

The Science & Art of Meditation
Speakers: Drs. Mark Abramson & Fred Pockrass

Online Webinar
1.5 CE credit

Course Overview:

As most patients will tell you, going to the dentist is scary. Successful patient retention depends on overturning this myth and mitigating and managing patient anxiety. While the atmosphere in the office and the technical skill of the dentist play a big role, so does the attitude of the dentist. Dental practitioners who practice meditation, in addition to having many physiological and psychological benefits, have an expanded emotional capacity to provide conscious care, which in turn helps their patients relax. And a relaxed patient is an easier patient to work with. This presentation will provide an introduction to the science and art of meditation and mindfulness and their application in the modern, wellness-focused dental practice.

Participants of this webinar will learn about:

- ✓ Mindfulness and its application in the healthcare setting.
- ✓ The movement of the diaphragm and its effect on the autonomic nervous system.
- ✓ Using mindfulness in treatment of patients to reduce dental anxiety.
- ✓ Scientific principles about how meditation helps practitioners and patients.
- ✓ Mindfulness techniques that aid in the administration of the painless injection.

This webinar is a live recording of a presentation from the 2013 Green Dentistry Conference.

Speaker Bios:



Dr. Fred Pockrass has been a restorative and general dentist since 1981. He graduated from McGill University, Montreal, Canada. After eight years, Dr. Pockrass fulfilled a life-long dream of studying with a meditation master in India and moved to the Himalayas. While there, he created a Western-style dental clinic and until late 2000, served as personal dentist to a noted international community. In addition to his dental degree, Dr. Pockrass is a certified Tai Chi instructor, which he has taught for more than 20 years. He has been a featured speaker at conferences related to greening the dental industry. His passion is transforming his clients' experience of the dentist and making each person an expert in their own oral well-being.

Dr. Mark Abramson has over 30 years of practice limited to TMJ and oro-facial pain management and dental sleep medicine. Dr. Abramson has developed successful treatments for both TMJ and Sleep Apnea utilizing an integrative medicine, non-drug, approach that restores the body to health. Dr. Abramson invented the OASYS Oral/Nasal Airway System the first dental device for treating sleep apnea that treats the entire upper airway, nasal and pharyngeal passages, and is cleared by both the ENT and dental division of the FDA. Dr. Abramson founded Stanford University



Hospital's Mindfulness-based Stress Reduction Clinic and teaches in the Stanford School of Medicine and through the Integrative Medicine Clinic at Stanford.

Disclosure:

Dr. Fred Pockrass is the co-Founder of the Eco-Dentistry Association.
Dr. Mark Abramson is affiliated with Oasys Dream Systems.

Reviews:

“The ‘Science & Art of Meditation’ presentation was amazing! I enjoyed both Fred & Mark.”
~ 2013 Green Dentistry Conference Participant

Contact Information:

If you have any questions about this course, do not hesitate to contact the Eco-Dentistry Association:

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