



THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Dentistry

Continuing Dental Education

LIMITED ENROLMENT

Clinical Hypnosis in Dental Hygiene: Practical Rapid Induction Techniques for Registered Dental Hygienists

Dr. Lance Rucker *and selected faculty of the Canadian Society of Clinical Hypnosis (BC)*

The oral health professions are well-suited to clinical hypnosis. Hypnosis has both therapeutic and operative uses, including elimination of dental phobias and anxiety, adjustment of gag reflex, behaviour modification, 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.

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, 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

This course will be led by Dr. Lance Rucker. As required and depending on the number of registrants, Dr. Rucker may be joined by his colleagues Dr. Davidicus Wong, Dr. Leora Kuttner and Dr. Bianca Rucker.



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

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.

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. BIANCA RUCKER, R.N., PH.D. is a registered Marriage and Family Therapist in private practice, and for the past 30 years has headed up a group of clinicians focusing on sexual and relationship issues. She has taught clinical hypnosis at the U.B.C. Faculty of Dentistry.

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**SATURDAY
APRIL 13, 2019
DE 9391**

TUITION:	until March 8	after March 8
RDH:	\$275	\$295

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

6 HOURS OF INSTRUCTION

LOCATION:

The University of British Columbia
Faculty of Dentistry
Vancouver, BC
Meeting room TBA

Tuition includes continental breakfast, lunch and course materials. Participants will receive 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.

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