u>	
2019-Present	Manuscript Reviewer, International Journal of Clinical and Experimental Hypnosis

Grant Support *[Include Educational Grants]*

<u>Active</u>	None
---------------	------

<u>Past</u>	None
-------------	------

Clinical Trials Activities

<u>Present</u>	None
----------------	------

<u>Past</u>	<i>Grantor:</i> National Institute of Health
	<i>Title of Project:</i> Hypnosis to Improve Sleep in Menopause: Determination of Optimal Dose and Method
	<i>Role:</i> Research Coordinator, Research Therapist
	<i>Grantor:</i> National Institute of Aging; National Heart, Lung, and Blood Institute
	<i>Title of Project:</i> The LIFE Study – Lifestyle Interventions and Independence for Elders
	<i>Role:</i> Research Coordinator
	<i>Grantor:</i> National Heart, Lung, and Blood Institute
	<i>Title of Project:</i> PROgenitor Cell Release Plus Exercise to Improve functional Performance in PAD: The PROPEL Study
	<i>Role:</i> Research Coordinator
	<i>Grantor:</i> National Heart, Lung, and Blood Institute
	<i>Title of Project:</i> Effectiveness of Group Walking Sessions for Increasing Activity in People with Peripheral Arterial Disease (The Group Oriented Arterial Leg Study [GOALS])
	<i>Role:</i> Research Coordinator

Invited Lectures

Year(s)	Title	Location
<u>International</u>		
None		
<u>National</u>		
3/2022	Presenter, VA Hypnosis Community of Practice Call -Hypnotic Relaxation Therapy to Enhance Well-Being	VA Hypnosis Community of Practice Call; Virtual
2/2022	Presenter, VA National CBOC Mental Health Grand Rounds -HeartMath: Building Resilience with the Intelligent Heart	VA National CBOC Mental Health Grand Rounds; Virtual
<u>Regional/Local</u>		

3/2022	Presenter, VANTHCS Annual Social Work Conference -Flourishing: Moving Beyond Mental Illness	VA North Texas Health Care System; Virtual
7/2021	Presenter, VANTHCS MH Journal Club -Dual Continua Model of Mental Health	VA North Texas Health Care System; Virtual
6/2021	Presenter, VANTHCS Intern Didactic Series -Pre-Transplant Psychosocial Evaluations	VA North Texas Health Care System; Dallas, TX
3/2021	Presenter, VANTHCS Nursing Grand Rounds -Intelligent Energy Management	VA North Texas Health Care System; Virtual
1/2021	Presenter, VANTHCS Employee Healthy Living Event -Intelligent Energy Management	VA North Texas Health Care System; Virtual
7/2020	Presenter, VANTHCS Nursing Grand Rounds -Impact of COVID-19 on Primary Care-Mental Health Integration	VA North Texas Health Care System; Virtual
1/2020	Presenter, VANTHCS Nursing Grand Rounds -Primary Care Mental Health Integration (PCMHI)	VA North Texas Health Care System; Dallas, TX
10/2016	Presenter, Baylor University Psy.D. Program Meeting -Promoting a Proactive Culture of Self-Care Among Clinical Psychology Graduate Students	Baylor University; Waco, TX
5/2016	Co-Presenter, Bill Logue Juvenile Justice Center Staff Training -An Introduction to Motivational Interviewing	Bill Logue Juvenile Justice Center; Waco, TX
4/2016	Co-Presenter, Baylor University Psy.D. Research Seminar -Hypnosis for Sleep in Menopause: Optimal Dose and Method	Baylor University; Waco, TX

Technological and Other Scientific Innovations [*Patent, if any, pending or awarded /If described in print/on web, provide citation*]

None

Bibliography

Peer-Reviewed Publications [*List in chronological order with complete pagination. Authors should be listed in the same order as they appear in the published article.*]

Original Research Articles

1. **Na, H.**, Ekanayake, V., Padilla, V., & Elkins, G. (2022). Pilot study of hypnotic relaxation therapy for well-being (HRT-WB): A new intervention to enhance well-being and positive affect. *International Journal of Clinical and Experimental Hypnosis*, 70(4), 328-349.

2.	Zoltan, K., Roberts, L., Na, H. , Yek, M., Slonena, E., Racelis, E., ... Elkins, G. (2021). Test-retest reliability of the Stanford Hypnotic Susceptibility Scale, form C and the Elkins Hypnotizability Scale. <i>International Journal of Clinical and Experimental Hypnosis</i> , 69(1), 142-161.
3.	Bowers, J., Na, H. , & Elkins, G. (2018). Flow and hypnotizability in a college student population. <i>International Journal of Clinical and Experimental Hypnosis</i> , 66(3), 331-342.
4.	Roberts, L., Na, H. , Yek, M., & Elkins, G. (2017). Hypnosis for hot flashes and associated symptoms in women with breast cancer. <i>American Journal of Clinical Hypnosis</i> , 60(2), 123-136.
5.	Ji, S., Long, Q., Newport, D. J., Na, H. , Knight, B., Zach, E. B., Morris, N. J., ... Stowe, Z. N. (2011). Validity of depression rating scales during pregnancy and the postpartum period: Impact of trimester and parity. <i>Journal of Psychiatric Research</i> , 45(2), 213-219.

Reviews, Book Chapters, Monographs and Editorials

1.	Na, H. & Elkins, G. (2022). Historical foundations of clinical hypnosis. In G. R. Elkins (Ed.), <i>Introduction to clinical hypnosis: The basics and beyond</i> (pp. 11-30). Mountain Pine Publishing.
----	---

Books/Textbooks

1.	None
----	------

Case Reports

1.	None
----	------

Letters to the Editor

1.	None
----	------

Meeting Summaries or Proceedings

1.	None
----	------

Clinical Practice Guidelines

1.	<u>None</u>
----	-------------

Non-peer reviewed scientific or medical publications/materials in print or other media (no abstracts)

1.	Na, H. (2016). Skeptical optimism: A student's perspective on hypnosis. <i>Society for Clinical and Experimental Hypnosis Focus Newsletter</i> , 58(3), 13.
----	--