

Victoria Perper earned her dental hygienist degree from the Howard University School of Dental Hygiene. She is a graduate of the Self Empowerment Center in Annandale, Virginia where she attained a certification as a Master Level Clinical Hypnotherapist. The Self Empowerment center is certified through the state of Virginia Department of Education. Ms. Perper has been certified as a hypnotherapy trainer for Emergency First Responders (Police, EMT, and Fire) as well as in chronic pain management. She is a member of the National Guild of Hypnotists.

Ms. Perper has lectured about the positive effects of hypnosis at the Howard University School of Dental Hygiene, the University of Maryland School of Dental Hygiene and for the Dental Hygiene Association of Montgomery County, Maryland. Ms. Perper was the featured expert in the September 2004 issue of the National Dental Hygiene Magazine, *Access*. The article discussed the compromised dental patient and the positive affects hypnosis has on the phobic or fearful dental patient. She has also facilitated a seminar at the National Naval Hospital in Bethesda on hypnotherapy for tinnitus.

WHAT IS HYPNOTHERAPY?

Hypnosis is nothing more than a natural state of mind during which you are willing to be receptive and responsive to ideas and to allow these ideas to act upon yourself without interference. Derived from the word for the Greek god of sleep (Hypnos), hypnosis is a fully awake state of awareness, concentration, and deep relaxation.

Would it surprise you to know that we experience the state of hypnosis numerous times every day? Have you ever been so focused while reading a book or watching a movie that an hour or two have passed and it seems like just a few minutes? Have you ever driven and did not remember the distance you traveled to get to your destination? These are examples of the trance like state during hypnosis.

Hypnotherapy is the application of hypnosis as a form of medical therapy to remedy maladies like anxiety, stress, obesity, smoking, and phobias. It is also used to enhance concentration and athletic performance.

HYPNOSIS FOR DENTAL PHOBIAS

Studies show that approximately one-third of adults in the United States had not visited a dentist for treatment within the previous year. Fear of dental treatment is a significant barrier to receiving appropriate dental care.

There are many causes of dental anxieties. A bad experience as a child is one of the most common causes of long-term dental anxieties.

Ms. Perper uses hypnotherapy everyday in her practice to:

1. Reduce anxiety and fear of pain
2. Maintain a patient's comfort during long periods of dental work
3. Decrease bruxism (grinding) and TMJ pain
4. Decrease anesthesia dosage
5. Prevent gagging and nausea
6. Control bleeding

STRESS REDUCTION

Stress is “any change to which you must adjust.” Most of us think of stressful situations as being negative, but they can be positive as well. Learning how to properly manage stress makes you a happier person and one that others will want to be around. Hypnosis teaches you how to relax and stay calm even under the most stressful conditions.

CHRONIC PAIN MANAGEMENT

Pain is the body’s smoke detector. It tells us that something is wrong. Anyone with pain must seek medical examination so a proper diagnosis is made before hypnotherapy commences. “...Mind-body interventions can improve mood, quality of life, and coping, as well as ameliorate disease and treatment-related symptoms, such as chemotherapy-induced nausea, vomiting, and pain.”

WEIGHT LOSS

How would you feel if you could wake up tomorrow, feeling in control around food? Hypnosis can help you change the way you think about food and stop self sabotage. Powerful positive suggestions are worked on so that the sub-conscious mind is encouraged to adopt a healthier pattern of eating. Realistic achievable goals are agreed at the outset so that diets can become a thing of the past.

Hypnotherapy can help you:

- Feel worthwhile, self-confident, and zestful.
- Gain a happier home life; become a better husband, wife, parent, or friend.
- Acquire the ability to relax completely in any situation.
- Make better decisions.
- Improve concentration.
- Overcome procrastination.
- Free yourself from hostility, resentment, fear of rejection.
- Reduce conflict and stress.
- Promote health and well-being.
- Regain your natural ability to sleep easily.
- Sell yourself, your ideas, and your services with confidence and enthusiasm.
- Increase your income.
- Attract and maintain worthwhile friendships.

CAPITAL HYPNOTHERAPY

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