



THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Dentistry

Continuing Dental Education

LIMITED ENROLMENT

Clinical Hypnosis in Dentistry: Practical Rapid Induction Techniques for Dentists

Dr. Lance Rucker

The dental profession is well-suited to clinical hypnosis. Within dentistry, hypnosis has both therapeutic and operative uses, including elimination of dental phobias and anxiety, adjustment of gag reflex, behaviour modification (such as thumb sucking/bruxism), control of hemorrhage, and control of salivary flow. Hypnosis has been endorsed for over 50 years as a basic standard patient care technique by the American Dental Association and by the Canadian Dental Association.

A 'light' state of hypnosis is easy and quick to achieve, and is most commonly used in dentistry on a day-to-day basis to empower patients, eliminate anxiety, reduce gag reflex, control and reduce gingival bleeding during basic restorative procedures, and to reduce the isometric tensing of the muscles of the jaw and thereby to reduce tenderness of the jaw during and after appointments. Hypnotic techniques are especially effective for the pediatric patient, and can also be used in conjunction with inhalation sedation.

This course will involve extensive hands-on opportunities for all participants. Hypnosis theory will be interspersed with formal inductions and opportunities for each participant to experience both performing and receiving trance inductions. During the afternoon, rapid induction techniques will be demonstrated and experienced in the UBC dental clinic, along with more traditional hypnotic inductions, directed specifically toward reduction of gag reflex, modification of pulse rate, adjusting comfort level with needle insertions, etc.

Course Objectives:

1. Recognize and identify hallmarks of hypnotic trance states in adult patients and children
2. Demonstrate basic clinical hypnosis induction and deepening techniques
3. Demonstrate optimized language patterns for hypnotic suggestion
4. Demonstrate rapid induction clinical hypnotic techniques
5. Utilize both direct and indirect induction procedures to modify gag reflex, control hemorrhage, adjust salivary flow, and provide analgesia entirely and/or as an adjunct to LA or psychosedation
6. Demonstrate specific techniques for clinical hypnosis for use with children



DR. LANCE RUCKER, DDS, FACD is the current President of the Canadian Society of Clinical Hypnosis (BC). Dr. Rucker has been a member of the Faculty of Dentistry of the University of British Columbia for 34 years, where he has taught clinical ergonomics, operative dentistry, and clinical hypnosis in both graduate and undergraduate programs. He has published articles in JADA, JDE, and the CDA Journal and has taught physicians, dentists, and other health care professionals in North America, Europe, and Asia how to use hypnosis with patients of all ages.

This course will be led by Dr. Lance Rucker. As required and depending on the course numbers Dr. Rucker may be joined by his colleagues Dr. Wong and Dr. Kuttner of the Canadian Society of Clinical Hypnosis (BC).

DR. DAVIDICUS WONG is a graduate of the UBC Medical School where he has an appointment as Clinical Assistant Professor. He has taught rapid-induction clinical hypnotic techniques for dentists and physicians with the Canadian Society of Clinical Hypnosis since 2014. He integrates clinical hypnosis, mindfulness, and CBT in his full service family practice with obstetrics.

DR. LEORA KUTTNER, PH.D. is a registered psychologist in private practice. She is a Clinical Professor at B.C. Children's Hospital and has been teaching clinical hypnosis as part of the UBC Pediatric Graduate Dental program for seven years. In addition to a long list of articles published in scientific journals, Dr. Kuttner has published the book: "A Child in Pain: What Health Professionals Can Do to Help." She also has written and produced several films featuring clinical hypnosis in pediatric care both in the hospital and on an outpatient basis, including the award-winning documentary film "No Fears, No Tears," which includes actual footage of the use of clinical hypnosis for children with cancer as they undergo extensive and otherwise painful tests and treatments.

HANDS-ON COURSE This is a hands-on course, therefore, if you are from out of province, you will be required to obtain a temporary license to practice in BC through the College of Dental Surgeons of BC. For more information, please visit their website: www.cdsbc.org. The application process takes approximately a month to process.

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Limited Enrolment Courses require a minimum of 21 days notice for a full refund less \$50.00 administration fee. Cancellations made between 21 and 14 days prior to the first day of the program will receive a 50% refund. No refund will be granted for cancellations made less than 14 days prior to the first day of the program. Continuing Dental Education at The University of British Columbia reserves the right to cancel courses if deemed necessary by low enrolment, instructor cancellation or other unforeseen issues. In case of course cancellation a full refund will be issued.

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SATURDAY
NOVEMBER 25, 2017

DE 9391

TUITION: Until Oct 23 After Oct 23
Dentists \$400 \$440

TIMES:

Registration begins: 8:30 am
Course commences: 9:00 am

6 HOURS OF INSTRUCTION

LOCATION:

The University of British Columbia
Instructional Resource Centre (IRC)
2194 Health Sciences Mall and
Nobel Biocare Oral Health Centre
Vancouver, BC

Tuition Fee includes: continental breakfast, luncheon, course materials and a clinical hypnosis DVD produced by the Canadian Society of Clinical Hypnosis, entitled "Clinical Hypnosis Inductions, Deepening and Strategies for Psychological, Medical & Dental Applications." This DVD features demonstrations of multiple techniques for various clinical professional applications, and will reinforce the experience of this Continuing Education course.

www.hypnosis.bc.ca/member-services/new-dvd-coming-soon.html

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