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Level 4

New therapy to overcome fear of dentist

1st December, 2015

<http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-4.html>

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Please try the harder Level 5 and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-4.html>

There is hope for people who are afraid of going to the dentist. New research says counselling can help to overcome the fear of the dentist. The research from King's College in London focused on the effects of cognitive behavioural therapy (CBT) in treating dental phobia. The biggest fears patients have are of pain-relieving injections and the dentist's drill. Doctors believe that up to ten sessions of CBT can result in stress-free visits to the dentist and cure this phobia.

Over 10 per cent of people have anxiety about the dentist. This stops them from going for treatment. This means more dental problems, so the treatment will be more painful. Three per cent of patients in the research thought about suicide rather than seeing a dentist. The lead researcher said: "The primary goal of our CBT service is to enable patients to receive dental treatment without the need for sedation."

Sources: <http://www.webmd.boots.com/oral-health/news/20151127/cbt-helps-dental-phobia>
<http://www.bbc.com/news/uk-34933598>
<https://au.news.yahoo.com/world/a/30220398/talking-therapy-counters-dread-of-dentist/>

MATCHING

From <http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-4.html>

PARAGRAPH ONE:

- | | |
|--|----------------------------|
| 1. There is hope for people who are afraid | a. relieving injections |
| 2. overcome the fear | b. of going to the dentist |
| 3. focused | c. ten sessions of CBT |
| 4. The biggest fears patients | d. of the dentist |
| 5. pain- | e. drill |
| 6. the dentist's | f. on the effects |
| 7. up to | g. visits to the dentist |
| 8. stress-free | h. have |

PARAGRAPH TWO:

- | | |
|---------------------------------|-----------------------------|
| 1. Over 10 per cent of people | a. receive dental treatment |
| 2. This stops | b. treatment |
| 3. going for | c. be more painful |
| 4. the treatment will | d. goal of our CBT service |
| 5. thought about suicide rather | e. have anxiety |
| 6. The primary | f. for sedation |
| 7. enable patients to | g. them |
| 8. without the need | h. than seeing a dentist |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-4.html>

There is hope for people (1) _____ going to the dentist.

New research says counselling can help (2) _____ fear of

the dentist. The research from King's College in London

(3) _____ effects of cognitive behavioural therapy (CBT) in

treating dental phobia. The biggest fears patients (4) _____

-relieving injections and (5) _____. Doctors believe that up

to ten sessions of CBT (6) _____ stress-free visits to the

dentist and cure this phobia.

Over 10 per cent of people (7) _____ the dentist. This

stops them from going for treatment. (8) _____ dental

problems, so the treatment will (9) _____. Three per cent

of patients in the research thought (10) _____ than seeing

a dentist. The lead researcher said: "The (11) _____ our

CBT service is to enable patients to receive dental treatment without the

(12) _____."

DENTISTS SURVEY

From <http://www.breakingnewsenglish.com/1512/151201-fear-of-dentists-4.html>

Write five GOOD questions about dentists in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____

