

# **MEDIA RELEASE**

**NEWS FROM THE UNIVERSITY OF TASMANIA**

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ATTENTION: Chiefs of Staff, News Directors

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## **Clinic aims to ease dental fear**

Does the thought of a visit the dentist make you break out in a cold sweat? You're not alone.

The UTAS Psychology Clinic is aiming to help ease the fear of going to the dentist with its free, four-week program, Dental Phobia.

Dental phobia is the fear of seeking dental care.

Clinical psychologist and Clinic Director, Helen Pryer, said the program is aimed at people who suffer from anxiety or fear of seeing a dentist.

"It has been reliably reported that many Australians do not seek regular dental care due to anxiety and fear surrounding the dental experience," she said.

"Dental phobia can have wide-ranging consequences on a person's life."

"Not only does dental health suffer, but self-confidence can be compromised and it can lead to anxiety and depression."

The UTAS Psychology Clinic program aims to help people understand the causes of their anxiety, discuss it in a safe forum, and learn coping and relaxation strategies to help them overcome it.

The program will be coordinated by two postgraduate provisionally registered psychologists and will feature an experienced dentist, who will be on hand to answer questions and provide guidance and reassurance for participants.

The program will start on Monday 11 October 2010 and run on Mondays from 9.30 to 11am. The sessions will be held at the UTAS Psychology Clinic, Sandy Bay Campus.

To participate in the workshop, contact the Clinic on (03) 6226 2805. Please note numbers are limited.

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