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Level 5

New therapy to overcome fear of dentist

1st December, 2015

<http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-5.html>

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Please try Level 4 (easier) and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-5.html>

There is hope for people around the world who are terrified of going to the dentist. New research says a course of counselling can help to overcome the fear of sitting in the dentist's chair. The research was conducted by King's College in London. It focused on the effects of cognitive behavioural therapy (CBT) in treating dental phobia. Researchers found that the biggest fears patients had were of pain-relieving injections and the dentist's drill. Doctors believe that between six to ten sessions of CBT can result in stress-free visits to a dental surgery and to cure this phobia.

Researchers say that 10 per cent of people suffer from extreme anxiety about the dentist. This stops many people from getting dental treatment. It also results in more dental problems because people delay going to the dentist until they have a toothache, so the treatment will be more painful. Three per cent of patients surveyed thought about 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."

Sources: <http://www.webmd.boots.com/oral-health/news/20151127/cbt-helps-dental-phobia>
<http://www.bbc.com/news/uk-34933598>
<https://au.news.yahoo.com/world/a/30220398/talking-therapy-counters-dread-of-dentist/>

MATCHING

From <http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-5.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|----------------------------|
| 1. There is hope for | a. patients had |
| 2. terrified of going | b. in the dentist's chair |
| 3. a course of | c. to the dentist |
| 4. overcome the fear of sitting | d. relieving injections |
| 5. the biggest fears | e. counselling |
| 6. pain- | f. a dental surgery |
| 7. the dentist's | g. people around the world |
| 8. stress-free visits to | h. drill |

PARAGRAPH TWO:

- | | |
|-------------------------|----------------------------|
| 1. suffer from extreme | a. treatment |
| 2. This stops many | b. be more painful |
| 3. dental | c. anxiety |
| 4. It also results | d. going to the dentist |
| 5. delay | e. sedation |
| 6. the treatment will | f. in more dental problems |
| 7. The primary | g. people |
| 8. without the need for | h. goal |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-5.html>

There is hope for people around the world who (1) _____ going to the dentist. New research (2) _____ of counselling can help to overcome the fear of sitting in the dentist's chair. The research was conducted by King's College in London. (3) _____ effects of cognitive behavioural therapy (CBT) in treating dental phobia. Researchers found that the biggest fears patients (4) _____ -relieving injections and (5) _____. Doctors believe that between six to ten sessions of CBT can result in stress-free visits to a dental surgery (6) _____ phobia.

Researchers say that 10 per cent of people (7) _____ anxiety about the dentist. This stops many people from getting dental treatment. It also (8) _____ dental problems because people delay going to the dentist (9) _____ a toothache, so the treatment will be more painful. Three per cent of patients surveyed thought about (10) _____ seeing a dentist. Lead researcher, professor Tim Newton, said: "The (11) _____ our CBT service is to enable patients to receive dental treatment without the (12) _____."

DENTISTS SURVEY

From <http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-5.html>

Write five GOOD questions about dentists in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____

FREE WRITING

From <http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-5.html>

Write about **dentists** for 10 minutes. Comment on your partner’s paper.
