

CLINICAL HYPNOTHERAPY FOR YOUR PATIENTS

Referral service provided by Dr Munir Ravalia
Dental Sedation Solutions

About Hypnotherapy

Clinical hypnotherapy is a structured therapeutic approach that uses guided relaxation to access the subconscious mind — where beliefs, habits, and emotional responses are stored. In dentistry, it can help patients manage anxiety, reduce pain perception, control gag reflexes, and improve cooperation during treatment.

Sessions begin with a clinical history and open discussion to build trust and clarify goals. The patient remains fully in control throughout the process; hypnosis cannot occur without consent. When used appropriately, hypnotherapy empowers patients to regain control over symptoms and behaviours that interfere with dental care.

Benefits for your patients

- ✓ Non-pharmacological support for anxious patients
- ✓ Supports complex or lengthy procedures
- ✓ May reduce reliance on sedation
- ✓ Enhances patient cooperation and confidence
- ✓ Convenient online appointments

"I had hypnotherapy alongside sedation, and it made a **huge difference**. I went from needing both premedication and sedation to just sedation for my more invasive procedures. It really helped me feel more relaxed and **in control** throughout my dental treatments."

PATIENT TESTIMONIAL



Calm Dental Anxiety

Hypnotherapy helps patients feel relaxed and confident before and during treatment, reducing fear and tension in the dental chair.



Control Gag Reflex

Hypnosis can help retrain the body's response, making procedures such as impressions or radiographs more comfortable.



Ease Needle Phobia

Reduce fear and physical reactions to needles and injections through subconscious desensitisation and relaxation techniques.



Breaking Unhelpful Habits

From nail biting to poor oral hygiene routines, hypnosis supports behavioural change and long-term habit formation.



FIND OUT MORE

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- www.dentalsedationsolutions.co.uk
- info@dentalsedationsolutions.co.uk

More on Hypnotherapy



Refer with Confidence: Hypnotherapy to Support Complex Dental Care

Accessible & Convenient

Tailored to individual needs

Delivered by a dentist with sedation expertise

£150

Initial Consultation & First Treatment

- ✓ Initial consultation (approx 20 mins)
- ✓ Includes 60 minute initial treatment
- ✓ Full clinical history and goal setting
- ✓ Flexible online delivery via Zoom
- ✓ Face-to-face sessions available in London

£90

Follow-Up Sessions

- ✓ Targeted therapy and relaxation
- ✓ Builds on previous session goals
- ✓ 2-4 sessions typically recommended*
- ✓ Includes self-hypnosis practice
- ✓ Optional top-ups if needed*

Note: The number of sessions needed differs, as it is determined on a case-by-case basis

For Referring Clinicians:

- Simple online referral process
- Summary feedback available post-treatment
- Flexible scheduling for patient convenience

MAKE A REFERRAL

SCAN HERE >



Meet Dr Munir Ravalia

Dr Munir Ravalia is a dentist with over 20 years' experience who now specialises in helping patients overcome dental fears and phobias through clinical hypnotherapy. Combining his expertise in sedation dentistry with advanced training in clinical hypnosis, he provides tailored, evidence-based techniques to manage anxiety, reduce the gag reflex, and address habits such as bruxism.

All hypnotherapy sessions are delivered online, making them accessible to patients wherever they are, and designed to help them build long-term confidence in receiving dental care.