

Living Life to the Full Supporter Newsletter October 2024

Welcome to this edition of the LLTTF^(R) supporter newsletter. It's full of news and resources to help you get the most from www.lltff.com

In this edition:

Practice Update - Dental Anxiety is the world's most common phobia. Discover more.

Research Focus - New publication using the LLTTF worksheets delivered online with practitioner support.

Featured resources - Dental Books - Getting the dental care you need and What are you passing on? Discover www.lltff.com/dental plus the updated Living Life to the Full with God classes.

Worksheet of the month - My Activity Planner - helping the people you work with plan more effectively.

Other Information and news - Seasonal affective disorder resources and the hour change

Upcoming Training - discover our one day and overview sessions

Supporter offer code - 10% of named dental products

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Practice Update - Dental Anxiety

Background

You may be surprised to know that dental phobia is the worlds most common phobia. Many people with dental phobia avoid going to the dentist. Dental phobia often goes undiagnosed until there is an urgent/acute need for treatment. It is currently estimated around 12% of people have dental phobia equating to around eight million in the UK alone. It has profound impacts especially on teenagers and young adults in their early 20's and 30's where it can damage social or intimate relationships. As with all phobias the fears are often passed on by others - such as parents or guardians or due to representations seen in films or television.

Many books for young children now provide more helpful outcomes of visiting the dentist - e.g. Usborne first experiences series books. Visit <https://amzn.to/4hr2gfN>

Helping people understand their dental anxiety

It can be helpful to let people tell their story about how their dental anxiety has developed. Often there are key events usually in earlier life where the experience of pain or dental fear has been ignored, overlooked or handled badly leaving the person feeling out of control and scared resulting in later avoidance behaviours.

Our available products

We have created three books and linked resources addressing dental anxiety that can be used across the life span.

Book 1. What are you passing on?

Aimed at parents/guardians of **young children** aged 1-6 years. The book helps parents who themselves experience dental anxiety to prevent them passing on their fears to their children. Comments like (e.g. *"be a big brave boy/girl"*) or hovering near to the dentist's table teach the idea they may need to rescue their child at any moment.

[Buy the book here](#)

Visit <https://dental.lltff.com/> to find out more.

Book 2. Your Teeth You're in Control.

Together with colleagues at the University of Sheffield and Sheffield Hallam University we have created a book and linked series of worksheets called **Your teeth, You are in Control** - that is aimed at **teenagers**. Central to that is our **Message for your dentist worksheet**, that allows young people to pass on their requests and wishes with your dentist. This resource has been extensively evaluated and aimed at supporting teenagers and their parents. The research outcomes are summarised [here](#):

Or click to download the Message for your Dentist worksheet
<https://lltff.com/product/your-teeth-youre-in-control/>

The teenage dental book was created as part of a funded NIHR research grant and is available from the [University of Sheffield](#)

Book 3. Getting the Dental Care You Need - getting through an urgent appointment.

This book is aimed at **adults** with dental anxiety. It helps them get through four of the most common acute dental procedures including dental examination, scrape and polish, having a dental filling or extraction.

You can purchase this resource to use with people you are supporting or share the link for them to purchase the book to work through on their own. [Buy the book here](#) and visit www.lltff.com/dental to find out more.

Purchase our resources at reduced cost using the code **DENTAL24** to obtain a 10% discount on 1st and 3rd books which we publish.

Research News

Living Life to the Full has been working on a funded research Grant with the University of Bristol and colleagues called Interact. Our worksheet materials have been licenced for use within the Interact online practitioner support resources to be used online by clients working on changing their low mood/depression. Support is offered by BABCP trained practitioners using live instant messaging. The approach has been called Integrated online CBT and offers a high intensity CBT approach.

Read a newly published paper summarising Patient and Therapists views of the approach.

<https://onlinelibrary.wiley.com/doi/10.1111/hex.70002>

Featured Resources

Dental resources for practitioners
www.lttf.com/dental

We have a sub-site that supports practitioners and supporters as well as parents. Do visit it and mention it to dental colleagues as a resource for their clients.

[Visit the site](http://www.lttf.com/dental)



Worksheet of the Month

My Activity Planner

Purpose

Our approach to behavioural activation is summarised in the *Doing things that make you feel better* book and online modules. This helps people identify activities they have stopped or cut down that previously gave them a sense of pleasure, achievement or connection to people they like.

How it works

Use the Activity Planner worksheet to help teach people how to plan each activity they want to reintroduce into their life to help them feel better.

It's important to plan a balance of activities over the days and week. Help your client choose things they enjoy, give them a sense of achievement/pleasure or brings them closer to others.

My Activity Planner

Use your planner and Review sheets to plan each activity. Plan a balance of activities over the days and week. Choose things you enjoy, gives you a sense of achievement or makes you feel close to others.

Build things up over a few weeks so you end up with a range of activities planned in your free time. Leave some gaps for the unexpected things that crop up. Have some time just for you.

Get into a routine: a time to get up, eat, go to bed, and do the household chores, perhaps to go for a walk, or read a book.

Plan in the key essentials that otherwise will build up and cause you problems- keeping up with things around the house, looking after yourself and getting to meet family/friends.

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Common difficulties

A common issue is people are unrealistic and try to make too many changes too quickly. A key discussion is choosing realistic goals with a daily routine - a time to get up - a time to eat - and a time to go to bed. Between these anchors to the day they can plan a mix of the activities that are good for them and improve mood.

Opportunities to use this resource

The resource can be printed out and taught. After that they can either use the worksheet, a paper diary or their phone to plan activities that are good for them across the day and week. They should also leave gaps to catch up and deal with the unexpected, to have a rest and also to carry out their work or tasks at home.

[DOWNLOAD THE WORKSHEET HERE](#)

Other Information and News



1. Royal College of Psychiatrists one day workshop on supporting people with long term conditions 6th November 9.30am - 4.00pm

Patients with long term conditions and medically unexplained physical symptoms present in a range of settings across all areas of medicine. This workshop will provide clinicians with specific assessment and management skills based upon the five areas[®] assessment CBT model - and focus upon a range of interventions to help the patient use experiments and structured problem-solving plans to help them understand why they feel as they do, and improve how they feel.

[Click to find out more and book here](#)

2. Living life to the full with God updated classes

An updated version of the Living life to the full with God course has recently been produced. This uses the content of the standard Living life to the full adult course, modified to include a faith-based perspective for use in churches or church schools. The course blends a CBT-based life skills approach supplemented by encouraging and relevant Bible verses, and uses a number of modified worksheets to help encourage Christians to respond in ways that helpfully include their faith.

Richard Johnston from Christian Mindfulness has recently run the courses and he and his participants have kindly shared their feedback on the course:

Thank you for such a stimulating and helpful course.

I came to the course with two hats on. Firstly as someone who had had CBT 9 years ago but hadn't fully understood or had explained what it was all about. As a result I forgot all I had learnt.

You explained things so clearly and showed me a number of strategies which will remain with me for the rest of my life. Secondly I came as a Pastor. I believe that the course provided me with so many things to help my ministry going

forward.

Find out more: <https://llttf.com/churches/>

Purchase training for individuals or teams to deliver Living Life to the Full Classes in person or online.

Living Life to the Full offers a wide range of training events aimed at Supporters (staff from Health, Education, Social Care, Charities, Churches, and Commercial/private practice) in how to introduce and support our life skills resources.

View our upcoming supporter training dates by clicking the link below:
Visit www.llttf.com/training

14th November @ 9.30am - 4pm

[Running the LLTTF for Adults Classes 1 day Workshop for Supporters PAID](#)

21 October @ 4:30 pm - 5:00 pm

A Tour of the Living Life to the Full (LLTTF) Resources for Supporters **FREE**

2 December @ 4:30 pm - 5:00 pm

A Tour of the Living Life to the Full (LLTTF) Resources for Supporters **FREE**

Read some feedback from recent courses:

- The course was simple and easy to understand. Thank you for all.
- Well explained. Great delivery. Group work was helpful too.
- Trainer delivered the course in a clear and concise way
- The trainer was very engaging and made everyone feel at ease.
- I liked it all, content very useful, discussions good to consider and put into practice. Trainer is very warm and has a lovely style.
- I like the resources, I feel writing things down can help people understand, reflect and think of strategies to change thinking etc.
- I like the small group discussions in break out rooms giving a chance to share thoughts as sometimes in large groups can be difficult when online.
- I also enjoyed the paper plane activity to loosen us all up and get talking and laughing.



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