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[Review of] How To Overcome Fear of Dentistry

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Available at: https://works.bepress.com/robaken/87/
Kroeger, Robert F. How To Overcome Fear of Dentistry.
Dentist Kroeger presents standard relaxation exercises (muscle relaxation, guided imagery, breathing, biofeedback, and self-hypnosis) for use by fearful dental patients. Using case studies and explanations of techniques, Kroeger involves the reader through quizzes, log sheets, and planning pages. He describes dental fear clinics (listed in an appendix), psychological assistance, drug treatments, and specific procedures, and closes with chapters on desensitization, dental fear in children, and approaches for selecting a gentle, understanding dentist. Because of its specialized presentation of standard fear-coping techniques, this book will prove useful to most dental patients, from the apprehensive to the phobic.—Robert Aken, Coll. of William & Mary Lib., Williamsburg, Va.