

THE ULTIMATE GUIDE TO DENTAL HYPNOSIS

and how to overcome Dental Anxiety

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Meet Amanda



Hello everyone,

I am Amanda Wright and I'm a Master Hypnotherapist specialising in chronic pain, anxiety and irritable bowel syndrome; and a Hypnodontics World Certified Practitioner in the effective treatment of dental anxiety. I'm sympathetic, caring and most importantly, experienced; with years of practice helping people beat their fears. I offer a range of options; so, whatever stage you're at in dealing with your dental anxiety, I will be able to help you.

I use a powerful combination of hypnotherapy, retraining and cognitive based therapy for effectively treating dental anxiety. Hypnosis uses techniques to induce a hypnotic state, putting the mind in a state

clinically proven to effectively help clients resolve negative habits and reverse many behavioral issues. The hypnotic state allows the hypnotist to connect with the client's subconscious mind in an altered state of awareness, and give positive suggestions that bypass the rational, conscious mind, influencing the client's thoughts and behavior at a deeper, subconscious level.



Working in harmony with Australia's dentists, my aim is to aid and assist dental clients with their condition, to achieve optimum results easily and effortlessly. I will move the patient from dental fear to dental freedom, so that they can soon smile happily about their new-found success. I offer consultations in person here in Perth, Western Australia, or by Skype around the world. I welcome both dentists and dental patients to contact me via +61 400 517 470. You can also reach out to me through the following link:

http://www.hypnogenie.com.au/hypno_contact.html

For dentists, my team and I will help you realise increased new visits and return appointments from dental clients who are ready and confident to receive dental care. We also refer clients to professional and experienced dentists with whom we have worked before. Get in touch with us right away and together we shall improve the general dental health of Australian people. I am honored to be part of this empowering journey.

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INTRODUCTION

Everyone visits the dentist — or at least they should. It's an experience we all share in our culture, throughout our whole lives. For most people, it's just a regular check-up, perhaps an occasional filling or minor maintenance. For others, there are more compelling reasons such as trouble eating, cosmetic appearance, tooth failure, or even toothache.

As a certified Hypnodontist, I understand that people can feel all sorts of nervousness, discomfort and anxieties when considering a dental visit. It is normal, natural and nothing to be ashamed of. You are not alone. As a matter of fact, it is estimated that more than three quarters of people with dental issues are reluctant to have dental treatment, and up to half of them put off treatment until they have a dental problem that requires treatment — even though they know that delaying treatment is likely to make the condition worse and will eventually require even more substantial dental work. In Australia, extreme dental fear affects as much as every one in seven adults; making it a prevalent anxiety disorder in the country.

Fortunately, it is not a permanent disability. Through proper dental hypnotherapy, anxieties and fears can be managed and resolved eventually. This is an area where my team and I, at Amanda Wright Hypnogenie, are very skilled and experienced. We aim to remove deep-seated and long-standing anxieties at the subconscious level of every client.

Working with professional dentists across Australia, our team prepares clients for their dental appointments; helping them to overcome their deep-seated fears, for successful treatment procedures.

Case Studies

For as long as **Rick** can remember, he has always had a fear of dentists. He recalls that his fears developed back when he was in primary school in New Zealand. Back then, the New Zealand primary school dental system operated on dental patients without anaesthetic. Since then, he has suffered unpleasant experiences at the dentist; from experiencing anxiety to gagging with objects in his mouth. As a result he hated going to the dentist and has put off dental visits more than he can remember. Fortunately, all this changed when he met my team and I. He says, *“After only two sessions, I would go to the dentist without any anticipatory fear at all. It was so much calmer and I had less anxiety”*. Well, Rick is just one of the many clients we have helped overcome their dental anxieties.

Jeannie’s story is simple. When she was very young, around 10 years of age, she had a long, complex, experimental session of oral surgery under local anaesthetic. It lasted for more than three hours. She had no idea when it was going to end. The operation was watched by a number of dental students and lasted far longer than anticipated. The operation was successful and innovative. It has apparently been adopted as common practice for this kind of operation. However, the trauma of Jeannie’s experience has remained with her. Jeanie is always concerned when she tastes the anaesthetic in her mouth. It triggers a flashback to the long, complex operation that left her with a very swollen face and a black eye. She was very embarrassed about this and still remembers the pain more the 30 years later. Jeannie attended only two hypnosis sessions for her dental fear anxiety. She now manages quite successfully to attend dental appointments without fear or concern.



Jeannie said *“I am eternally grateful for the care and guidance I received from Amanda to help me overcome my fear and anxiety, it’s nothing short of a miracle.”*

John, now a highly successful business executive, recalls attending the dentist for his first dental visit at about age five. There was a mechanical failure with the dental equipment, and he clearly recalls the panic of the dental staff and the vile taste of oil in his mouth. He felt so helpless and fearful. The fear of dental treatment was all-consuming for him throughout his life until he tried dental hypnosis. Also, he was embarrassed to smile because of the state of his teeth. John took a while to catch up on the dental treatments that he should have received over the years but now he looks great and his smile is tip top; just what he needs in his successful career. John is extremely thankful for the treatment and support he received from Amanda Wright at Hypnogenie. *“Thanks Amanda, you put a smile on my dial”. “I was sceptical about hypnosis but the research studies show it can work and you made it happen”.*

Troy was desperate. He needed to have four wisdom teeth removed. He put it off for so long because he was absolutely terrified of going to the dentist. Troy couldn't even bring himself to make the appointment, even though the infection from his wisdom teeth was making him quite ill. Troy brought his mother to the appointment. She sat there quietly while we worked with Troy, calmly and deeply. In hypnosis, his subconscious mind was eventually convinced that he was safe and it was very important to make the dental surgery appointment sooner rather than later. Troy sat calm and relaxed in the hypnosis session as we talked about teeth and treatments, and the benefits of being free of the fear and illness he had been experiencing. At the end of the session, Troy could not get over how calm, relaxed and clear he was about his next steps. Within three days Troy booked the dental surgery appointment. During hypnosis in the second session, we focused on getting to the appointment in a calm, relaxed and confident manner, allowing things to happen easily and effortlessly. The hypnotherapy session ensured Troy's recovery was swift and easy, with his body-mind focusing on the most positive healing and rehabilitation outcome. The transformation was almost miraculous. Troy has now had his surgery and has recovered well. It's hard to believe that his treatment had been such a trauma for him for so long. He's very grateful to Amanda Wright at Hypnogenie for her assistance in what seemed to him an impossible task. Troy says, *I moved from fear and phobia to freedom and calm – awesome work Hypnogenie, thanks.*

Even though we are primarily located in Perth, Western Australia, we work with clients from all the other states and territories of Australia. This book introduces you to the scope of my work as a Dental Hypnotherapist and also shows you how it can help transform your experience with the dentist. Enjoy!



DENTAL HYPNOSIS AND DENTAL ANXIETY

What Is Dental Hypnosis and Dental Anxiety?

Dental Fear is a worldwide phenomenon; no nation or nationality is spared. High dental fear affects approximately one in six Australian adults and about one in ten children. Among some subgroups of the population, such as middle-aged women, the prevalence of high dental fear may be as high as one in every three individuals. Although, there is a view that males are less likely to admit to dental fear in surveys; therefore, this number is likely to be under-represented.

Dental phobia, which is high dental fear that impacts significantly on someone's life, affects about 5 per cent of the Australian population. It should be noted that anybody, irrespective of these characteristics, might have dental anxiety.

What Are The Consequences Of Dental Anxiety?

People with high dental fear are much more likely to delay or avoid dental visits. Those that do book dental visits are more likely to cancel or not show up for appointments. This avoiding behaviour often results in poorer dental health and compounds the need for more complex work in the future. In particular, those people who delay dental visits for a prolonged time, even if experiencing considerable pain, may have extensive problems that require more complex and complicated treatment.

People with high dental fear are more difficult to treat and therefore require more time at the dentist office. The experience for both dentist and patient can be stressful and unpleasant. The longer time spent at the

dentist will also result in longer appointments and a higher cost of dental treatment.

Spare a thought for the dentist. Managing patients with dental fear can cause considerable stress to the dentist and dental staff too. The longer you put off the appointment, the more difficult it gets to treat your dental issues.

Why Are You Afraid Of The Dentist?

Fear of pain represents the main reason why people avoid preventative dental care. This fear is predominantly associated with negative experiences in the past.

The most common origin of fear in dental patients is through direct conditioning. A good example of conditioning response is when the sound of the drill is paired with a painful or uncomfortable feeling caused by the drill. You are, therefore, likely to associate the sound of the drill with pain in the future. As a result, the patient will most likely want to escape similar stimuli in the future.

Secondly, vicarious learning and modelling are examples of indirect conditioning. If you see a friend or sibling experiencing painful or stressful events of dentistry and become fearful, then you will probably become fearful too.

Thoughts and perceptions can also play a role in creating fear; that is, receiving information from others about an experience that can cause fear. If a person frequently speaks about the danger, pain or fear of a situation or event and those warnings are reinforced by other stories about that same situation, the fear can be created mentally.

Constant bad press about dentistry as a source of pain and expense, fuel the anti-dental sentiment. Dentists have often been the source of negative humour; from the earliest days of cinema in the Charlie Chaplin silent movie *The Dentist*, featuring Mr Pain the Dentist.

What Are Some of The Most Common Causes of Dental Anxiety?

➤ **Bad experiences**

Dental anxiety, leading to a phobia, is most often caused by painful experiences. This not only includes painful dental visits but also emotional behaviours; for example, humiliation by a dentist.

➤ **History of abuse**

Dental phobia is also common in people who have been sexually abused, particularly in childhood. A history of bullying, physical or emotional abuse by a person in authority may also contribute; especially in combination with bad experiences at the dentist.

➤ **Uncaring dentist**

Dental schools teach that fear of pain is what will keep people from seeing a dentist. They are trained in chair side psychology. However, when the patient believes that pain is “inflicted by a dentist” perceived to be “cold and controlling”, it has a mental impact. Pain inflicted by a dentist who is perceived as caring, however is much less likely to result in psychological trauma (Weiner et al, 1999).

➤ **Humiliation**

Humans are social animals; therefore, insensitive remarks by dental staff and intense feelings of humiliation they provoke, is one of the main

factors that can cause or contribute to dental phobia. For example, remarks such as: “Don’t be such a baby! It’s only a needle”, can trigger humiliation.

➤ **Explicit learning**

If a parent, caregiver or friend displays anxiety about dental visits, the children may “inherit” that response. Even though they may not encounter any negative experiences themselves whilst at the dentist, they may well still be imprinted with that anxiety.

➤ **Anxiety about needles**

The fear of being hurt with something sharp is usually learned while in childhood; from either parents or movies. Despite knowing that the needles are meant for continuing good health, the dramatisation and stories leave people with an unintended fear they carry into the dental office for self-protection.

➤ **PSTD**

Research indicates people who have had negative dental experiences suffer from symptoms very similar to those found on post-traumatic stress disorder (PTSD) patients. This is characterised by intrusive thoughts of the bad experience and nightmares about dentists and dental situations.

The whole process of having a dental examination creates a high level of anxiety. Patients are placed in a reclined position, increasing their sense of powerlessness, and are afforded little control of the situation. Often the dentist’s probing, scraping and drilling are unpredictable from a client’s perspective. They are unable to see into their own mouth thus heightening the perceived lack of control. Some patients have a concern

about trusting their dental practitioner. This may take many forms: the fear of giving over control, not being listened to, or feeling helpless. The sight of the dentist and dental assistant encroaching on the patient's sense of personal space also represents further intrusion. Perceived judgements from the treating specialists can further heighten the patient's sense of embarrassment and humiliation.

Specific physical fears

Dental anxiety and fear may also focus on a number of specific concerns about physical behaviours. The source of a patient's anxiety might be in relation to fear of gagging or choking. This is a common occurrence.

Some patients have a fear of injection or sharp objects, being cut or a strong aversion to the thought of blood. A large number of patients might have concerns about the perceived problem of getting numb. They may have a low pain threshold. Some patients have a concern about trusting their dental practitioner. This is the most common fear of Perception of the Dental Environment.

Patients with dental phobias become paralysed; unable to bring themselves to make the appointment with a dental office even when in pain. Failure to undertake the inevitable trip to the dentist only prolongs the pain, potential health impact and extends the duration and, possibly, the intensity of the anxiety.

This level of high anxiety requires treatment preferably by a professional dental hypnotherapist certified in hypnosis for dentistry and cognitive based therapy. As a practicing hypnotherapist, I have helped many patients overcome this fear and also helped them to make the crucial initial appointment.

Typically, my work involves identifying the intent of the dental treatment the client is seeking. I then seek to establish the level of dental fear or phobias experienced by the client and gain an understanding of the things that trigger anxiety when going to the dentist. There is no long and involved intrusive analysis of past events. A simple score system provides sufficient advice for initial analysis and future progress. That has always been our mode of operation here at Amanda Wright Hypnogenie.



The Case for Dental Hypnosis

Dental hypnotherapy is a practice that is heavily dependent on the patient. It is therefore carried out differently for every person. Normally, the hypnotherapist will encourage you to go into a trance-like state by talking to you. This is akin to meditating during a yoga session. Getting into a trance state, again, depends on the nature of dental anxiety; therefore, for some people, it may take a few seconds; while in others, it may take several minutes.

Dental hypnotherapy may be used either as the sole anaesthetic or alongside chemical anaesthesia. Your doctor and dental hypnotherapist will advise you on the proper course to take. Just keep in mind that, as a professional hypnotherapist, my primary responsibility is to help you overcome your fears and anxieties about dento-phobia and dental treatments in general.

Is My Dental Hypnotherapist Properly Trained and Qualified?

This is yet another question that is often asked; and rightly so. You should, 100 per cent, feel safe that your dental hypnotherapist is actually trained and experienced in their field. I am a Master Hypnotherapist and World Certified Practitioner of Hypnodontics with qualifications and membership in the following organisations:

- The International Institute of Complementary Therapists
- The Australian Hypnotherapy Alliance
- The National Guild of Hypnotists.

B.A. La Trobe University

Grad Dip Public Health Curtin University

Certified Hypnotist

National Guild of Hypnotists

KRI Kundalini Yoga Teacher

More than this, I aim to build a good rapport with every client of mine and help them build the same with their dentist or oral surgeon. At the end of the day, when both parties are feeling confident and share trust with each other, the whole experience is made a thousand times better.

Is Dental Hypnosis Harmful?

Dental hypnotherapy works well if you have some pre-existing medical or dental phobia or fear of injections. At Amanda Wright Hypnogenie, our services are specifically geared toward helping people receive dental treatment free from fear. We also focus on helping our clients lessen or stop the gag reflex as well as reduce bruxism (grinding of the teeth); among many other dental anxiety issues. Our care relieves the symptoms of dentophobia such as sleeping issues, headaches and migraines. We fully understand the fears and phobias of seeking dental care that affect many people in Australia. We will help you understand that dental treatment and care is not a traumatic experience as you may have been led to believe.

However, there are a few side effects. These include: **feeling more relaxed, confident and compliant with your dentist; all while maintaining a positive control of the experience.** Sounds like a great deal, don't you think?

So, How Often Should You Seek Dental Hypnotherapy Services?

Well, this depends on the dental issue being addressed. For example, the nature of dental anxiety may manifest as bruxism, dental analgesia or as gag reflex. These are different issues, each with its own treatment course. Once my team assesses you during our initial consultations and appointments, we will come up with a time frame for your treatment; along with the sessions you will need to take.



LEARNING, UNLEARNING AND RE-LEARNING

How Are Phobias Acquired?

For you to fully understand the nature of your dental anxiety, it is important that you first understand how phobias are created. One of the most common acquisitions of phobias is through a **direct experience**. For example, someone with a phobia of driving is likely to have acquired it by suffering a negative experience while driving. Such direct experiences leave a very powerful impression on the person akin to trauma.

The parts of the brain involved, usually considered to include the amygdala and the hypothalamus, do not respond readily to logical arguments and proofs. It's just the way we are naturally wired to process events. Once you begin to understand this, it then makes sense why an intelligent adult who is capable of managing their personal and professional lives is unable to convince themselves to seek much needed dental treatment. In this case, the phobia trigger is dental care. The brain deems it to be a threat to survival and such feelings tend to override all sorts of logical counteracting information.

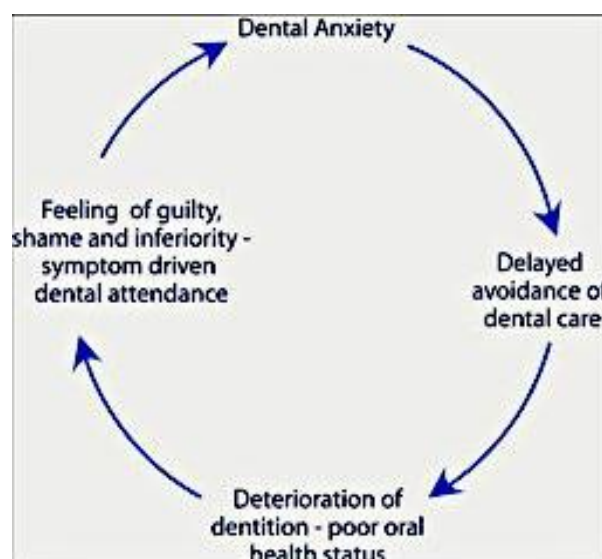
To put this into more perspective, a direct experience that creates negative dental phobia could be past dental treatment that was either very painful or with an uncaring dentist or both. For most people, this usually happens in childhood where there is a lack of proper moderation of vivid imagination and emotional experience. Pain and fear during this period can make a more lasting impression.

Besides direct experience, another way that phobias are acquired is through **imitating the fears of other people**; particularly people close to you such as parents or siblings. In my experiences as a dental hypnotherapist, I have often found that some of my clients' fears can be traced back to repeated exposure, as a child, to a parent's fears. Children tend to subconsciously accept their parents as a valid source of information; therefore, they don't question the legitimacy of their parents' actions.

The other way through which phobias are acquired is by **transforming existing phobias** into a dental setting. What do I mean by this? Well, someone with claustrophobia is typically afraid of losing control. Now, a confined dentist's chair may resemble claustrophobia because the patient may feel helpless and without control of the situation. Also, people who may have suffered traumatising events such as sexual or physical abuse may find it unsettling to be confined in a dentist's chair.

What Happens When Dental Anxiety Is Not Addressed?

Failure to address dental fears may cast you into what we refer to as the **Vicious Cycle of Dental Anxiety**. This is depicted in the picture below.



It starts by experiencing the dental fears and anxiety. This may be a result of past events or associated phobias as already discussed. The anxiety then causes you to keep putting off dental visits or making appointments with the dentist. Your brain will somehow always find ways to convince you that you can keep postponing seeking dental care and treatment. You may even start thinking that the dental issues you have are not serious. What then happens next is deterioration of oral health. It said that, “a day late is a dollar short”. So, why don’t you save yourself some money and address the problem early? Once oral health issues develop, you are likely to start experiencing feelings of guilt, shame, embarrassment and inferiority which may only make you put off dental visits even more. You see, this is a vicious cycle that keeps going.

At Amanda Wright Hypnogenie, we do not use scare tactics such as perpetuating the threat of gingivitis or tooth decay as a means of relieving dental anxiety. While such strategies may work on a tiny proportion of the population who naturally don’t suffer from anxiety, we find that they may be quite ineffective in the long run. As a matter of fact, some studies estimate that nearly three quarters of dental patients experience some form of mild to severe dental fears and anxiety. It is therefore, more likely that someone may be experiencing fear of seeking dental care than not.

What to Expect From Dental Hypnotherapy

What is a hypnosis session like? I get asked this question a lot.

During your first session, you’ll learn about hypnosis. You will understand how to use hypnosis and how your subconscious mind works. Much of this session is educational, because when people know more about the process and what to expect, they tend to do better.

After your questions have been answered, you will be guided in a brief hypnosis session where you start the process that will help you achieve your goals. Once you emerge from hypnosis, you will spend time talking about your experience.

Before you leave, additional sessions will be scheduled. During those sessions you will spend much more time in hypnosis, where the real work will begin. It is recommended that sessions be spaced not more than two weeks apart; and depending on the issue being addressed, there are typically between two and four sessions. You will also receive audio recordings for you to listen to between sessions.

Next, I will walk you through the process of setting up your intent when you visit the dental office.

Setting Up Your Intent

1. You are the patient. It is your visit and you are paying for the treatment. So you want to feel safe, secure and treated sympathetically and kindly by a professional dentist and supporting team.
2. You need to be clear about the purpose of your treatment and the scope of service too. Ask yourself, “*why am I here?*” or “*what do I want help with?*” For most people, their goals often include: to feel calm and relaxed during the dental treatment.
3. Share your completed checklists with your dentist and the letter of introduction that I have supplied outlining your personal requirements; for example, the need to set some rules and boundaries about rest periods, and signals for stop.
4. Be clear about what creates anxiety for you about dentistry. Ask what can be done to overcome this situation. For example, “*I don’t like*

lying down in the chair with the bright lights in my eyes. What can you do to assure me that it won't happen?"

5. Having support and clarity about your role and what you can expect from your dentist will provide you with a greater sense of control.
6. These interactions will also help to build your confidence in a more equal relationship and better communication and rapport with your dental team.
7. Using your well-rehearsed progressive muscle relaxation techniques and breathing sequences and other personalised cognitive based therapies will just allow you to ease into the treatment session.
8. Your personalised control panel and picturesque, calm, safe escape methods will provide you with the essential tools to allow you to minimise and manage your own levels of personal comfort throughout the procedure
9. This peaceful, calm state will allow the dental team to complete their work easily, more efficiently and probably in less time.

At Amanda Wright Hypnogenie, our services will assist you to create positive changes the safe, natural and effective way using hypnosis.

Complementary medicine should be an integral priority in comprehensive care to calm and relax patients when they are at the dentist's office. We can arrange to send you an email, every day, of helpful hints and exercises; or we can converse over the phone to help you overcome dental fear anxiety.



CHAPTER 3: THE SIX-STEP PATH TO SUCCESSFUL DENTAL TREATMENT

At Amanda Wright Hypnogenie, we believe in the six steps of getting our clients the appropriate dental treatment. During any one of these steps you may experience a behaviour that precludes you from seeking the dental treatment that you need.

Being able to identify where you are on the path and the step that is holding you from making progress will be helpful and in fact, the first step in progress to resolving your dental fear.

Step 1: Initial Contact with the Dentist's Office

This step involves making an appointment with a dentist for consultation, check-up, preventative measures, or urgent requirement for dental treatment due to pain, inflammation or tension. How can you find the right dentist for you? Well, most people like to ask for referrals of dentists from close friends and family; which is okay. However, if you are still not sure about who to go to, our team will be happy to set you up with qualified, experienced and very caring dentists across Australia. Just reach out to us and we will be happy to point you in the right direction depending on your location or place of residence.

Step 2: Thinking About the Impending Appointment

Once you have initiated contact with a dentist's office, you will likely have also set up a date for a physical appointment. Our team will prepare you physically, mentally and emotionally to be ready for your appointment. We will be seeking to help you reduce any feelings of nervousness and anxiety. We will help you fight off the thoughts of

cancelling your appointment and instead help you to commit and honour it.

Step 3: Entering the Dentist's Office

At the dentist's office, you will likely first meet with the dentist's receptionist and asked to wait in the waiting room.

Step 4: The Dentist's Room

Once your name has been called, the dental assistant will prepare you to meet the dentist. You may come into contact with various medical and dental instruments. Feel free to ask what they are used for. Striking up a conversation is a great way to calm your nerves. The dental assistant or the dentist will be happy to explain the uses of various instruments and equipment. Feel free to provide your dentist with all the information needed to help them get a better sense of the issue and come up with an ideal treatment plan. It should feel more like a conversation than an interrogation.

Step 5: Dental Treatment

After consultation and preliminary examination, your dentist will advise you on whether your treatment starts immediately or whether it will be scheduled at a different date. The type of dental treatment you are to receive depends on the nature and severity of your dental issues. It's normal to feel a little apprehensive but you can rest assured that our team at Amanda Wright Hypnogenie will have adequately prepared you for this.

Step 6: Post-Treatment

Dental anxiety, in extreme cases, over a long period of time, can result in long term anxiety or depression. Resolving your fear is the pathway to

improving not only your dental health but also your physical and mental health. Our job is to work with you to resolve anxiety issues beyond just dental treatments. We want to help you get a better handle on anxiety for the long term hence improving the quality of your life.



BONUS: Five Proven Tips for Overcoming Dental Anxiety

Tip #1: Honesty Is the Best Policy

Be completely honest about your fears and dental issues with your dental hypnotherapist and dentist. It will put them in a better position to help you resolve these issues. Remember, only you know the full story. Your providers can only infer from what you tell them. Besides, ignoring anxieties and fears may aggravate your issues.

Tip #2: Find the Right Dentist

It is important that you feel comfortable with your dentist. Talk to different dentists to get a sense of their personalities before choosing the one to care for your needs.

Tip #3: Bring a Loved One

Most people with anxiety tend to relax more when a friend or loved one is with them during dental treatment. Find a loved one who is not afraid of dental care to provide moral support during your treatment.

Tip #4: Take Good Care Of Your Teeth

Prevention is better than cure. Practicing good oral hygiene will not only reduce the need for dental visits but also make them more pleasant. Start by brushing and flossing regularly and avoid eating a lot of sugary foods and snacks.

Tip #5: Use Your Headphones

If the sounds of drills and other dental tools trigger nervousness and anxieties, carry headphones with you and listen to music during the procedure. After all, music has been proven to be very relaxing. If you are not a music lover, you can listen to your favourite podcast.

Checklist for Successful Dental Treatment

Questions	Yes	No
Have I chosen a preferred dentist?	<input type="checkbox"/>	<input type="checkbox"/>
Do I understand my dentist's scope of services?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a provision for rest periods during dental treatment?	<input type="checkbox"/>	<input type="checkbox"/>
Can I signal for dental treatment procedure to stop?	<input type="checkbox"/>	<input type="checkbox"/>
Can I bring along a friend (or some form of moral support)?	<input type="checkbox"/>	<input type="checkbox"/>
Can I put on my headphones during the dental procedure?	<input type="checkbox"/>	<input type="checkbox"/>

If you can comfortably answer “YES” to all the questions in the checklist above, you are ready for your dental procedure appointment. Feel free to carry this checklist with you to the dentist's office.

CONCLUSION

At Amanda Wright Hypnogenie, all staff members are very skilled and professional. We would never judge or criticise anyone for having dental anxiety. Your concerns and fears are all valid and there is no reason to be ashamed. We are focused on helping you manage these anxieties and fears and be in a position to fully conquer them eventually. The idea that a lot of people avoid seeing the dentist despite their clear dental issues is what motivates us to work and improve every day. We want to help you overcome this fear to address your dental health issues and, in the process, help you develop a healthier and wholesome lifestyle. Get in touch with us through any one of the following:

- Call: +61 400 517 470
- Website: http://www.hypnogenie.com.au/hypno_dental.html

We are happy to serve your needs.



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