

HYPNOSIS UNIT UK

**In Association with the UCL Division of Psychology and
Language Sciences, and Eastman CPD**

Directors: Dr Val Walters and Prof David Oakley

An Introduction to Dental Hypnosis for Dentists and Dental Therapists

Aims and objectives:

Our overall aim is to introduce dentists and dental therapists to the use of hypnotic techniques in dentistry. In particular we will be introducing participants to the following topics:

- The nature of hypnosis
- Measurement of hypnotic suggestibility
- An overview of the applications of hypnosis in dentistry
- Self-hypnosis to manage stress
- Basic procedures with children
- Basic hypnotic inductions for use with dental patients

Learning outcomes:

Following completion of this one-day introductory course, participants will be able to:

- Use a self-hypnosis technique to manage their own stress
- Have a basic theoretical understanding of hypnosis
- Be able to use a simple hypnotic technique with patients

Further information:

There will be an emphasis on gaining an understanding of the nature of hypnosis through practical experiences and demonstrations. Participants will be asked to examine these experiences in discussion with fellow participants, in order to consolidate their learning. Teaching is 'workshop style' and includes short talks and video / DVD clips to illustrate the potential of using hypnosis in the dental setting.

Should there be sufficient interest this introductory session can be followed by a two-day workshop in which further clinical skills are taught.

The course is open to Dentists and Dental Therapists.

Attendance on the introductory course and two-day workshop can be counted towards the required attendance for the Hypnosis Unit UK certificate in Dental Hypnosis.