



Guy's and St Thomas'
NHS Foundation Trust

Burning Mouth Syndrome & Oral Dysaesthesia information session

Department of Oral Medicine

&

Dental Psychology Service, Guy's Hospital

Welcome

- Introductions and housekeeping
- Confidentiality
- Respectful listening and speaking
- Request not to discuss investigations
- Anything to add?



What to expect

- Introductions
- *Why* psychological approaches?
- A recorded presentation by Dr Molly Harte
- *How* psychological approaches can help –practical skills
- Further resources and next steps
- Feedback

Introductions

**Turn to the person next to you,
and tell them your....**

- First name
- One thing that you value in life

Psychological approaches

Rebecca Magee

Cognitive behavioural therapist

Ashley Grewal

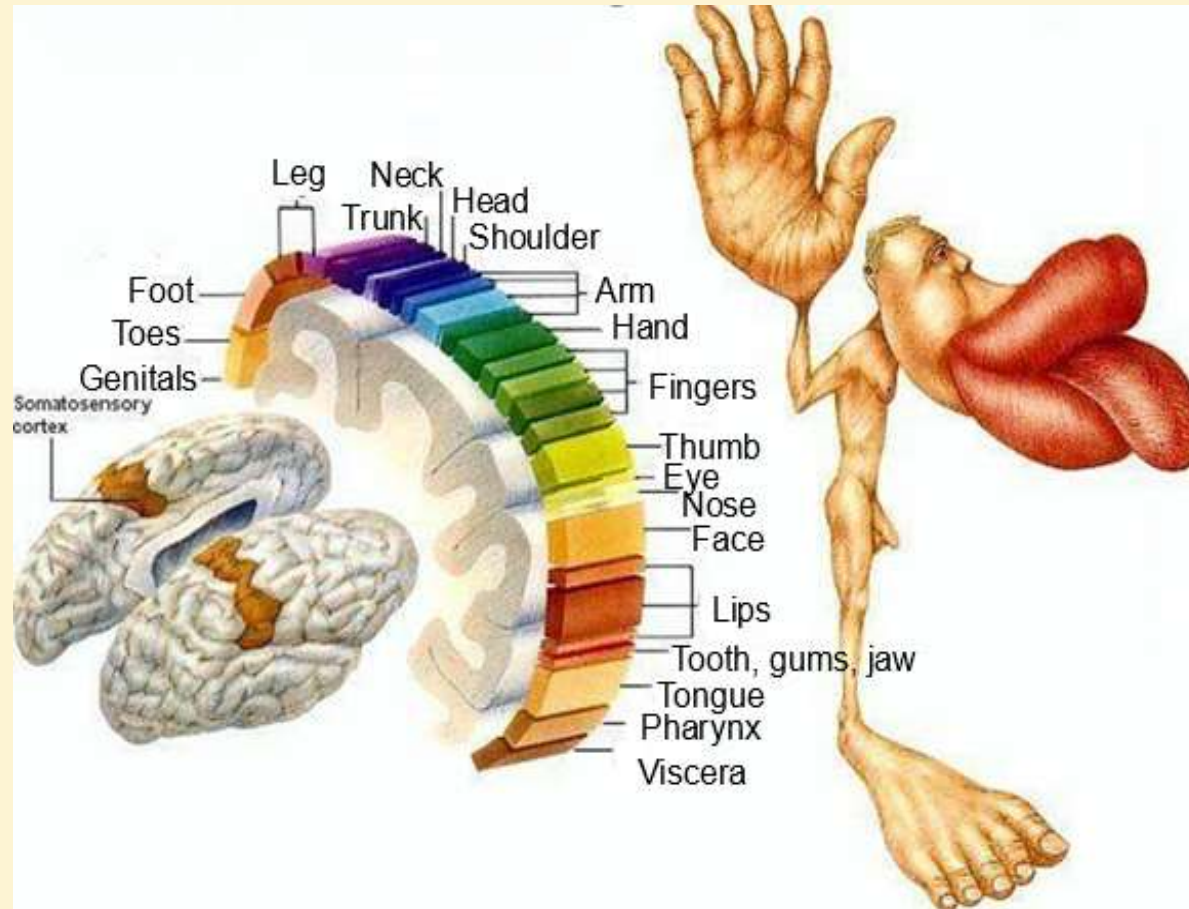
Trainee Counselling Psychologist

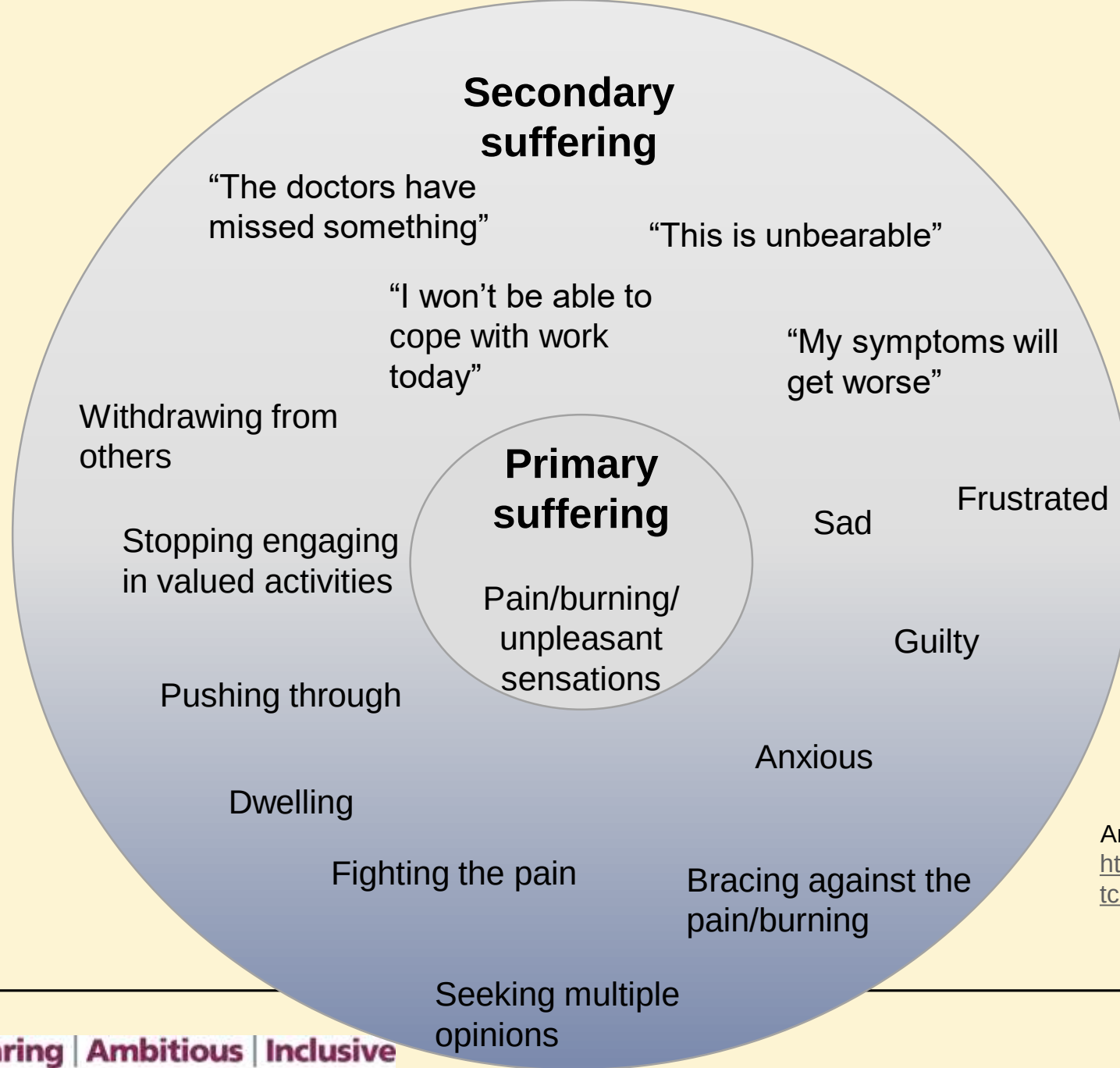
Why psychological approaches?

- BMS symptoms are real
- Physical pain and discomfort impact us psychologically
- Bi-directional relationship - physical pain and emotional suffering
- Role of attention and anxiety

*To live well **alongside** symptoms*

Sensitivity





Animation:
https://www.youtube.com/watch?v=m0_hkj753Jg

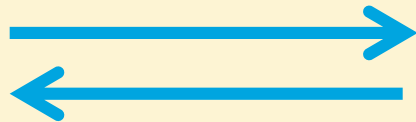
Role of attention



Role of anxiety

- Sensations can lead to unhelpful reactions
- E.g. anxiety, frustration, anger, irritation, sadness
- Reactions can stimulate the stress response
- Stress chemicals increase threat focus

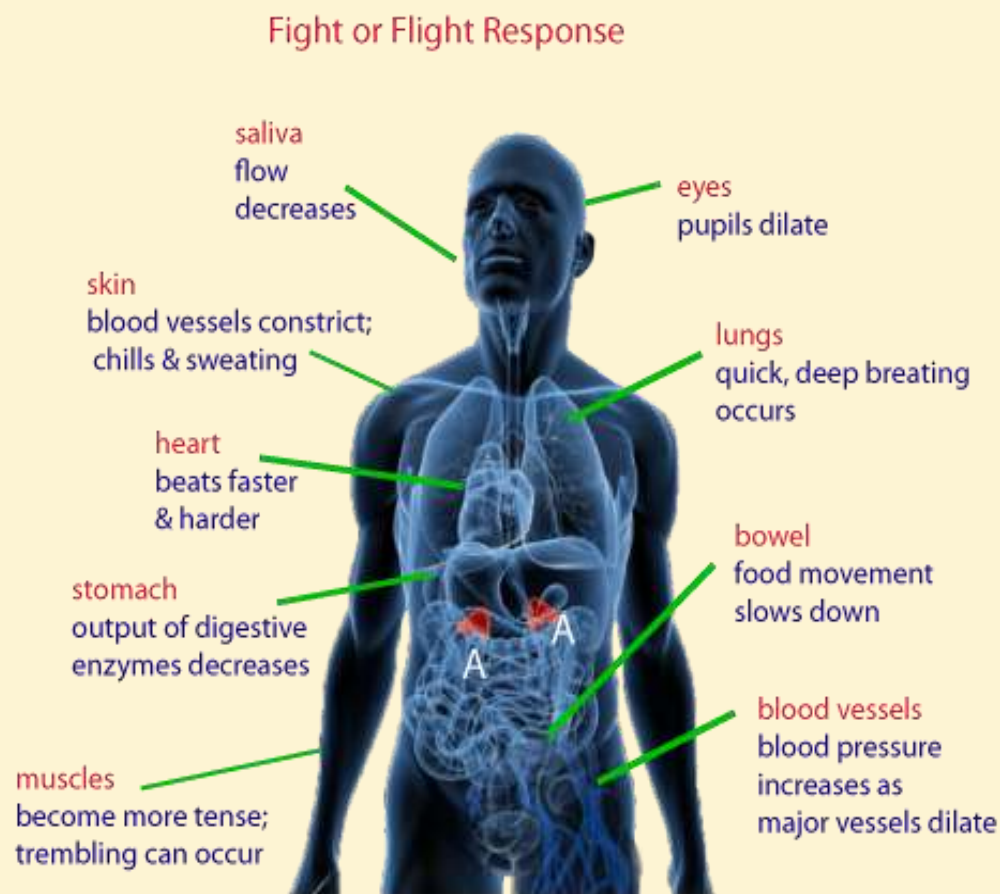
STRESS



SENSATIONS



Stress: freeze, flight, fight

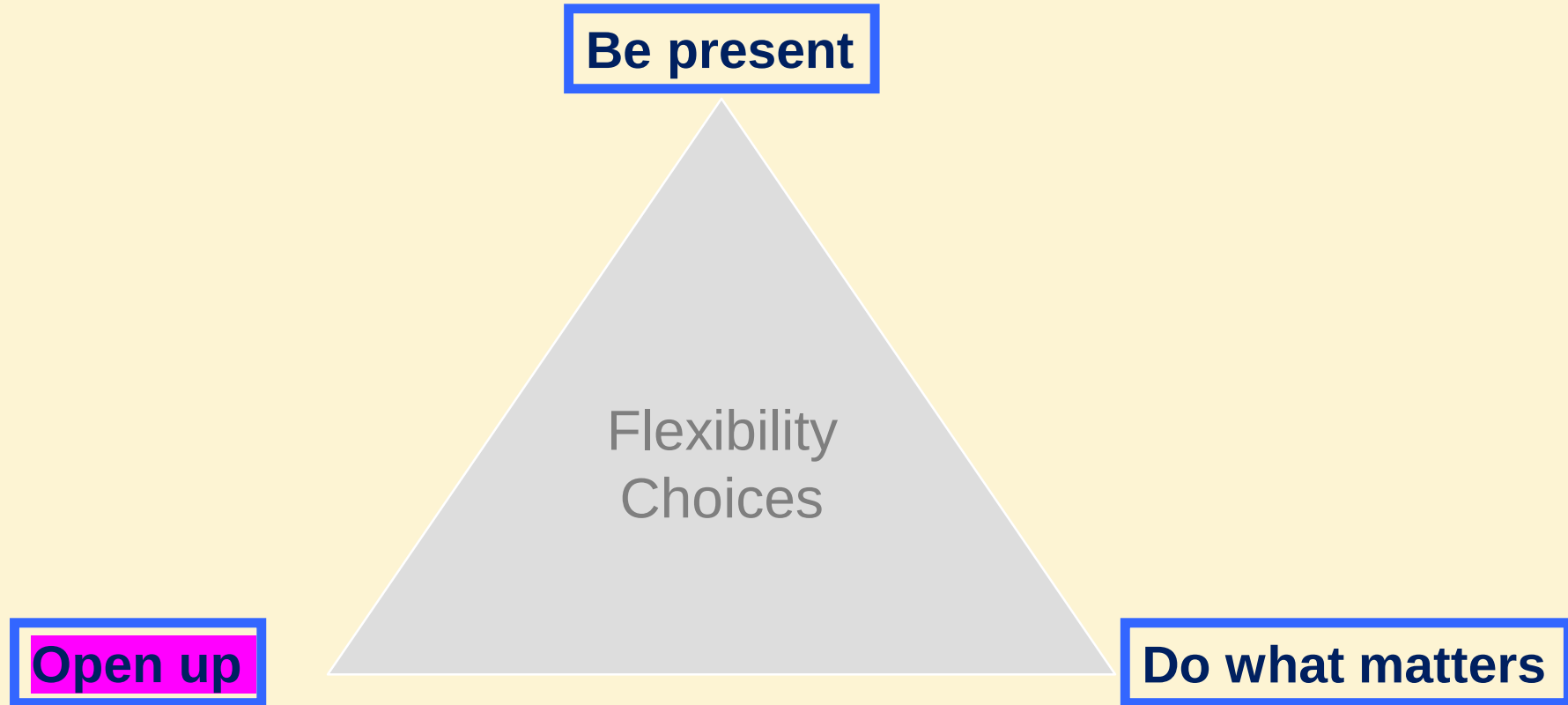


[Recorded presentation by Dr Molly Harte]

How psychological approaches can help:

Some practical skills

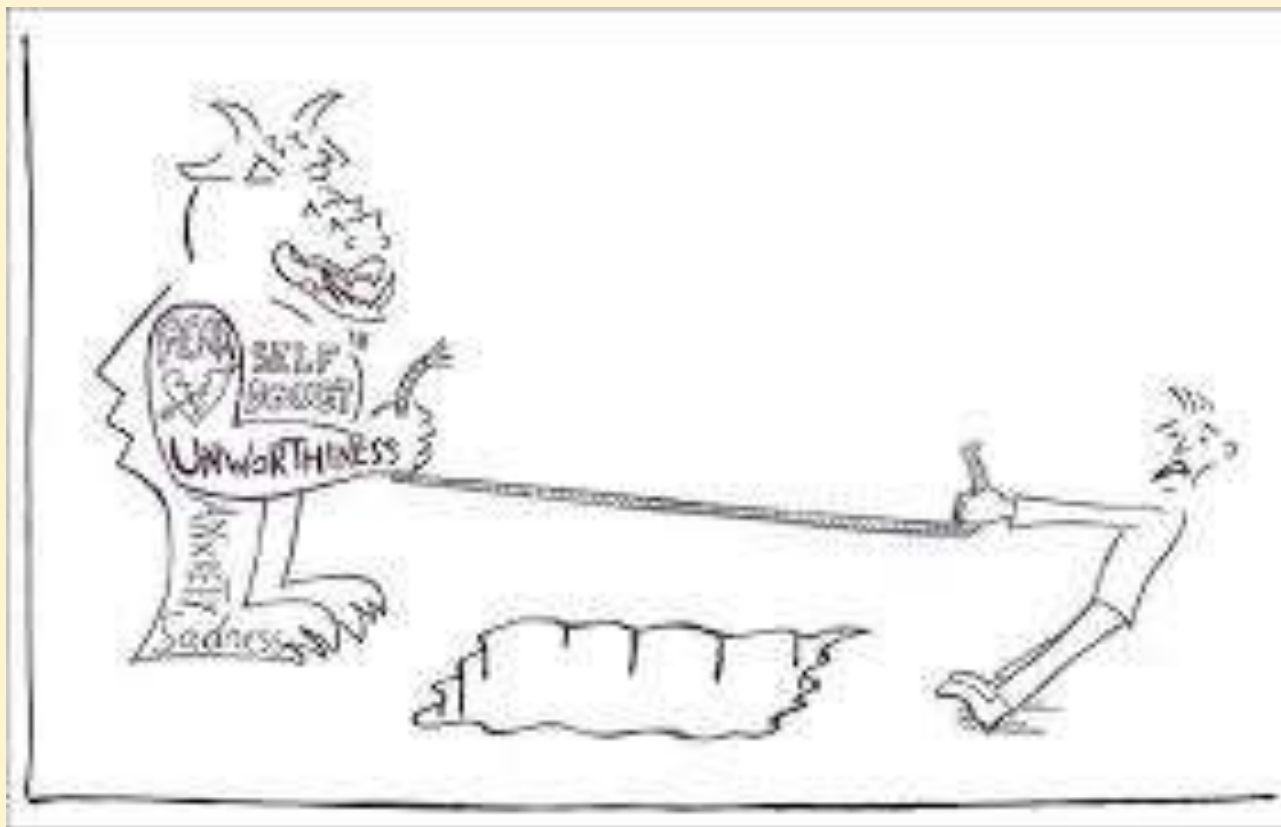
Our framework

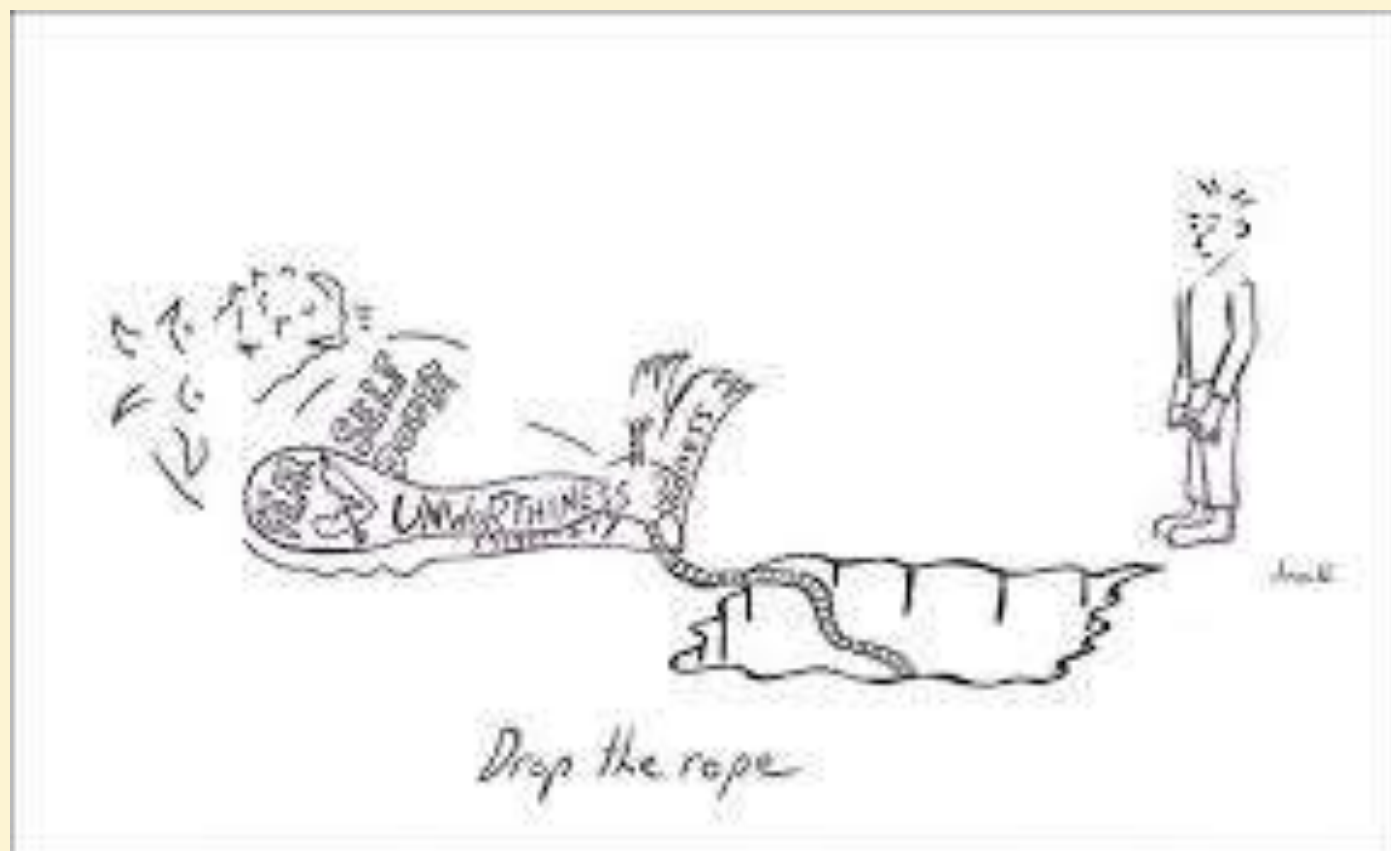


Open up

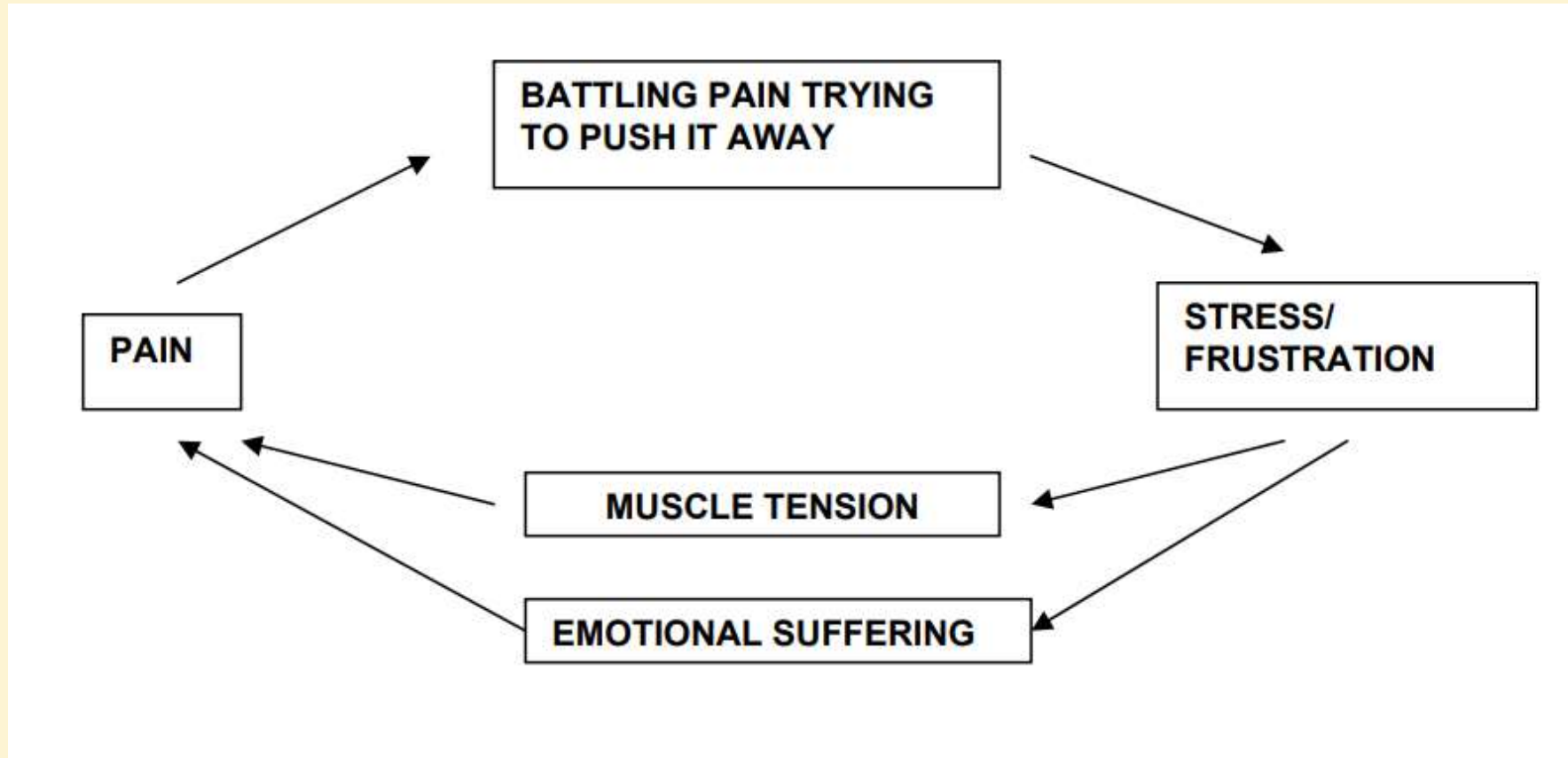


Open up

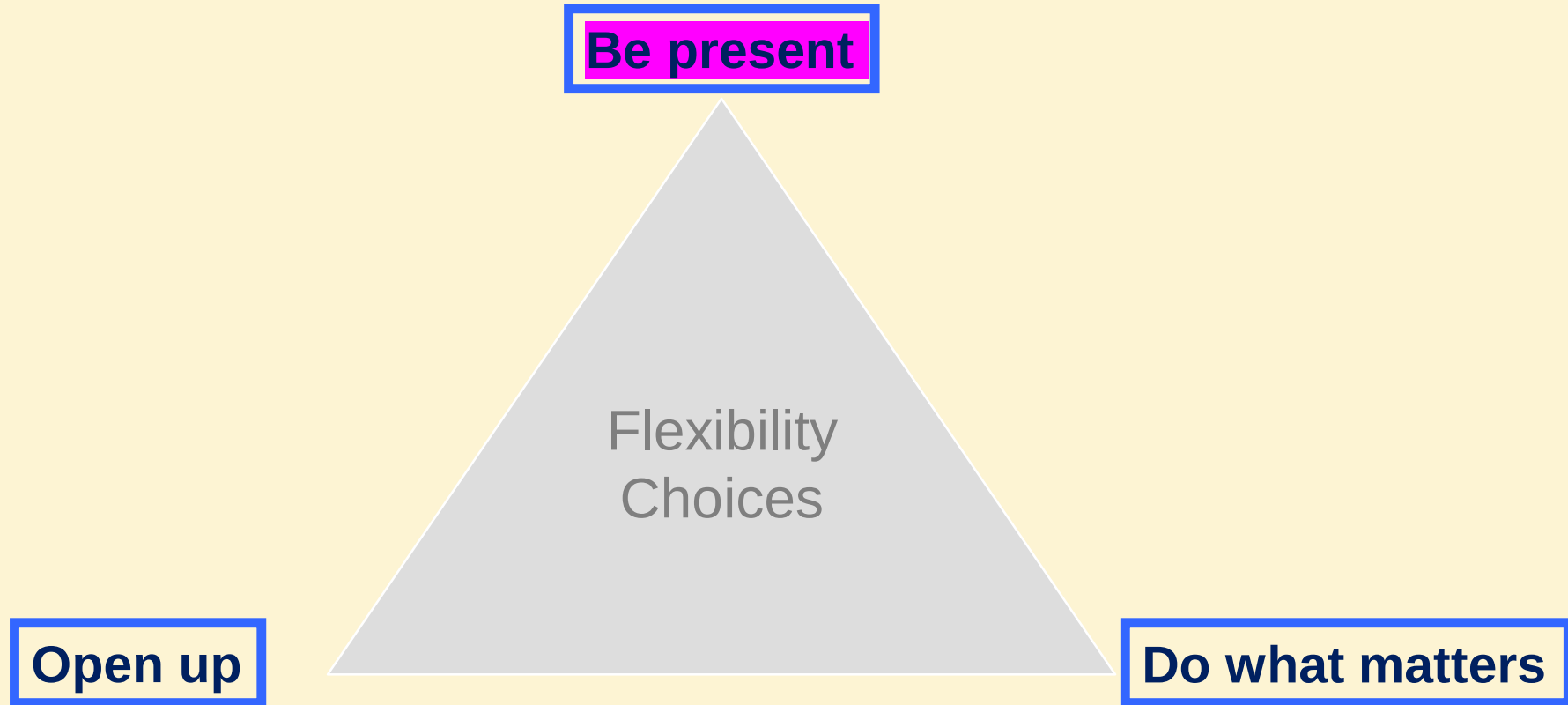




Openness exercise



Our framework



Be present: mindfulness



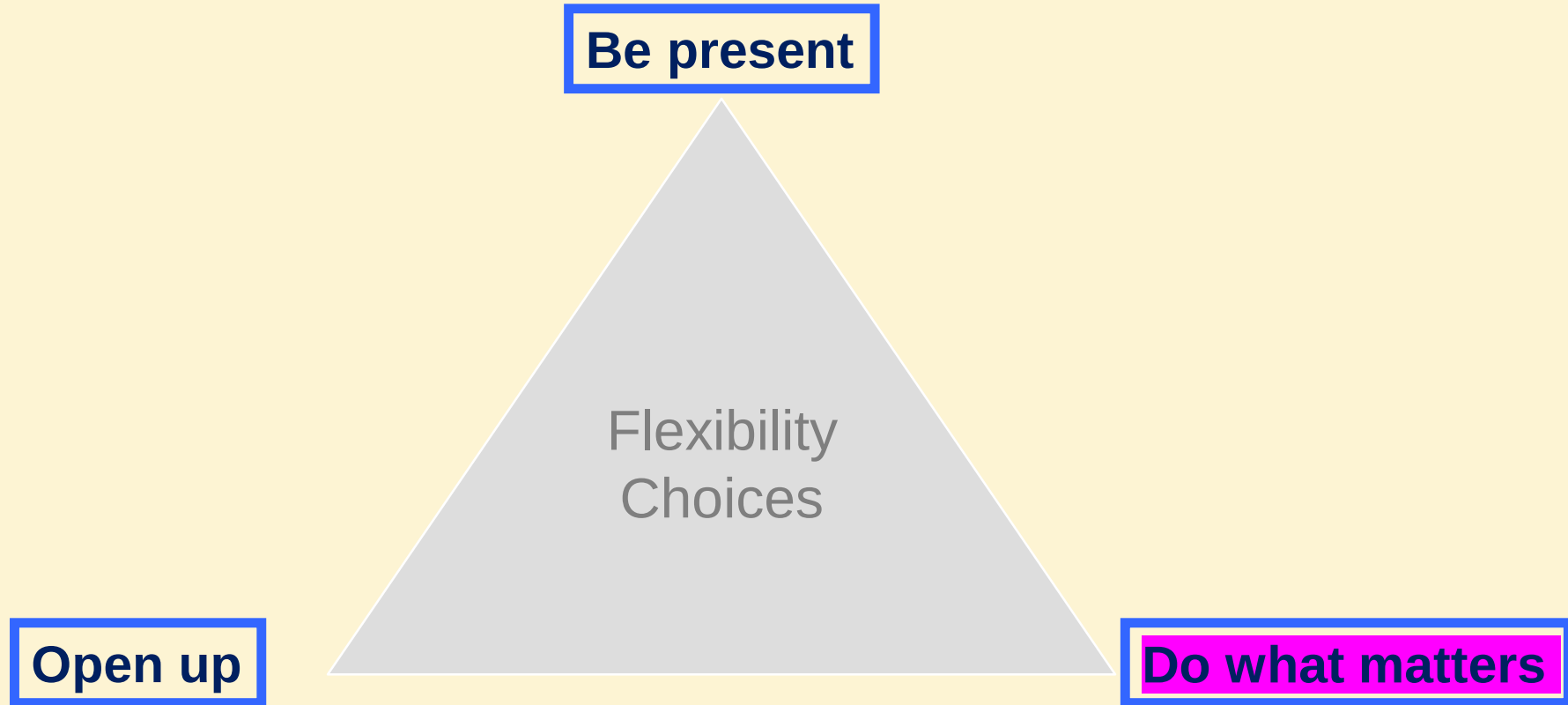
How mindfulness can help with BMS

- Changing your relationship with BMS
- Pain / discomfort only part of your experience
- Practical benefits of mindfulness
- Learning that we are not our thoughts

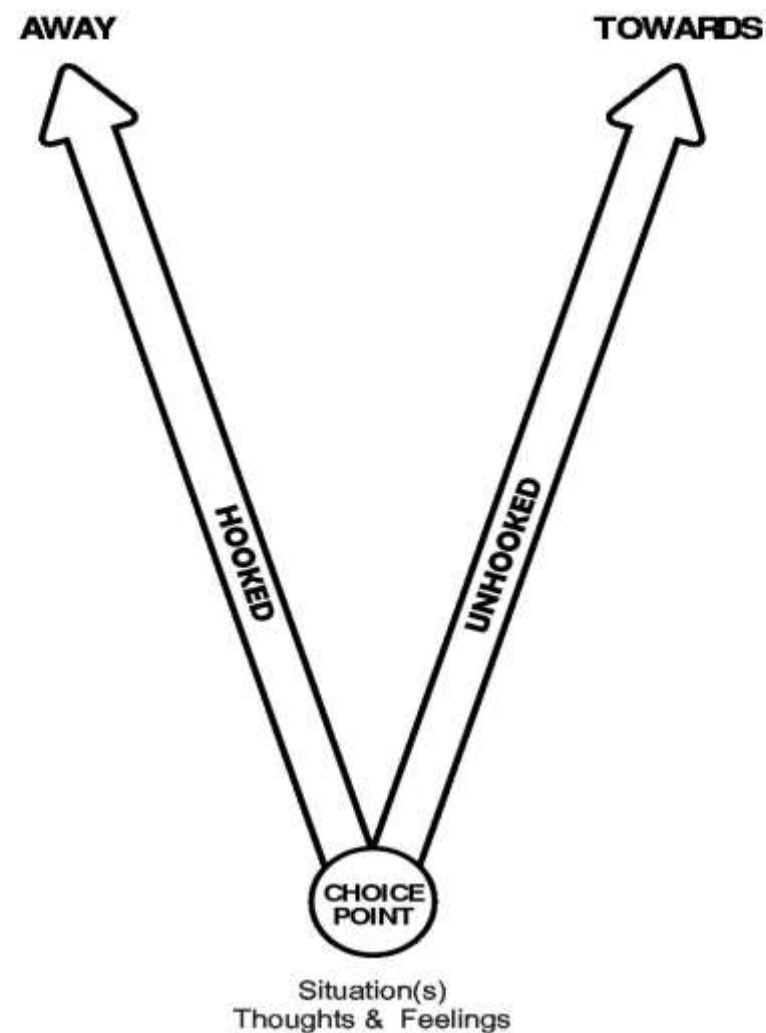
Ways to practice mindfulness

- 5, 4, 3, 2, 1: engages all of our senses
- Dropping anchor (audio clips available on actmindfully.com)
- Bringing mindfulness to daily tasks, e.g,
 - making a cup of tea
 - chopping vegetables
 - stroking your pet

Our framework

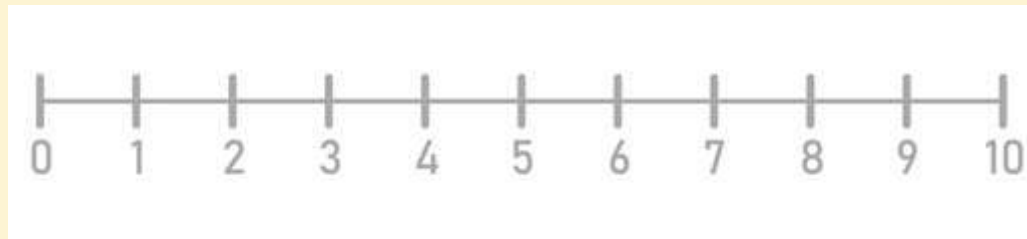


Do what matters



Do what matters

- Connect with others
- Clarify your values – values checklist
- Do things that are meaningful for you
- May need to adjust the ‘goal’
- Committed action to small steps towards values



- SMART goals

Self-compassion – why is it important?



Self-compassion

- **Meditation practice**
 - Mindfulness
 - Common humanity
 - Offering kindness you would offer a friend

Communication with family and friends

- What comes up for you?
- What have you found helpful?

Further resources

- Living with the Enemy: by Ray Owen
- The Happiness Trap, by Russ Harris
- <https://self-compassion.org/self-compassion-practices/>
- <https://www.compassionatemind.co.uk/>
- <https://balancedminds.com/compassion-focused-therapy-resources/>
- <https://thehappinesstrap.com/>

Next steps

- We will offer a 1-1 follow up in 1-3 months time
- There is also the option of our ***‘More Than a Mouth’*** group:
 - 5 x 2 hour sessions
 - Online or face to face
 - Builds on this introduction
 - No medic
- There is no pressure to do this group

Feedback

- We really value your feedback
- ***BMS Information Session Evaluation today***
- ***Anonymous feedback form***
- ***Follow up appointment in 1-3 months time, with follow up questionnaires***

Our contact details

gst-tr.dentalpsychologyservice@nhs.net

Dental Psychology Service

26th Floor, Tower Wing

Guy's Hospital

London SE1 9RT

020 7188 4399 (Oral Medicine Secretaries)

**Please feel free to continue discussions downstairs
(there is a café on the ground floor, by the lifts)**