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### **Hypnotherapy & Dental Anxiety**

Dental Anxiety is a problem that many New Zealanders experience. The inability to relax and participate in dental procedures leads to reduced dental visits and can lead to neglect of dental care and increased anxiety.

Hypnotherapy is an effective treatment in reducing dental anxiety for those that seek out assistance.

I would like to explain how Hypnosis works in a therapeutic sense and in the everyday use of what we term 'waking hypnosis' and how Dentists, Dental Therapists, Dental Assistants, Hygienists and Dental practices can use waking hypnosis to lessen dental anxiety.

Less dental anxiety and an improved dental experience can only lead to return clientele, greater client satisfaction, growing reputations for dental practices and better dental health & hygiene for your patients.