



wingwave coaching for treating dental treatment anxiety

A 45 year-old woman has been afraid of dentists for many years. She insisted on getting an anesthetic even for painless or only slightly painful treatments. But her preferred method was to put off dental visits for as long as possible. Then she found a new dentist, Dr. Susanne Walz, (see list for German **wingwave**-coaching addresses) who is trained in hypnosis for dentists and **wingwave**-coaching.

In this case, Walz suggested a **wingwave**-session since the patient remembers a bad experience with a dentist when she was a child, and she considers that to be the main trigger for her anxiety. The dentist tested the patient's possible stress reaction towards this memory with the O-Ring test. But the muscle reaction test was strong. This meant that the patient was able to process this experience in an optimal way and successfully integrated it into her memories.

But targeted testing revealed another stressful dentist experience. When she was 18 she had had a gum treatment during which the dentist worked with an electric blade to cut part of her gum back. When confronted with this memory, the patient's reaction was not just fear, but also disgust. During the **wingwave** intervention, the patient went through intense and unpleasant olfactory memories that soon disappeared along with the unpleasant feelings. After the dentist treated this experience with several sets of "awake" REM phases, the patient felt liberated from her dental treatment anxiety. She is now capable of having a series of necessary treatments and remains calm and relaxed.

A couple of days after the **wingwave** session, the patient remembered another interesting detail. Sometime between the ages of 18 and 20, she developed a dislike for meat although she had never considered herself a vegetarian. She and her family wondered about this aversion (that lasts until today) without ever finding an explanation for it. Suddenly, the patient was able to make a connection between her gum surgery and her aversion towards meat. The cutting and removal of part of her gum invoked a strong negative association with eating meat.

Shortly after the intervention, the patient's daughter also had a dental **wingwave**-coaching. Now both women only need anesthetics for serious dental work and can go completely without for any other treatment.

Before trying **wingwave**-coaching it was not possible for either of them to be treated without anesthetics.