**DESCRIPTION**

The first book to describe evidence-based treatment of dental phobia using brief CBT, based on the pioneering single-session treatment for specific phobias developed by Lars-Göran Öst.

- Brings together research, experience and techniques from clinical psychology and dentistry to describe evidence-based treatment of dental phobia in clinical and dental contexts
- Chapters describe epidemiology, diagnosis and differential diagnosis, symptoms, clinical characteristics and consequences, and aetiology of dental phobia
- Also covers related issues including intra-oral injection phobia, dental treatment of fearful children, and the use of medication to supplement psychological treatment of fear
ABOUT THE AUTHOR

**Lars-Göran Öst** is Professor and Chair of Clinical Psychology at Stockholm University, Sweden, and Professor of Clinical Psychology at the University of Bergen, Norway. Considered the pioneer of one-session treatment of specific phobias, he is a regular keynote speaker at major CBT conferences and has lectured at universities worldwide. He is a former editor of the *Scandinavian Journal of Behaviour Therapy and Behavioural Psychotherapy*, and serves on the editorial boards of *Behaviour Research and Therapy, Cognitive Behaviour Therapy, Journal of Anxiety Disorders, Behavioural and Cognitive Psychotherapy, Applied and Preventative Psychology, Journal of Experimental Psychopathology, Behaviour Therapy*, and *Clinical Psychology: Science and Practice*.

**Erik Skaret** is Professor Emeritus in Behavioral Sciences in Dentistry. He was Professor in the Department of Pediatric Dentistry and Behavioural Sciences, University of Oslo, Norway from 2008 to 2012. His previous positions were Acting Director at the Dental Fears Research Clinic, University of Washington, Seattle, USA from 1999 to 2000 and Head of Center for Odontophobia, University of Bergen, Norway from 2001 to 2008. He has extensive clinical experience with psychological treatment of dental phobia and anxiety. His research areas are avoidance of dental care in children and adolescents and treatment of dental phobia and intra-oral injection phobia in adults. He has published widely in peer-reviewed journals.

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