

Aztec Health

1 DAY CPD TRAINING MODULE FOR
DENTAL PROFESSIONALS

- Less stressed patients =
Less stressed dentists
– proven to result in
reduced treatment times

Aztec Health provides time efficient Dental CPD training, by a team of Dental, Hypnotherapy and Psychology professionals.

The training module has been constructed to ensure that the attendees benefit from reduced patient treatment times coupled with an enhanced patient experience that their practice can begin utilising immediately.

Less stressed patients =
Less stressed dentists.

A problem solved.

It is well known that many patients visiting dental practices suffer from a range of fears and anxieties prior to and during their visit, such as:

- Heightened anxiety the night before the appointment.
- Anxiety when arriving at the practice and in the waiting room.
- Worry that they may not be seen on time, anxiety builds as they wait.
- Stress when sitting in the dentist chair; the sight or sound of the drill.
- Many worry that they cannot talk during treatment.
- Cotton Band Roles.
- Fears around the actual Procedure.

Aztec Health will be running a **one-day (6 hour) CPD training module for dental professionals** including hygienists, nurses and dental assistants across the United Kingdom during 2011. The course has been formulated to ensure that delegates leave with a **useful, new skill set**, that can be introduced to their practice immediately including the **opportunity to retail the Dreamweaver Relaxation Dental Specific CD** to their patients.

Why choose this course?

Small Number of Delegates

Each course will be limited to just 40 delegates to ensure maximum benefits from their time/cost investment.

Affordable Cost and Added Extras

The training module costs £175 inclusive of refreshments, lunch and an extensive training manual. Additionally, each delegate will be presented with 15 Dreamweaver client CD's (retail value £149.00), which can be retailed to their patients the very next day, providing an immediate return on their financial investment.

Educational Value

As a post qualification education provider, Aztec Health meets the requirements and objectives of CPD training, constructing the day to ensure it achieves:

- Concise educational aims and objectives
- Clear anticipated outcomes
- A quality control mechanism, whereby the dental professionals attending have the opportunity to provide feedback for continual development and improvement.

For the purpose of incorporating the training module into their CPD, all delegates will receive a training certificate meeting the General Dental Council's criteria for verifiable CPD.

Dreamweaver Relaxation CD

Aztec Health's dental-specific Dreamweaver Relaxation CD, which each practice will be able to market directly to patients, is specially designed to help the adult or child in the comfort of their own home to gain a feeling of calmness and relaxation that will help them to be stress-free and confident whilst having any dental treatment.

Dentists have successfully been using this cutting-edge Hypnotherapy technique to help patients prior to the visit to the dentist, during the treatment and when the patient arrives home after the visit.

The main advantages of this technique are that no extra surgery time is involved and patients can also use their hypnosis session at home to relieve stress whenever they need to.



For further information regarding course details and the Dreamweaver Relaxation CD, please visit **www.aztechealth.com**

Hypnotherapy and the positive effects of using the Dreamweaver Relaxation CD



A team of hypnotherapists along with dental professionals from Aztec Health have worked on the production of the Hypnosis CD that has been specifically designed for nervous dental patients.

Frances Hutchison BDS DGDGP has used hypnosis in her dental practice for the last forty years to help phobic patients accept their dental treatment but found it time consuming, expensive for the patients and sometimes difficult to create the peaceful atmosphere in a busy dental practice.

Frances has been testing the Dreamweaver Relaxation Dental Specific CD and has found it to be highly effective with anxious clients as well as other categories of patients:

- **Adults presenting with bruxism or grinding of teeth**, where a stressful lifestyle seems to be a major contributory factor have been provided with soft occlusal splints and are advised to listen to their CD when going to sleep to encourage deep physical and mental relaxation which provides more rapid relief of TMJ symptoms and headaches on waking than splint therapy alone.
- **Patients needing positive relaxation during treatment sessions** are advised to listen to the CD at home to become familiar with the feeling of deep relaxation induced so that they can then use the technique with confidence during their treatment sessions.

The Dreamweaver CD should not be confused with a general hypnotherapy relaxation product. **Dreamweaver is 'Dental Specific'** professionally written and produced for people with phobias and fears surrounding visiting their dentist.

Our Contact Details

AZTEC HEALTH
Rivendale
Somerville Road
Sutton Coldfield
West Midlands
B73 6JA

E: enquiries@aztechealth.com
Tel: 020 8144 6441

Our Contact Details in Spain:

ELITE CLINICS
Calle Espana 1
Edificio Buendia 1, Suite 3A
Fuengirola
29640
Malaga
Spain

E: martin@aztechealth.com
Tel: +34 951 311 591

www.aztechealth.com