Abstract

Title: Hypnotherapy: A new and efficient way to ease the uncooperative dental patient.

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Keywords: Hypnotherapy, theory of the mind, uncooperative patient, dentistry, fear, flip of emotions, dental anxiety.

I. Abstract Body (up to 250 words)

The present lecture will reveal a new approach to improve the behaviour and response of the frightened and uncooperative patient who visits a dental clinic for the everyday general dental treatment as well as excessive or more advanced treatment plans.

Dental anxiety, fear, and phobia are all related terms that need to be clearly clarified. According to numerous Dental Fear Surveys (DFS), between 10% and 20% of adults in the United States avoid seeking regular dental treatment due to extreme dental fear. Through the use of the Hypnotherapy treatment we are able to flip the patients' discomfort fear and phobia towards the dentist and the dental procedures in to acceptance and tolerance. The psychological trauma the dental treatment has created in the past or in the present situation can effectively be cured by this approach. Through this lecture we will discover the ways (Theory of the mind, flip, etc), the trends (cognitive therapy, self-awareness etc) and the opportunities the Hypnotherapy can create, as well as the paths that the Therapist is using in order to flip the whole unpleasant and uncomfortable experience of a dental treatment to a positive one.

It is a great new "tool" in the dentist's quiver to approach more effectively and with better long term results his/her patients' fears and discomforts. And as every dentist knows a happy patient makes to more satisfied and happy dentist.

II. Image:



III. Reference:

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IV. Biography:

Mrs. Sonia Jaafoura has completed her BDS in 1995 in English Studies, Faculty of Letters, at the age of 25 years from Sousse University Tunisia, and A training course in Manchester University, England. She attended her Hypnotherapist Certificate with EKKA in Dubai, and she is the Director of "Skopos", Hypnotherapy Treatment Center. She is actively

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