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## Level 6

# New therapy to overcome fear of dentist

1st December, 2015

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

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

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

There is fresh hope for the many people around the globe who are terrified of going to the dentist. New research suggests that a course of counseling can help to overcome the fear of sitting in the dentist's chair. The research was conducted by the King's College London Dental Institute Health Psychology Service. It focused on the effects of cognitive behavioural therapy (CBT) in treating dental phobia, also called dentophobia. Researchers discovered that the biggest fears among patients were of pain-relieving injections and the dentist's drill. Doctors believe that between six to ten sessions of CBT are enough for patients to be able to have stress-free visits to a dental surgery and cure this phobia.

Researchers say that over 10 per cent of people suffer from extreme anxiety about seeing their dentist, which stops many people from getting dental treatment. This level of anxiety often results in more dental problems because people delay going to the dentist until they have a toothache, by which time the treatment will be more painful. Three per cent of patients surveyed admitted having thoughts of committing suicide rather than seeing a dentist. Lead researcher, professor Tim Newton, said: "The primary goal of our CBT service is to enable patients to receive dental treatment without the need for sedation, by working with each individual patient to set goals according to their priorities."

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/>

# WARM-UPS

**1. DENTISTS:** Students walk around the class and talk to other students about dentists. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

*hope / globe / terrified / dentist / counseling / therapy / injections / dentist's drill / anxiety / dental treatment / delay / suicide / primary goal / sedation / priorities*

Have a chat about the topics you liked. Change topics and partners frequently.

**3. DENTAL SURGERIES:** How can they be better? Complete this table with your partner(s). Change partners often and share what you wrote.

	Improvements	Why?
Waiting room		
Appointments		
The dentist's chair		
The dentist's room		
The treatment		
The staff		

**4. THERAPY:** Students A **strongly** believe therapy can overcome all phobias; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**5. PHOBIAS:** Rank these with your partner. Put the worst phobias at the top. Change partners often and share your rankings.

- fear of dentists
- fear of the dark
- fear of heights
- fear of germs
- fear of spiders
- fear of flying
- fear of blood
- fear of babies

**6. ANXIETY:** Spend one minute writing down all of the different words you associate with the word "anxiety". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

# BEFORE READING / LISTENING

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

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- |  |       |
|--|-------|
| a. The article says the number of people scared of dentists is increasing. | T / F |
| b. The article says there is a new phobia of dentists' chairs.             | T / F |
| c. The fear of dentists is called dentophobia.                             | T / F |
| d. We need up to 60 counseling sessions to overcome our fear of dentists.  | T / F |
| e. More than 10% of people suffer from extreme anxiety over dentists.      | T / F |
| f. 3% of people contemplated suicide rather than go to a dentist.          | T / F |
| g. People need to be sedated when they have therapy.                       | T / F |
| h. Therapists set goals with individual patients.                          | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |              |                 |
|--------------|-----------------|
| 1. fresh     | a. sittings     |
| 2. terrified | b. heal         |
| 3. overcome  | c. put off      |
| 4. sessions  | d. conquer      |
| 5. cure      | e. main         |
| 6. extreme   | f. new          |
| 7. level     | g. aims         |
| 8. delay     | h. extent       |
| 9. primary   | i. scared stiff |
| 10. goals    | j. serious      |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |                         |                               |
|-------------------------|-------------------------------|
| 1. fresh                | a. counselling                |
| 2. terrified            | b. suicide                    |
| 3. a course of          | c. to their priorities        |
| 4. pain-relieving       | d. anxiety                    |
| 5. stress-free          | e. of going to the dentist    |
| 6. suffer from extreme  | f. goal                       |
| 7. dental               | g. injections                 |
| 8. committing           | h. hope                       |
| 9. primary              | i. treatment                  |
| 10. set goals according | j. visits to a dental surgery |

# GAP FILL

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

There is fresh hope for the many people around the (1) \_\_\_\_\_ who are terrified of going to the dentist. New research (2) \_\_\_\_\_ that a course of counseling can help to (3) \_\_\_\_\_ the fear of sitting in the dentist's chair. The research was conducted by the King's College London Dental Institute Health Psychology Service. It focused on the (4) \_\_\_\_\_ of cognitive behavioural therapy (CBT) in treating dental phobia, also called dentophobia. Researchers discovered that the biggest fears (5) \_\_\_\_\_ patients were of pain-relieving (6) \_\_\_\_\_ and the dentist's (7) \_\_\_\_\_. Doctors believe that between six to ten sessions of CBT are enough for patients to be able to have stress-free visits to a dental surgery and (8) \_\_\_\_\_ this phobia.

Researchers say that over 10 per cent of people (9) \_\_\_\_\_ from extreme (10) \_\_\_\_\_ about seeing their dentist, which stops many people from getting dental treatment. This level of anxiety often results in more dental problems because people (11) \_\_\_\_\_ going to the dentist until they have a toothache, by which (12) \_\_\_\_\_ the treatment will be more painful. Three per cent of patients surveyed admitted having thoughts of committing (13) \_\_\_\_\_ rather than seeing a dentist. Lead researcher, professor Tim Newton, said: "The primary (14) \_\_\_\_\_ of our CBT service is to enable patients to receive dental treatment without the need for (15) \_\_\_\_\_, by working with each individual patient to set goals according to their (16) \_\_\_\_\_."

*effects*  
*globe*  
*injections*  
*overcome*  
*drill*  
*cure*  
*suggests*  
*among*

*suicide*  
*anxiety*  
*time*  
*suffer*  
*sedation*  
*priorities*  
*delay*  
*goal*

# LISTENING – Guess the answers. Listen to check.

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

- 1) fresh hope for the many people around the globe who are \_\_\_\_\_ to the dentist
  - a. terrifying of going
  - b. terrifies of going
  - c. terrify of going
  - d. terrified of going
- 2) a course of counselling can help to overcome the fear of sitting in \_\_\_\_\_
  - a. the dentist's chair
  - b. the dental chair
  - c. the dentistry chair
  - d. the dentist chair
- 3) It focused on the effects of cognitive behavioural therapy (CBT) in \_\_\_\_\_
  - a. treating dental phobias
  - b. treating dental faux buyers
  - c. treating dental faux beers
  - d. treating dental phobia
- 4) the biggest fears among patients were of pain-relieving injections and \_\_\_\_\_
  - a. the dentist's trill
  - b. the dentist's grill
  - c. the dentist's drill
  - d. the dentist's brill
- 5) enough for patients to be able to have stress-free visits to a dental surgery and \_\_\_\_\_
  - a. care this phobia
  - b. cure this phobia
  - c. core this phobia
  - d. queue this phobia
- 6) Researchers say that over 10 per cent of people suffer from \_\_\_\_\_
  - a. extreme anxiety
  - b. extremity anxiety
  - c. extremes anxiety
  - d. extremist anxiety
- 7) This level of anxiety often results in more dental problems because people \_\_\_\_\_ dentist
  - a. delays going to the
  - b. relay going to the
  - c. delay going to the
  - d. relays going to the
- 8) Three per cent of patients surveyed admitted having thoughts of \_\_\_\_\_
  - a. committing herbicide
  - b. committing homicide
  - c. committing pesticide
  - d. committing suicide
- 9) The primary goal of our CBT service is to enable patients to receive \_\_\_\_\_
  - a. dental treatments
  - b. dental treatment
  - c. dental treat meant
  - d. dental treat mint
- 10) working with each individual patient to set goals according \_\_\_\_\_
  - a. to their prioritise
  - b. to their priorities
  - c. to their prior ties
  - d. to their pry oratories

# LISTENING – Listen and fill in the gaps

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

There is fresh (1) \_\_\_\_\_ people around the globe who are terrified of going to the dentist. New research suggests that a course of counseling can help to overcome (2) \_\_\_\_\_ in the dentist's chair. The research was conducted by the King's College London Dental Institute Health Psychology Service. It focused (3) \_\_\_\_\_ of cognitive behavioural therapy (CBT) in treating dental phobia, also called dentophobia. Researchers discovered (4) \_\_\_\_\_ fears among patients were of pain-relieving injections and the dentist's drill. Doctors believe that between (5) \_\_\_\_\_ of CBT are enough for patients to be able to have (6) \_\_\_\_\_ dental surgery and cure this phobia.

Researchers (7) \_\_\_\_\_ 10 per cent of people suffer from extreme anxiety about seeing their dentist, which stops many people from getting dental treatment. This (8) \_\_\_\_\_ often results in more dental problems because people (9) \_\_\_\_\_ the dentist until they have a toothache, by which time the treatment will be more painful. Three per cent of patients surveyed admitted having thoughts of committing (10) \_\_\_\_\_ seeing a dentist. Lead researcher, professor Tim Newton, said: "The primary goal of our CBT service is to enable patients to receive dental treatment without (11) \_\_\_\_\_ sedation, by working with each individual patient to set goals according (12) \_\_\_\_\_."

# COMPREHENSION QUESTIONS

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

1. What kind of hope is there for people who are afraid of dentists?

---

2. What can help to overcome the fear of sitting in the dentist's chair?

---

3. What is another name for dental phobia?

---

4. What patient fear was mentioned besides pain-relieving injections?

---

5. How many sessions of therapy are enough to treat patients?

---

6. How many people suffer from extreme anxiety about dentists?

---

7. What does a high level of anxiety lead to more of?

---

8. What do 3% of people think about doing?

---

9. Who is Tim Newton?

---

10. What does therapy mean patients do not need?

---



# MULTIPLE CHOICE - QUIZ

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

1. What kind of hope is there for people who are afraid of dentists?
  - a) eternal
  - b) no
  - c) fresh
  - d) feint
2. What can help to overcome the fear of sitting in the dentist's chair?
  - a) counselling
  - b) a bed
  - c) medicine
  - d) hypnosis
3. What is another name for dental phobia?
  - a) molarity
  - b) dentophobia
  - c) toothfear
  - d) dentistrobation
4. What patient fear was mentioned besides pain-relieving injections?
  - a) blood
  - b) braces
  - c) having a tooth extracted
  - d) the dentist's drill
5. How many sessions of therapy are enough to treat patients?
  - a) 60-100
  - b) 10-16
  - c) 6-10
  - d) 610
6. How many people suffer from extreme anxiety about dentists?
  - a) slightly less than 10%
  - b) more than 10%
  - c) exactly 10%
  - d) around 10%
7. What does a high level of anxiety lead to more of?
  - a) pain
  - b) chocolate bars
  - c) decay
  - d) dental problems
8. What do 3% of people think about doing?
  - a) becoming a dentist
  - b) committing suicide
  - c) having false teeth (dentures)
  - d) giving up sweets
9. Who is Tim Newton?
  - a) inventor of the dentist's drill
  - b) a professor
  - c) a dentist
  - d) a dental patient
10. What does therapy mean patients do not need?
  - a) sedation
  - b) sweets
  - c) teeth
  - d) mint toothpaste

# ROLE PLAY

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

## **Role A – Spiders**

You think a fear of spiders is the worst phobia to have. Tell the others three reasons why. Tell them how their phobias can be easily overcome. Also, tell the others which is the least worrying of these fears (and why): dentists, the dark or heights.

## **Role B – Dentists**

You think a fear of dentists is the worst phobia to have. Tell the others three reasons why. Tell them how their phobias can be easily overcome. Also, tell the others which is the least worrying of these fears (and why): spiders, the dark or heights.

## **Role C – The dark**

You think a fear of the dark is the worst phobia to have. Tell the others three reasons why. Tell them how their phobias can be easily overcome. Also, tell the others which is the least worrying of these fears (and why): dentists, spiders or heights.

## **Role D – Heights**

You think a fear of heights is the worst phobia to have. Tell the others three reasons why. Tell them how their phobias can be easily overcome. Also, tell the others which is the least worrying of these fears (and why): dentists, the dark or spiders.

# AFTER READING / LISTENING

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

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'fear' and 'phobia'.

<b>fear</b>	<b>phobia</b>
-------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• fresh</li><li>• course</li><li>• effects</li><li>• biggest</li><li>• six</li><li>• stress</li></ul>	<ul style="list-style-type: none"><li>• extreme</li><li>• level</li><li>• time</li><li>• three</li><li>• goal</li><li>• set</li></ul>
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# DENTISTS SURVEY

From <http://www.BreakingNewsEnglish.com/1512/151201-fear-of-dentists.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.

# DENTISTS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'dentist'?
- 3) What are your feelings about visiting the dentist?
- 4) Why are so many people afraid of the dentist?
- 5) How do you think dentists feel about people fearing them?
- 6) What do you think of this counselling?
- 7) What phobias do you have?
- 8) How can we overcome our fears, anxieties and phobias?
- 9) What do you think of the dentist's drill?
- 10) What advice do you have for people who are afraid of the dentist?

*New therapy to overcome fear of dentist – 1st December, 2015*  
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# DENTISTS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) How often should we visit the dentist?
- 13) What do you do to take care of your teeth?
- 14) Is there anything else in life similar to a visit to the dentist?
- 15) What can dentists do to reduce patients' anxiety?
- 16) How do you think CBT works?
- 17) Should CBT be given to school students to reduce their stress?
- 18) What three adjectives best describe a visit to the dentist?
- 19) What do you do in the dentist's waiting room?
- 20) What questions would you like to ask a dentist?

## **DISCUSSION (Write your own questions)**

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **DISCUSSION (Write your own questions)**

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

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

There is (1) \_\_\_\_\_ hope for the many people around the globe who are terrified of going to the dentist. New research suggests that a (2) \_\_\_\_\_ of counseling can help to overcome the fear of sitting in the dentist's chair. The research was (3) \_\_\_\_\_ by the King's College London Dental Institute Health Psychology Service. It focused on the effects of cognitive behavioural therapy (CBT) (4) \_\_\_\_\_ treating dental phobia, also called dentophobia. Researchers discovered that the biggest fears (5) \_\_\_\_\_ patients were of pain-relieving injections and the dentist's drill. Doctors believe that between six to ten sessions of CBT are enough for patients to be able to have stress-(6) \_\_\_\_\_ visits to a dental surgery and cure this phobia.

Researchers say that over 10 per cent of people suffer (7) \_\_\_\_\_ extreme anxiety about seeing their dentist, which stops many people from getting dental treatment. This (8) \_\_\_\_\_ of anxiety often results in more dental problems because people delay going to the dentist until they have a toothache, (9) \_\_\_\_\_ which time the treatment will be more painful. Three per cent of patients surveyed admitted having thoughts of (10) \_\_\_\_\_ suicide rather than seeing a dentist. Lead researcher, professor Tim Newton, said: "The primary goal of our CBT service is to (11) \_\_\_\_\_ patients to receive dental treatment without the need for sedation, by working with each individual patient to (12) \_\_\_\_\_ goals according to their priorities."

## Put the correct words from the table below in the above article.

- |     |                |                |                |                |
|-----|----------------|----------------|----------------|----------------|
| 1.  | (a) refresh    | (b) refresher  | (c) fresh      | (d) freshly    |
| 2.  | (a) cause      | (b) course     | (c) coarse     | (d) case       |
| 3.  | (a) conducted  | (b) conductive | (c) conduction | (d) conducting |
| 4.  | (a) in         | (b) on         | (c) un         | (d) an         |
| 5.  | (a) over       | (b) among      | (c) through    | (d) between    |
| 6.  | (a) pain       | (b) time       | (c) full       | (d) free       |
| 7.  | (a) by         | (b) as         | (c) from       | (d) at         |
| 8.  | (a) ratio      | (b) volume     | (c) fraction   | (d) level      |
| 9.  | (a) by         | (b) on         | (c) in         | (d) as         |
| 10. | (a) committing | (b) having     | (c) doing      | (d) being      |
| 11. | (a) able       | (b) enable     | (c) ability    | (d) capable    |
| 12. | (a) let        | (b) met        | (c) set        | (d) vet        |

# SPELLING

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

## Paragraph 1

1. rediirfet of going to the dentist
2. a course of linsceignu (UK) / clgseuonni (UK)
3. the effects of itngiecv behavioural therapy
4. pain-relieving ciisjnneto
5. ten osesniss of CBT are enough
6. cure this hpoiba

## Paragraph 2

7. suffer from extreme ynaixte
8. Three per cent of stieanpt surveyed
9. committing isdciue
10. The yarpimr goal
11. working with each dnaiidiuvl
12. set goals according to their erstrioipi



# PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

( )	of cognitive behavioural therapy (CBT) in treating dental phobia, also called dentophobia. Researchers discovered that the
( )	for sedation, by working with each individual patient to set goals according to their priorities."
( )	suggests that a course of counseling can help to overcome the fear of sitting in the dentist's chair. The research was
( )	many people from getting dental treatment. This level of anxiety often results in more dental
( )	to have stress-free visits to a dental surgery and cure this phobia.
( )	Researchers say that over 10 per cent of people suffer from extreme anxiety about seeing their dentist, which stops
( )	goal of our CBT service is to enable patients to receive dental treatment without the need
( )	treatment will be more painful. Three per cent of patients surveyed admitted having thoughts of committing
( )	biggest fears among patients were of pain-relieving injections and the dentist's
( )	drill. Doctors believe that between six to ten sessions of CBT are enough for patients to be able
( <b>1</b> )	There is fresh hope for the many people around the globe who are terrified of going to the dentist. New research
( )	suicide rather than seeing a dentist. Lead researcher, professor Tim Newton, said: "The primary
( )	problems because people delay going to the dentist until they have a toothache, by which time the
( )	conducted by the King's College London Dental Institute Health Psychology Service. It focused on the effects

# PUT THE WORDS IN THE RIGHT ORDER

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

1. around for people globe hope many the Fresh the .

---

2. sitting dentist's Overcome of the fear in chair the .

---

3. effects on behavioural of It therapy the focused cognitive .

---

4. to of enough six sessions are Between ten CBT .

---

5. - stress have to Able surgery dental a to visits free .

---

6. people suffer from extreme anxiety Over 10 per cent of .

---

7. problems dental more in results often Anxiety .

---

8. rather suicide Committing dentist a seeing than .

---

9. dental need Receive the without sedation treatment for .

---

10. each goals individual patient Working to with set .

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

There is *fresh / refresh* hope for the many people around the *globe / global* who are terrified *for / of* going to the dentist. New research suggests that a *course / cause* of counseling can help to overcome the fear of sitting in the dentist's chair. The research was *conduction / conducted* by the King's College London Dental Institute Health Psychology Service. It focused on the effects *by / of* cognitive behavioural therapy (CBT) in treating dental phobia, also called dentophobia. Researchers discovered that the biggest *feared / fears* among patients were of pain-relieving *injections / injected* and the dentist's drill. Doctors believe that between six to ten *session / sessions* of CBT are enough for patients to be able to have stress-free visits to a dental surgery and *cure / care* this phobia.

Researchers say that over 10 per cent of people suffer from *extremity / extreme* anxiety about seeing their dentist, which stops *much / many* people from getting dental treatment. This level of *anxious / anxiety* often results in more dental problems because people *delay / delays* going to the dentist until they have a toothache, *by / and* which time the treatment will be more painful. Three per cent of patients *surveyed / survey* admitted having thoughts of committing *suicidal / suicide* rather than *seeing / seen* a dentist. Lead researcher, professor Tim Newton, said: "The primary goal of our CBT service is to *able / enable* patients to receive dental treatment without the need for sedation, by working with each individual patient to *let / set* goals according to their priorities."

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

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

Th\_r\_ \_s fr\_sh h\_p\_ f\_r th\_ m\_ny p\_\_pl\_ \_r\_\_nd th\_ gl\_b\_ wh\_ \_r\_ t\_rr\_f\_\_d \_f g\_\_ng t\_ th\_ d\_nt\_st. N\_w r\_s\_\_rch s\_gg\_sts th\_t\_ c\_\_rs\_ \_f c\_\_ns\_l\_ng c\_n h\_lp t\_ \_v\_rc\_m\_ th\_ f\_\_r \_f s\_tt\_ng \_n th\_ d\_nt\_st's ch\_\_r. Th\_ r\_s\_\_rch w\_s c\_nd\_ct\_d by th\_ K\_ng's C\_ll\_g\_ L\_nd\_n D\_nt\_l \_nst\_t\_t\_ H\_\_lth Psych\_l\_gy S\_rv\_c\_. \_t f\_c\_s\_d \_n th\_ \_ff\_cts \_f c\_gn\_t\_v\_ b\_h\_v\_\_r\_l th\_r\_py (CBT) \_n tr\_\_t\_ng d\_nt\_l ph\_b\_\_, \_ls\_ c\_ll\_d d\_nt\_ph\_b\_\_. R\_s\_\_rch\_rs d\_sc\_v\_r\_d th\_t th\_ b\_gg\_st f\_\_rs \_m\_ng p\_t\_\_nts w\_r\_ \_f p\_\_n-r\_l\_\_v\_ng \_nj\_ct\_\_ns \_nd th\_ d\_nt\_st's dr\_ll. D\_ct\_rs b\_l\_\_v\_ th\_t b\_tw\_\_n s\_x t\_t\_n s\_ss\_\_ns \_f CBT \_r\_ \_n\_gh f\_r p\_t\_\_nts t\_b\_ \_bl\_t\_h\_v\_ str\_ss-fr\_\_v\_s\_ts t\_\_ d\_nt\_l s\_rg\_ry \_nd c\_r\_ th\_s ph\_b\_\_.

R\_s\_\_rch\_rs s\_y th\_t \_v\_r 10 p\_r\_c\_nt \_f p\_\_pl\_ s\_ff\_r fr\_m \_xtr\_m\_ \_nx\_\_ty \_b\_\_t s\_\_ng th\_\_r d\_nt\_st, wh\_ch st\_ps m\_ny p\_\_pl\_ fr\_m g\_tt\_ng d\_nt\_l tr\_\_tm\_nt. Th\_s l\_v\_l \_f \_nx\_\_ty \_ft\_n r\_s\_lts \_n m\_r\_d\_nt\_l pr\_bl\_ms b\_c\_\_s\_ p\_\_pl\_ d\_l\_y g\_\_ng t\_ th\_ d\_nt\_st \_nt\_l th\_y h\_v\_ \_t\_th\_ch\_, by wh\_ch t\_m\_ th\_ tr\_\_tm\_nt w\_ll b\_m\_r\_p\_\_nf\_l. Thr\_\_ p\_r\_c\_nt \_f p\_t\_\_nts s\_rv\_y\_d \_dm\_tt\_d h\_v\_ng th\_\_ghts \_f c\_mm\_tting s\_\_c\_d\_r\_th\_r th\_n s\_\_ng \_d\_nt\_st. L\_\_d\_r\_s\_\_rch\_r, pr\_f\_ss\_r T\_m N\_wt\_n, s\_\_d: "Th\_ pr\_m\_ry g\_\_l \_f \_\_r CBT s\_rv\_c\_ \_s t\_\_n\_b\_l\_p\_t\_\_nts t\_r\_c\_\_v\_ d\_nt\_l tr\_\_tm\_nt w\_th\_\_t th\_ n\_\_d f\_r s\_d\_t\_\_n, by w\_rk\_ng w\_th \_\_ch \_nd\_v\_d\_\_l p\_t\_\_nt t\_s\_t\_g\_\_ls \_cc\_rd\_ng t\_ th\_\_r pr\_\_r\_t\_\_s."

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

there is fresh hope for the many people around the globe who are terrified of going to the dentist new research suggests that a course of counseling can help to overcome the fear of sitting in the dentist's chair the research was conducted by the king's college london dental institute health psychology service it focused on the effects of cognitive behavioural therapy (cbt) in treating dental phobia also called dentophobia researchers discovered that the biggest fears among patients were of pain-relieving injections and the dentist's drill doctors believe that between six to ten sessions of cbt are enough for patients to be able to have stress-free visits to a dental surgery and cure this phobia

researchers say that over 10 per cent of people suffer from extreme anxiety about seeing their dentist which stops many people from getting dental treatment this level of anxiety often results in more dental problems because people delay going to the dentist until they have a toothache by which time the treatment will be more painful three per cent of patients surveyed admitted having thoughts of committing suicide rather than seeing a dentist lead researcher professor tim newton said "the primary goal of our cbt service is to enable patients to receive dental treatment without the need for sedation by working with each individual patient to set goals according to their priorities"

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

There is fresh hope for the many people around the globe who are terrified of going to the dentist. New research suggests that a course of counseling can help to overcome the fear of sitting in the dentist's chair. The research was conducted by the King's College London Dental Institute Health Psychology Service. It focused on the effects of cognitive behavioural therapy (CBT) in treating dental phobia, also called dentophobia. Researchers discovered that the biggest fears among patients were of pain-relieving injections and the dentist's drill. Doctors believe that between six to ten sessions of CBT are enough for patients to be able to have stress-free visits to dental surgery and cure this phobia. Researchers say that over 10 percent of people suffer from extreme anxiety about seeing their dentist, which stops many people from getting dental treatment. This level of anxiety often results in more dental problems because people delay going to the dentist until they have a toothache, by which time the treatment will be more painful. Three percent of patients surveyed admitted having thoughts of committing suicide rather than seeing a dentist. Lead researcher, professor Tim Newton, said: "The primary goal of our CBT service is to enable patients to receive dental treatment without the need for sedation, by working with each individual patient to set goals according to their priorities."







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about dentists. Share what you discover with your partner(s) in the next lesson.

**3. DENTISTS:** Make a poster about dentists. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. THERAPY:** Write a magazine article about giving therapy to all school students to help them reduce their anxiety and stress. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to a dentist. Ask him/her three questions about dental phobia. Give him/her three ideas on how to help patients who suffer from it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

a F    b F    c T    d F    e T    f T    g F    h T

## SYNONYM MATCH (p.4)

- |              |                 |
|--------------|-----------------|
| 1. fresh     | a. new          |
| 2. terrified | b. scared stiff |
| 3. overcome  | c. conquer      |
| 4. sessions  | d. sittings     |
| 5. cure      | e. heal         |
| 6. extreme   | f. serious      |
| 7. level     | g. extent       |
| 8. delay     | h. put off      |
| 9. primary   | i. main         |
| 10. goals    | j. aims         |

## COMPREHENSION QUESTIONS (p.8)

1. Fresh hope
2. Counselling
3. Dentophobia
4. The dentist's drill
5. Six to ten
6. Over 10%
7. More dental problems
8. Committing suicide
9. The lead researcher
10. Sedation

## MULTIPLE CHOICE - QUIZ (p.9)

1. c    2. a    3. b    4. d    5. c    6. b    7. d    8. b    9. b    10. a

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)