



Join this **hands-on, interactive mini-iTOP workshop** that challenges outdated oral hygiene routines and redefines homecare as a purpose-driven, mindful self-care practice.

Grounded in the principles of Individually Trained Oral Prophylaxis (iTOP) and the Touch-to-Teach approach, this course moves beyond mechanical instruction and focuses on intentional brushing, personalized interdental care, and behavior-based coaching.

Participants will learn how to transform daily oral care from an unconscious habit into a meaningful wellness ritual — empowering both providers and patients to think differently about prevention, consistency, and long-term wellness.

This course is designed to create a mindset shift, not just a skill upgrade.

Course Objectives

1. Demonstrate modern, evidence-based brushing and interdental techniques through hands-on learning.
2. Personalize oral hygiene tools and techniques to support comfort, confidence, and long-term success.
3. Apply Touch-to-Teach coaching strategies that motivate patients and build sustainable habits.
4. Inspire a purpose-driven mindset that connects daily oral care to overall health and well-being.



Short Bio

Lancette VanGuilder, BS, RDH, PHEDH, CEAS, FADHA is an internationally recognized speaker, podcast host, lobbyist, clinician, and thought leader, known for her expertise in medical-dental integration and public health advocacy. Her passion for increasing access to care, airway health and fostering medical-dental collaboration has earned her widespread recognition and numerous awards within the healthcare community. As the immediate Past President of the American Dental Hygienists' Association, Lancette leads initiatives that elevate prevention, empower dental hygienists to grow, lead and advance autonomy—driving lasting impact on both oral and overall health. Lancette can be reached at lancettevg@gmail.com.

