

Alternative Approach - Testimonial

Detailed summary from a lady who was cured of her fear of dentist - March 2008

I have been suffering from a morbid fear of dentists for over 20 years. Through lack of care of my teeth, I am now suffering from advanced periodontal gum disease and had 5 loose teeth, one of which was in the front, and a broken crown. It was very uncomfortable to eat or clean my teeth but I would put up with it until it was unbearable before seeking any treatment.

I would attend check up appointments but when it came to actually having any treatment, I would make up very plausible excuses and cancel at the last minute. I decided that it was time to seriously deal with this phobia as my front teeth were being affected and I would not be able to hide the damage the gum disease was doing anymore.

The last visit I had was several years ago and was an emergency appointment to extract a tooth where I had an excruciating abscess that lead to many complications and a series of antibiotic treatments. I have had several bad experiences as a child and adult over the years and felt going to the dentist was on a par with facing a firing squad and bungee jumping!

Just the thought of the dentist, the sound of a drill or noise made by the suction unit along with the smell of antiseptic would make me shake uncontrollably and bring me out in a cold sweat. At the dentist, my legs would have problems holding me up as I was so shaky and once I was in the chair, ready for treatment, I found it difficult to breathe and worried I would choke or faint.

Some dentists were sympathetic but most weren't, which made me feel childish and stupid and no matter how many times I gave myself a serious talking to and called myself a coward it was so much easier not to go.

On visiting Linda McCroft, I explained my situation to her. She did not judge or call me stupid and explained many people have fears that others find hard to understand. These are made up from our various experiences and the subconscious mind tries to protect us from them by setting up a safety mechanism.

This made me feel I was in a totally safe environment and could be honest with her without fear of ridicule. After discussion, I recognised that I had been making excuses over the years to avoid the unpleasant symptoms that I had.

After my first session, with Linda, I went to my dentist surgery and just walked into the waiting room and looked in the treatment room. The first thing I noticed was that I couldn't smell the antiseptic which usually was overpowering to me, despite taking deep breathes. I found I was still a bit shaky but I knew I was due for another session with Linda so I didn't worry that I wasn't totally cured yet.

Linda asked me to make an appointment with the dentist and I decided I would go into the surgery to do this rather than do it over the phone. I explained to the receptionist that I had a phobia but was undertaking treatment and she placed me with a dentist who, she informed me, was 'lovely' and I would be very happy with her.

I had another session with Linda the day before the check-up. This session was really useful as I was recovering from a heavy cold and cough and when I arrived I was thinking of cancelling the appointment. Not long into the session I suggested to Linda that maybe I was making excuses again. At the end of the session I felt very relaxed and very confident and relaxed about attending the check-up the following day.

The dentist was 'lovely', just as I had been informed, and I explained the situation to her and she said she would try to be as supportive as Linda had. She explained the damage I had and what she felt would need to be done and confirmed my suspicions that I would probably lose most of my teeth, over time, as the damage from the gum disease, was very severe.

I had another session with Linda the day before my treatment, and felt very relaxed about attending the appointment the next day. I slept well that night, which was very unusual for me. I used EFT in the car and felt very relaxed.

On arriving at the surgery, I was informed that the 'lovely' dentist was off sick that day and I would be having someone else who I had never met. In the past, I would have used this as an excuse to change the appointment.

I explained to the replacement dentist my situation and he asked me what symptoms I would normally have so he would be able to recognise when I was becoming distressed. I sat in the chair and couldn't feel any of the usual distressing feelings. During the treatment, I tapped on the points on my hands as Linda had shown me. I felt very relaxed and the treatment went well. Once I got home, I slept for several hours. I think a combination of the injections and the relaxation techniques sent me to sleep.

I have many more treatments to go before I can say that my gums are in a better shape but I don't feel worried about these as I would have been in the past.

I look back and realise that I was stupid to let my gums and health get this bad, but the symptoms I experienced were very real to me. I had continually asked if there was any help available for 'nervous patients' and had always been told there wasn't. If there had been something advertised in the surgery, I would have been able to save myself a lot of distress and health problems years ago.

In all I had just three sessions with Linda, as we gradually uncovered and worked through the various aspects of my fear.

I would recommend Linda's treatment to anyone whatever their phobia is. Knowing you will not be judged and will be treated with respect and support, for something that may seem totally stupid to other people, makes all the difference.