Dental Hypnosis (Scotland) (BSMDH Scotland), I have
my dental practice.

I had seen several patients for the first time and
was quite impressed as a dental student on hypnosis
The BSMDH Scotland, of which I am very proud to be
president, now offers an elective prize to dental students
to allow them to study hypnosis.

Early in my dentistry career, following the BSMDH training
courses in hypnosis, my first case was a very anxious
who required multiple extractions and immediate dentures. He was
reluctant to have sedation, and showed an interest in hypnosis.

He said the atmosphere in the stadium had been electric and
required multiple extractions and immediate dentures. He was
reluctant to have sedation, and showed an interest in hypnosis.

In one case, hypnosis was used instead of local anaesthetics
in a sinus lift procedure and implant placement and in another
recently shown on BBC2, I demonstrated hypnosis being used
instead of local anaesthetics for the extraction of two upper
incisors and immediate implant placement. If you missed this, I believe that if you visit www.youtube.com, you
can find it if you search for clips on ‘dental hypnosis’.

The uses of hypnosis in dentistry include:
• Anxiety management/relaxation
• Compliment inhalation/intravenous/oral sedation
• Phobia management (Specific phobias e.g. general dental,
needle, dental needle, blood, drill etc)

After quite a basic session (as I was still a novice),
I noticed, as she left the surgery, her reluctance to look me in
the eye.

Some time later her husband attended for his check-up.
He told me that his wife’s problem had got worse and that she was
crying herself to sleep at night and often woke with the pain.

In my introduction to hypnosis was more fascinating than any
episode I’ve seen of TV. Here, he extols the virtues of a much-maligned and misunderstood method of pain control

The hypnosis training modules offered by the British
Society of Medical and Dental Hypnosis (Scotland) invites you to join us and to find out for yourself
that hypnosis really does work.

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