Cognitive Behavioral Therapy For Dental Phobia And Anxiety

Behavioral Dentistry, Second Edition, surveys the vast and absorbing topic of the role of behavioral science in the study and clinical practice of dentistry. An understanding of social sciences has long been a central part of dental education, and essential for developing a clinician’s appreciation of human behavior as it affects efficient dental treatment. This book gathers together contributions from leading experts in each of the major subspecialties of behavioral dentistry. Its aim is not merely to provide the student and clinician with a comprehensive review of the impressive literature or discussion of the theoretical background to the subject, but also with a practical guide to adapting the latest techniques and protocols and applying them today-to-day clinical practice. This second edition of Behavioral Dentistry discusses biobehavioral processes, including the psychobiology of inflammation and pain, oral health and quality of life, saliva health, and hypnosis in dentistry. The book goes on to examine anxiety, fear, and dental and chronic orofacial pain, and then reviews techniques for designing and managing behavior change. It concludes with a section on professional practice, including care of special needs, geriatric, and diabetic patients, and interpersonal communication in dental education.

This concise clinical handbook educates dental practitioners seeking to understand, recognize, and manage disorders such as sleep apnea, sleep bruxism, and chronic pain, which often interfere with or intrude into sleep and are critically important to the practice of dentistry. Leading experts in medicine and dentistry articulate and guide readers in performing the specific responsibilities of dental practitioners.

Cognitive behavioural therapy is a proven form of psychotherapy that is often the first-line of treatment recommended for managing depression, anxiety, worry, and other common issues. Cognitive Behavioural Therapy Made Simple delivers a simplified approach to learning the most essential parts of cognitive behavioral therapy and applying them to your life. Written by licensed psychologist Seth Gillihan, Cognitive Behavioural Therapy Made Simple replaces workbook pages and technical language with quick and highly accessible cognitive behavioural therapy strategies that can be used on an as-needed basis. For people who are interested in realizing the proven benefits of CBT, Cognitive Behavioural Therapy Made Simple is a vital resource that will promote personal growth as you overcome challenges and improve your wellbeing.

Anxiety disorders are among the most prevalent mental health problems in childhood and adolescence. This fully revised new edition is an authoritative guide to the understanding and assessment of anxiety disorders in the young. The first section covers historical and conceptual issues, including cognitive and developmental processes, clinical and theoretical...
models, phenomenology and classification, and evidence-based assessment. Subsequent sections cover the biology of child and adolescent anxiety, and environmental influences including traumatic events, parenting and the impact of the peer group. The final section addresses prevention and treatment of anxiety. All chapters incorporate new advances in the field, explicitly differentiate between children and adolescents, and incorporate a developmental perspective. Written and edited by an international team of leading experts in the field, this is a key text for researchers, practitioners, students and clinical trainees with interests in child and adolescent anxiety.


- Winner of the American Journal of Nursing Book of the Year Award - Mental Health Nursing! Aaron T. Beck - Winner of the Lifetime Achievement Award from the National Nursing Centers Consortium! Updating and reformulating Aaron T. Beck's pioneering cognitive model of anxiety disorders, this book is both authoritative and highly practical. The authors synthesize the latest thinking and empirical data on anxiety treatment and offer step-by-step instruction in cognitive assessment, case formulation, cognitive restructuring, and behavioral intervention. They provide evidence-based mini-manuals for treating the five most common anxiety disorders: panic disorder, social phobia, generalized anxiety disorder, obsessive-â€œcompulsive disorder, and posttraumatic stress disorder. User-friendly features include vivid case examples, concise "Clinician Guidelines" that reinforce key points, and over three dozen reproducible handouts and forms.

The Well-Referred Dentist is a comprehensive guideline that helps dentists finally have the practice of their dreams. In The Well-Referred Dentist, Dr. Bita Saleh addresses the missing factor that is essential to patient compliance in all stages of dental treatment by identifying and resolving the patient’s “triad” of obstacles – their fears, anxieties, and limiting beliefs. As a highly-skilled and dedicated dentist for 30 years, Dr. Saleh has discovered an effective process to alleviate the triad of obstacles experienced by patients. Now, she shares her step-by-step program to show dentists how to: Quickly recognize the hidden signs of fear, anxiety, and limiting beliefs. Discuss this sensitive topic with patients so they can reach a mutual resolution. Resolve their patient’s triad of obstacles in the most time-efficient manner. Help patients requiring urgent care reduce their fears and anxieties by 35% in 4 minutes. Create a customized plan for each patient that identifies and resolves the root cause of their issues. Create an easy-to-follow maintenance protocol.
Relieve Your Anxiety and Start Living Without Fear The Anxiety and Phobia Workbook has already helped over one million readers make a full and lasting recovery from generalized anxiety disorder, social anxiety, specific phobias, panic attacks, obsessive-compulsive disorder, and other anxiety-related issues. Packed with the most effective skills for assessing and treating anxiety, this workbook can be used alone or as a supplement to therapy to help you develop a full arsenal of skills for quieting worried thoughts and putting yourself back in control. This new edition has been thoroughly updated with the latest anxiety research and medications, and also includes new therapeutic techniques that have been proven effective for the treatment of anxiety and anxiety-related conditions. Each worksheet in this book will help you learn the skills you need to manage your anxiety and start living more freely than you ever thought possible. With this workbook, you'll learn a range of proven methods for overcoming anxiety: Relaxation and breathing techniques
Challenging negative self-talk and mistaken beliefs Imagery and real-life desensitization Making lifestyle, nutrition, and exercise changes Acceptance and commitment therapy Skills for preventing and coping with panic attacks

Overcome Your Fear of Doctors, Blood, Needles, and More-You Can Do It! Does even the thought of a visit to the doctor's office start your heart racing? You're not alone. Some 30 million of us have a significant fear of doctors, dentists, medical procedures, blood, needles, and so forth. These fears might already have inconvenienced you, but if you're avoiding necessary medical attention, you could be putting yourself in great physical danger. But you don't have to live with these fears anymore. This book can help you overcome your medical phobia, maybe in less time that you ever thought possible. Start by learning about your fears, where they might come from, what factors influence them, and how you can best prepare to overcome them. Then you'll gradually and safely confront your specific fears. The book also includes information about avoiding relapse so you can maintain your progress, as well as steps for helping someone you care about who suffers from a medical phobia. Learn about your fears, how they may have begun, and the methods used to treat them Prepare for treatment, either on your own or with the help of a professional Explore exposure-based strategies for overcoming your fears Learn strategies to prevent fainting Plan relapse-prevention strategies to maintain your progress Engage your family and friends as sources of support

This book describes and discusses the different restorative options for managing carious lesions in children with primary and mixed dentition. The aim is to provide practitioners with thorough, up-to-date information that will improve their clinical practice. The opening chapters present a comprehensive overview regarding diagnosis of carious lesions, risk assessment, child behavior and development, and behavioral management. The importance of oral health promotion and prevention in controlling lesion progression and maintaining oral health is reviewed. The impact of various factors on clinician decision making is then explained in detail, examples including the type of dentition (primary versus permanent), the clinical and radiographic aspect of the dentine carious lesion (noncavitated or cavitated), and whether the lesion is associated with a developmental defect. Guidance is provided on selection of nonoperative versus operative interventions, and the restorative materials most frequently used in pediatric dentistry are fully described, highlighting their advantages and disadvantages. Readers will also find an informative series of cases, with explanation of the choices in terms of materials and approach.

Cognitive-Behavior Therapy for Children and Adolescents provides readers with the defining fundamentals of CBT in an accessible, down-to-earth style. In addition, a well-integrated, developmentally appropriate approach is detailed for a number of the mental disorders and
conditions that are most common among children and adolescents. This unique work provides the following: Explications of innovative CBT techniques in the treatment of children with chronic physical illness and depressive, bipolar, anxiety (including OCD and PTSD), eating, elimination, and disruptive behavior disorders A comprehensive chapter features the clinical implications and applications of combining CBT with psychopharmacological treatment Videos on the accompanying DVD demonstrate CBT techniques with children or adolescents with depression, anxiety, OCD, eating disorder, medical illness, and disruptive behavior disorder Guidance for integrating parents and families into the child's treatment is shared for every disorder covered in the book Extensive case examples, key clinical points, and self-assessment questions and answers will further equip readers to effectively and thoughtfully apply CBT Useful chapter appendixes include accessible tables of CBT concepts; patient and parent handouts; and clinical exercises, activities, and tools that further augment the text Finally, because factors such as race, ethnicity, religion, immigration status, and sexual orientation may affect the therapeutic relationship, diagnosis, and treatment of patients, a separate chapter on conducting effective CBT with culturally diverse children and adolescents is provided. Clinicians will gain a robust understanding of CBT practice with children and adolescents -- so that they can also do it -- and do it effectively. This unique, easy-to-use guide is an invaluable and worthy reference for all mental health practitioners who work with children and adolescents. No other text on the subject will match it. Because diagnosing orofacial pain can be a challenge, the book describes the appropriate history-taking methods, detailed examinations, and relevant tests that will help clinicians to work through the differential diagnosis. Effective medical, surgical, and behavioral approaches are presented, and the importance of a multimodal approach is consistently emphasized throughout the book. The target audience includes pain physicians, anesthesiologists, dentists, neurologists, nurse practitioners, and physician’s assistants. Learn to build successful working relationships with your patients Psychology and Dentistry: Mental Health Aspects of Patient Care is a practical guide to an often-neglected aspect of dentistry—the contributions of the behavioral sciences to dental research and practice. Dr. William A. Ayer, Professor of Behavioral Sciences at Nova Southeastern University College of Dental Medicine in Fort Lauderdale, Florida, presents a comprehensive textbook that’s an essential study aid for students preparing for their National Dental Board Examinations and a valuable classroom resource for dental school faculty. This unique book identifies the everyday concerns of dentists, dental students, and dental hygienists, offering proven strategies for patient management and for building—and maintaining—a successful dentist-patient relationship. Psychology and Dentistry examines the contributions of the behavioral sciences to the practice of dentistry, drawing subject matter from a wide range of disciplines that include psychology, sociology, education, anthropology, economics, epidemiology, health services, and public health. The book is a practical guide to developing the necessary skills to conduct effective patient interviews, for teaching patients to manage their dental fears and anxieties, and for dealing with patients who need counseling from mental health professionals. It also addresses special issues that have become relevant to dentists and their staffs in recent years, including child abuse and neglect, spousal violence, elder abuse, aging and changes associated with age, death and dying, and bereavement. Psychology and Dentistry examines: behavior therapies behavioral interventions management techniques for patients with acute and/or chronic pain how to train patients to manage their oral habits how to get patients to comply with health care recommendations pain perception and pain expression the therapeutic use of hypnosis how to make psychological referrals for patients the effect of stress on dentists and dental students and much more! Psychology and Dentistry: Mental Health Aspects of Patient Care is an essential resource for anyone working in the dental field. The book’s practical approach and unique insights are invaluable for helping you develop healthy relationships with your
patients.
This essential pocket guide covers clinical dentistry in a concise format. All the fundamentals of clinical practice are included in a readily accessible style. Now completely revised, it includes a wealth of new information and full colour throughout.
This book provides comprehensive information on the etiology, pathophysiology, medical implications, diagnosis, and surgical and nonsurgical treatment of obstructive sleep apnea (OSA). Divided into five parts, the book begins with principles and fundamentals of OSA and its diagnostic considerations. Subsequent parts then address non-surgical management, surgical management, and maxillomandibular advancements for OSA. Chapters seek to approach this common disorder from the viewpoint of multiple specialties, thereby promoting the development of a broad strategy for the evaluation and management of OSA patients that draws on each of them. An invaluable reference, Management of Obstructive Sleep Apnea: An Evidence-Based, Multidisciplinary Textbook meets the needs of advanced dental and medical students, orthodontic, maxillofacial, ENT, neurology, and plastic surgery residents, and sleep medicine and pulmonary physicians.?? Thoroughly revised to reflect contemporary diagnostics and treatment, this Third Edition is a comprehensive and practical reference on the assessment and management of acute and chronic pain. This edition features 14 new chapters and is filled with new information on invasive procedures...pharmacologic interventions...neuraxial pharmacotherapy...physical and occupational therapies...diagnostic techniques...pain in terminally ill patients...cancer pain...visceral pain...rheumatologic disorders...managed care...and medicolegal issues. Reorganized with two new sections focusing on diagnostics and cancer pain. A Brandon-Hill recommended title.
This book collects the contributions of a number of clinical psychiatrists all over the world, interested in developing basic research about anxiety and in applying it in clinical contexts. It is divided into four sections, covering general issues about anxiety (ethological and developmental ones), basic research issues on specific aspects of anxiety (bioanatomical ones, correlation with personality structure and so on), and new clinical and therapeutical proposals and hypothesis. Each author summarized the clinical importance of his work, underlining the clinical pitfalls of this publication.
Whether it’s dogs, spiders, blood, heights or some other fear, specific phobias are one of the most prevalent mental health problems, affecting as many as one in eight people. In recent years, cognitive-behavioral therapy (CBT) has emerged as particularly effective in treating young people and adults with specific phobias. And of these methods, one-session treatment stands out as a long-lasting, cost-effective intervention of choice. Intensive One-Session Treatment of Specific Phobias not only provides a summary of the evidence base, it also serves as a practical reference and training guide. This concise volume examines the phenomenology, epidemiology, and etiology of phobias, laying the groundwork for subsequent discussion of assessment strategies, empirically sound one-session treatment methods, and special topics. In addition, expert contributors address challenges common to exposure therapy, offer age-appropriate guidelines for treating young clients, and describe innovative computer-assisted techniques. Organized to be read individually or in sequence, chapters delve into key areas, including: Evidence-based assessment and treatment of specific phobias in children, adolescents, and adults. One-session treatment theory and practice with children, adolescents, and adults. Handling difficult cases of specific phobias in youth. Interventions for specific phobias in special populations. Training and assessing therapists in one-session treatment. Ethical issues in considering exposure. Intensive One-Session Treatment of Specific Phobias is an essential resource for researchers, clinicians, and graduate students in child, school, clinical, and counseling psychology; social work; and general and special education. Cognitive Behavioral Therapy for Dental Phobia and Anxiety
Overcoming Anxiety, Stress and Panic uses the proven and trusted five areas model of cognitive behavioural therapy (CBT) to help people experiencing a range of symptoms associated with these conditions. For the third edition, new workbooks are included on: obsessive compulsive disorder (OCD), using medication, and planning for the future. CBT workbooks - easy to use, practical, photocopy them Written by an award-winning author and expert Proven to work - through years of research and practice Step-by-step success - follow the Plan, Do, Review approach, see positive results Advice for friends and family to offer additional support Invaluable, proven, practical and easy to use workbooks for all CBT practitioners, psychiatrists, GPs, psychologists, counsellors, neurologists, occupational therapists, voluntary sector and healthcare workers to use to help the people in their care help themselves. THE FIVE AREAS APPROACH: Life situation, people and events around us Altered thinking Altered feelings or moods Altered physical symptoms or sensations Altered behaviour or activity levels LINKED, FREE ONLINE SUPPORT AT www.livinglifetothefull.com ADDITIONAL RESOURCES AT www.fiveareas.com.

This clinical handbook is a complete guide to the use of nitrous oxide when performing dental procedures in children. Nitrous oxide offers the easiest and safest form of pharmacological behavior management in this age group and can help greatly in reducing fear and anxiety toward dentists and dental treatment. Importantly, its use in children differs from that in adults, owing in part to the need for appropriate behavior management skills. In considering a range of clinical scenarios in which nitrous oxide is of value, this book will support clinicians in their daily practice. All aspects are covered, including rationale, basic science, mechanism of action, equipment, scavenging systems, technique, monitoring, safety, toxicity, documentation, and team building. Guidance is also provided on the use of nitrous oxide in special pediatric populations requiring oral health care. The book is supplemented by videos that will help readers to comprehend the text easily and to perform the technique efficiently and effectively.

This volume presents the latest research in Virtual Reality (VR), as it is being applied in psychotherapy, rehabilitation, and the analysis of behaviour for neurological assessment. This book will be of value to anyone already in the field and to those who are interested in the development of VR systems for therapeutic purposes. The contents include: · The latest literature reviews on VR in psychotherapy, psychological wellbeing, and rehabilitation · VR and cognitive behavior therapy · Increasing presence in VR for effective exposure therapy and treatment of anxiety disorders · VR military training for managing combat stress and preventing post traumatic stress · VR, mixed reality systems, and games for stroke rehabilitation · VR systems for improving vision in children with amblyopia · Therapeutic play in virtual environments · Healing potential of online virtual worlds such as Second Life · Neuropsychological assessment using virtual environments · Detailed accounts on how VR systems are designed, implemented, and best evaluated · Discussions of limitations, problems, and ethical concerns using VR in mental and physical therapy

In this book, we focus on children with anxiety disorders and the children whose parents were diagnosed with anxiety disorders in their lifetime. The aim is to investigate the different types of anxiety disorders with different underlying mechanisms. The developmental perspective will support a better understanding of the development of anxiety disorders and transition from childhood to adulthood. We believe this book will appeal to a wide audience of practicing psychiatrists, psychologists, psychiatric nurses, social workers and mental health professionals. It is our hope that many will find this book useful for training mental health professionals to give them the newest developmental point of view about prototype anxiety disorders. We dedicate this book to our lovely families, patients, and their families.
Hands-on Help is a narrative review of the mushrooming field of computer-aided psychotherapy for mental health problems as a whole, from the time it began in the 1960’s through to the present day. The many types of computer-aided psychotherapy and how each might be accessed are detailed together with the pros and cons of such help and the functions it can serve. The authors review prevention as well as treatment. The book describes and summarizes 97 computer-aided self-help systems in 175 studies according to the types of problem they aim to alleviate. These include phobic, panic, obsessive-compulsive and post-traumatic disorders, depression, anxiety, eating disorders, sexual problems, smoking, alcohol and drug misuse, schizophrenia, insomnia, pain and tinnitus distress, and childhood problems such as encopresis, autism and asthma. Within each type of problem the systems are described according to whether they are used on the internet, CD-ROM, phone, handheld or other device. The final chapter shows how internet self-help systems with phone or email support allow clinics to become more virtual than physical. It also discusses methods of screening suitability and of supporting users, constraints to delivery, uptake and completion, cost-effectiveness, and the place of computer-aided self-help in healthcare provision. This informative book will be essential reading for psychiatrists, psychologists and all other mental health professionals interested in broadening their understanding of computer-aided psychotherapy.

PART ONE: EPIDEMIOLOGY AND PREVENTION THEORY

1. Epidemiology/Biology of Dental Caries
2. Epidemiology/Biology of Periodontal Diseases
3. Epidemiology/Biology of Oral Cancer

PART TWO: RISK-BASED PREVENTION

4. Dental Caries and Associated Risk Factors
5. Periodontal Disease and Associated Risk Factors
6. Oral Cancer and Associated Risk Factors
7. Synergism between Pharmacology and Oral Health

PART THREE: ASSESSMENT STRATEGIES TO TAILOR YOUR PATIENT CARE PLAN

8. Nutritional Risk Assessment
9. Laboratory Testing
10. Integrating Risk and Health Promotion Counseling
11. Enhancing Patient Adherence to Preventive Programs
12. The Fearful and Phobic Patient
13. Cultural Competence and Risk Assessment

PART FOUR: PREVENTION AND PRACTICE

14. Disease Prevention/Health Promotion
15. Prevention Strategies for Dental Caries
16. Prevention Strategies for Periodontal Diseases
17. Prevention Strategies for Oral Cancer
18. Prevention Strategies for Oral Components of Systemic Conditions
19. Prevention Strategies for Special Populations
20. Integrating Preventive Strategies into Clinical Practice.

Odontology, and Craniofacial Research in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Issues in Dentistry, Oral Health, Odontology, and Craniofacial Research: 2011 Edition has been produced by the world’s leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at http://www.ScholarlyEditions.com/.

This issue of Dental Clinics of North America focuses on Orofacial Pain, and is edited by Dr. Steven D. Bender. Articles will include: An Introduction to Orofacial Pain; Clinical Assessment of the Orofacial Pain Patient; Imaging in Orofacial Pain; Musculoskeletal Disorders; Neuropathic Orofacial Pain; Burning Mouth Syndrome; Painful Oral Lesions; The Primary Headaches; Sleep and Pain; Sleep Bruxism; Sex, Gender and Orofacial Pain; Mind-Body Considerations in Orofacial Pain; and more!

Guiding patient behavior is as important as ever for the practicing dentist, and the behavior of pediatric patients is perhaps the most challenging to manage. Drs. Wright and Kupietzky here update Dr. Wright’s classic work on managing pediatric dental patients. Behavior Management in Dentistry for Children, 2nd Edition, has been entirely rewritten and includes the latest and most effective management strategies from an international team of experts in the field. The book addresses the influence of family and parenting styles on children’s behavior and the factors that determine how children behave in the dental office. Pharmacological and non-pharmacological management techniques are described in depth, as are techniques for dealing with special needs patients. Clinical scenarios are described throughout the book, with practical application of the taught principles. The final part of the book covers the dental environment—training office personnel to manage children’s behavior, practical considerations for behavior guidance, and the effects of the physical dental office environment. Behavior Management in Dentistry for Children, 2nd Edition, is ideal for pediatric residents, dental students, and practicing dentists who see children on a regular basis.

Behavioural experiments are one of the central and most powerful methods of intervention in cognitive therapy. Yet until now, there has been no volume specifically dedicated to guiding physicians who wish to design and implement behavioural experiments across a wide range of clinical problems. The Oxford Guide to Behavioural Experiments in Cognitive Therapy fills this gap. It is written by clinicians for clinicians. It is a practical, easy to read handbook, which is relevant for practising clinicians at every level, from trainees to cognitive therapy supervisors. Following a foreword by David Clark, the first two chapters provide a theoretical and practical background for the understanding and development of behavioural experiments. Thereafter, the remaining chapters of the book focus on particular problem areas. These
include problems which have been the traditional focus of cognitive therapy (e.g. depression, anxiety disorders), as well as those which have only more recently become a subject of study (bipolar disorder, psychotic symptoms), and some which are still in their relative infancy (physical health problems, brain injury). The book also includes several chapters on transdiagnostic problems, such as avoidance of affect, low self-esteem, interpersonal issues, and self-injurious behaviour. A final chapter by Christine Padesky provides some signposts for future development. Containing examples of over 200 behavioural experiments, this book will be of enormous practical value for all those involved in cognitive behavioural therapy, as well as stimulating exploration and creativity in both its readers and their patients. This book is a comprehensive guide to pediatric dental fear/anxiety (DFA) and phobia that will provide practitioners with a full understanding of the etiology, prevalence, assessment, and management of these conditions. The coping styles of children when under stress are explored, with discussion of their relevance to the assessment visit and treatment allocation. Practical treatment techniques are comprehensively covered, from non-pharmacological behavioral strategies relevant for children with no or mild DFA to those approaches more appropriate for children with severe DFA/phobia. The importance of the use of language and communication skills to build rapport and allay anxiety is explored. Relaxation and hypnosis techniques are described, with guidance on how to introduce these to patients and their parents/carers. Techniques that help children cope when receiving injections are detailed, including systematic needle desensitization; these provide practitioners with options to help resolve DFA and phobia regarding needles. Intravenous sedation, including the challenge of cannulation, is covered comprehensively. Furthermore, cognitive behavioral therapy is presented, with suggestion of practical self-help material when appropriate. The closing chapter looks to the future, discussing the barriers to and the changes required for the creation of more child-centered DFA services. This is a comprehensive evidence-based clinical manual for practitioners of cognitive-behavioural hypnotherapy. Cognitive-behavioural hypnotherapy is increasingly becoming the dominant approach to clinical hypnosis. At a theoretical level, it adopts a research-based cognitive-behavioural model of hypnosis. At a practical level, it closely integrates traditional hypnotherapy and cognitive-behavioural therapy techniques. This is the first major treatment manual to describe a fully integrated cognitive-behavioural approach to hypnotherapy, based on current evidence and best practice in the fields of hypnotism and CBT. It is the product of years of work by the author, a cognitive-behavioural therapist and specialist in clinical hypnosis, with over fifteen years’ experience in the therapy field. This book should be essential reading for anyone interested in modern evidence-based approaches to clinical hypnosis. It’s also an important resource for cognitive-behavioural therapists interested in the psychology of suggestion and the use of mental imagery techniques. Pediatric Dentistry: A Clinical Approach, Third Edition provides a uniquely clear, comprehensive, and clinical approach to the dental treatment
of children and adolescents. Offers systematic coverage of all clinical, scientific and social topics relating to pediatric dentistry. Thoroughly revised and updated new edition, with an increased focus on evidence based care. Includes three new chapters on genetics, child abuse and neglected children, and ethics. Pedodontic endodontics is now covered by two chapters – one on primary teeth and one on young permanent teeth. Features a companion website with interactive self-assessment questions.

Chronic pain has a multitude of causes, many of which are not well understood or effectively treated by medical therapies. Individuals with chronic pain often report that pain interferes with their ability to engage in occupational, social, or recreational activities. Sufferers’ inability to engage in these everyday activities may contribute to increased isolation, negative mood and physical deconditioning, which in turn can contribute to their experience of pain.

Cognitive-behavioral therapy (CBT) has been proven effective at managing various chronic pain conditions, including rheumatoid arthritis, osteoarthritis, chronic back pain, and tension/migraine headache. The CBT treatment engages patients in an active coping process aimed at changing maladaptive thoughts and behaviors that can serve to maintain and exacerbate the experience of chronic pain. Overcoming Chronic Pain, Therapist Guide instills all of these empirically validated treatments into one comprehensive, convenient volume that no clinician can do without.

By presenting the basic, proven-effective CBT methods used in each treatment, such as stress management, sleep hygiene, relaxation therapy and cognitive restructuring, this guide can be used to treat all chronic pain conditions with success. Treatments That WorkTM represents the gold standard of behavioral healthcare interventions! All programs have been rigorously tested in clinical trials and are backed by years of research. DT A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date.

Our books are reliable and effective and make it easy for you to provide your clients with the best care available. DT Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated. DT A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources. DT Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

First published in 1992. Oral Psychophysiology: Stress, Pain, and Behavior in Dental Care presents the many different behavioral aspects of dental treatment, including specific dento-related behavioral dysfunctions (fear, anxiety and phobia, excessive gagging reflex, orofacial pain). Special attention is given to the specific problems of elderly dental patients, including possible problems in adapting to dentures. The effects of stress on physiological conditions in the oral cavity and stress-related behavior, such as syncope or inability to achieve local anesthesia, are discussed. The book also summarizes possible treatment modalities for patients who find it difficult to cope with the various aspects of dental care, such as behavior modification, hypnosis, and pharmaceutical approaches. Oral Psychophysiology: Stress, Pain, and Behavior in Dental Care is an indispensable resource for dentists and dental students who occasionally encounter "problematic" patients. The handling of such patients requires more than the usual, familiar, manual skills and is often a source of stress and frustration to the dentist. By developing an understanding of the underlying principles of the behavior of these patients, a clinician will be able to create a better interpersonal relationship with his/her patients, prevent some of the potential problems, and solve others.

First developed in 1955, Rational Emotive Behavior Therapy (REBT) is the original form of Cognitive Behavior Therapy and one of the most successful psychotherapeutic techniques in the world. Its founder, world-renowned psychologist Albert Ellis, now offers an up-to-date description of the main principles and practices of this innovative and influential therapy. REBT emphasizes the importance of cognition in...
psychological disturbances. Its aim is to help patients recognize their irrational and destructive beliefs, feelings, and behaviors, and to restructure harmful philosophic and behavioral styles to achieve maximal levels of happiness and productivity. In this book Dr. Ellis points out the most recent revisions of the original therapy and examines the use of REBT in treating specific clinical problems. Among the topics considered are depression, stress management, addiction, marital problems, the use of hypnosis, disposable myths, and many other obstacles to mental health. This fascinating look at REBT by its internationally recognized creator will be of inestimable value to professionals and laypersons alike.

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