



# PeterField Hypnotherapy

*When you're truly ready for change*

## **End Dental Phobia / Dentist Fear and Smile**

**by**

**Peter Field**

Dental phobia and dentist fear are conditions that we treat with regularity here in our hypno-psychotherapy practice in the UK. Often, clients who have suffered from this crippling fear for most of their life are quite simply amazed that they are able to leave our clinic knowing that they have been released from their often overwhelming fear of the dentist.

After brief hypno-psychotherapy, they can at last visit the dentist and begin the process of restoring their dental health in a calm and relaxed manner, without the heart-palpitating, terrible feelings of anxiety and panic that they had previously experienced when thinking about, or actually visiting the dentist.

When it comes to dental phobia and fear of dental procedures, research has shown that it is a surprisingly common condition. Indeed, according to a really comprehensive survey conducted by the British Dental Association, a full 25% of the general population actually has a fear of the dentist and a fear of dental procedures.

Indeed, in really severe cases of dental phobia, simply seeing a toothpaste commercial or passing by a dental surgery can provoke intense feelings of anxiety and distress.

Very often, by the time the individual with a dentist phobia or fear of the dentist actually arrives at our hypnotherapy office, they have already allowed their teeth, gums and general oral health to reach such a poor state that they really have no choice but to take action.

Often, their dentist will have referred them to us so that they can free themselves of this very real - yet totally unnecessary and incapacitating - fear.

Many people will have already suffered agonising pain and discomfort because of their poor oral health, yet so great has been their dentist fear and dentist phobia that they have felt compelled to struggle on regardless, avoiding seeking proper dental care.

The simple truth is that their dental fear has somehow been more powerful than the real pain and unsightliness of their decaying teeth and painful gums.

The origins of dental phobia very often lie in previous negative or painful experiences that the individual has undergone at some time in the past when visiting the dentist. Sometimes, such fear can be passed on from a parent, or it can even be caused by unhelpful comments made by a dentist or dental nurse during previous dental procedures.

On top of this, feelings of loss of control, of vulnerability and helplessness, and a generalised fear of the unknown can be triggered and exacerbated by the thought or the experience of being in the dental chair. Yet the truth is that with today's modern dentistry and advanced pain control techniques, a visit to the dentist needn't be at all painful or fearful. With modern dentistry, you can have really good, sparkingly healthy teeth and healthy gums without having to experience any undue discomfort or pain in order to achieve it.

Perhaps you already know this. Perhaps you are already aware that your dental phobia and fear of dental treatment is unrealistic and largely irrational. But knowing this and being empowered to conquer it are, of course, different things.

The good news is that no-one is born with this fear and, since dental phobia and dentist fear - in common with all phobias - is a learned behaviour, it can indeed be 'unlearned'. And this is where advanced transformational hypnotherapy is of such enormous help.

Through the medium of advanced transformational hypnosis, correctly applied, you truly can free yourself from any unnecessary fear of the dentist or fear of dental procedures. You really can end your dental phobia and dentist fear.

Knowing that today's wonderful advances in dentistry can allow you to visit the dentist and receive the proper dental care and attention you deserve without it being a painful or difficult experience, it just makes sense to rid yourself of this irrational block to good oral health.

If you or someone you care about suffers from dental phobia or fear of the dentist, seek out a fully trained and experienced transformational hypnotherapist and put the smile back on your face!

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*Peter Field is a leading British hypno-psychotherapist with practices in Birmingham and in London, UK. He is the author of numerous articles on psychotherapy, hypnosis and health and his articles are currently published internationally by more than 200 different websites. He is a Member of the British Association for Counselling and Psychotherapy and Fellow of the Royal Society of Health. For more of his interesting and informative articles visit his website:*

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