

New therapy to overcome fear of dentist

1st December, 2015



There is fresh hope for the many people around the globe who are terrified of going to the dentist. New research suggests that a course of counselling can help overcome the fear of sitting in the dentist's chair. The research

was conducted by the King's College London Dental Institute Health Psychology Service. It focused on the effects of cognitive behavioural therapy (CBT) in treating dental phobia, also called dentophobia. Researchers discovered that the biggest fears among patients were of pain-relieving injections and the dentist's drill. Doctors believe that between six to ten sessions of CBT are enough for patients to be able to have stress-free visits to a dental surgery and cure this phobia.

Researchers say that over 10 per cent of people suffer from extreme anxiety about seeing their dentist, which stops many people from getting dental treatment. This level of anxiety often results in more dental problems because people delay going to the dentist until they have a toothache, by which time the treatment will be more painful. Three per cent of patients surveyed admitted having thoughts of committing suicide rather than seeing a dentist. Lead researcher, professor Tim Newton, said: "The primary goal of our CBT service is to enable patients to receive dental treatment without the need for sedation, by working with each individual patient to set goals according to their priorities."

Sources: *WebMD.com / BBC.com / Yahoo.com*

Writing

All school students should have training to overcome phobias. Discuss.

Chat

Talk about these words from the article.

hope / globe / terrified / dentist / counseling / therapy / injections / dentist's drill / anxiety / dental treatment / delay / suicide / primary goal / sedation / priorities

True / False

- The article says the number of people scared of dentists is increasing. T / F
- The article says there is a new phobia of dentists' chairs. T / F
- The fear of dentists is called dentophobia. T / F
- We need up to 60 counseling sessions to overcome our fear of dentists. T / F
- More than 10% of people suffer from extreme anxiety over dentists. T / F
- 3% of people contemplated suicide rather than go to a dentist. T / F
- People need to be sedated when they have therapy. T / F
- Therapists set goals with individual patients. T / F

Synonym Match

- | | |
|--------------|-----------------|
| 1. fresh | a. sittings |
| 2. terrified | b. heal |
| 3. overcome | c. put off |
| 4. sessions | d. conquer |
| 5. cure | e. main |
| 6. extreme | f. new |
| 7. level | g. aims |
| 8. delay | h. extent |
| 9. primary | i. scared stiff |
| 10. goals | j. serious |

Discussion – Student A

- What are your feelings about visiting the dentist?
- Why are so many people afraid of the dentist?
- How do you think dentists feel about people fearing them?
- What do you think of this counselling?
- What phobias do you have?
- How can we overcome our fears, anxieties and phobias?
- What do you think of the dentist's drill?
- What advice do you have for people who are afraid of the dentist?

Phrase Match

- | | |
|-------------------------|-------------------------------|
| 1. fresh | a. counselling |
| 2. terrified | b. suicide |
| 3. a course of | c. to their priorities |
| 4. pain-relieving | d. anxiety |
| 5. stress-free | e. of going to the dentist |
| 6. suffer from extreme | f. goal |
| 7. dental | g. injections |
| 8. committing | h. hope |
| 9. primary | i. treatment |
| 10. set goals according | j. visits to a dental surgery |

Discussion – Student B

- What do you do to take care of your teeth?
- Is there anything else in life similar to a visit to the dentist?
- What can dentists do to reduce patients' anxiety?
- How do you think CBT works?
- Should CBT be given to school students to reduce their stress?
- What three adjectives best describe a visit to the dentist?
- What do you do in the dentist's waiting room?
- What questions would you like to ask a dentist?

Spelling

- rediirfet of going to the dentist
- a course of llnsceoignu (UK) / clqseuonni (UK)
- the effects of itngiecvo behavioural therapy
- pain-relieving ciisjnneto
- ten osesniss of CBT are enough
- cure this hpoiba
- suffer from extreme ynaixte
- Three per cent of stieanpt surveyed
- committing isdciue
- The yarpimr goal
- working with each dnaiidiuv
- set goals according to their erstrioipi

Answers – Synonym Match

1. f	2. i	3. d	4. a	5. b
6. j	7. h	8. c	9. e	10. g

Role Play

Role A – Spiders

You think a fear of spiders is the worst phobia to have. Tell the others three reasons why. Tell them how their phobias can be easily overcome. Also, tell the others which is the least worrying of these fears (and why): dentists, the dark or heights.

Role B – Dentists

You think a fear of dentists is the worst phobia to have. Tell the others three reasons why. Tell them how their phobias can be easily overcome. Also, tell the others which is the least worrying of these fears (and why): spiders, the dark or heights.

Role C – The dark

You think a fear of the dark is the worst phobia to have. Tell the others three reasons why. Tell them how their phobias can be easily overcome. Also, tell the others which is the least worrying of these fears (and why): dentists, spiders or heights.

Role D – Heights

You think a fear of heights is the worst phobia to have. Tell the others three reasons why. Tell them how their phobias can be easily overcome. Also, tell the others which is the least worrying of these fears (and why): dentists, the dark or spiders.

Speaking – Phobias

Rank these with your partner. Put the worst phobias at the top. Change partners often and share your rankings.

- | | |
|-------------------|--------------------|
| • fear of spiders | • fear of dentists |
| • fear of flying | • fear of the dark |
| • fear of blood | • fear of heights |
| • fear of babies | • fear of germs |

Answers – True False

a	F	b	F	c	T	d	F	e	T	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.