

# Wingwave and hypnosis in the dental practice

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Wingwave© is a simple and fast method of treating anxiety patients within the framework of dental hypnosis. It is based on neurological studies of the limbic system and its influence on human emotions. It is known that in stress and panic situations, the right hemisphere of the brain (emotion) is more active than the left hemisphere (language centre, intellect), so that a person falls into a kind of rigidity in stressful situations. If the exchange of both brain hemispheres is reactivated, the person concerned leaves this rigidity. This bilateral hemispheric stimulation is the basic treatment approach in Wingwave©. NLP and kinesiological testing procedures are also used.



In a three-hour lecture with many practical examples, the lecturing dental colleague Wolfgang Nespital succeeded in convincing even me, a sceptical listener, of this treatment approach.

In our everyday treatment we have to deal with many emotions, positive but also negative, such as fear, vulnerability and helplessness.

emotions that we do not set, z. But they can also be triggered unconsciously. Such feelings make the work very difficult, even for patients who do not see themselves as markedly anxious patients.

Using various practical examples (directly with the audience or via video), the speaker showed how he uses Wingwave© for emotion coaching. A negative emotion shows z. For example, the "strangler". In the introductory conversation, the goal of the treatment is determined together with the patient.

Subsequently, the causes of the gagging are determined and this stress situation is relived and redefined. Muscle tension tests (kinesiology) can be used to verify the patient's statements, including unconscious ones: the thumb and ring finger are closed into a circle so that it is almost impossible to loosen the finger ring when the statements are not stressful, whereas this is relatively easy when the statements are stressful. In this way, we create references for the later procedure with regard to the "stress content" of the patients' statements. Further questions such as "When you remember this event: What was the worst thing?" or "What made you gag?" and "What happened to you emotionally? Fear, anger, rage or disgust?", the dentist can penetrate to the actual cause and the associated basic emotion.

is led.

After the problem has been circled through concentrated questioning, the negative emotions can be neutralised, reversed and - positively reoccupied - spelled out through targeted stimulation of the two brain hemispheres. This is done by actively inducing rapid eye movements (simulation of REM sleep phases). With this bilateral hemisphere stimulation, the anxiety spiral can be neutralised and within 10 to 15 minutes we get an "open" patient with whom we can start again from "zero".

A word of caution is in order: This method should only be practised by trained hypnotists with special additional training. It is not psychotherapy and should not replace psychotherapy. As a module and component of dental hypnosis, it quickly leads to readiness for treatment and a lasting reduction in anxiety.



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## FAQ - Frequently Asked Questions

Wolfgang Nespital

### **What does Wingwave actually mean?**

The term "wingwave" refers to the butterfly metaphor from chaos theory. "Wing" here stands for the beat of a butterfly's wings, which can change the weather on the other side of the earth.

The basic concept of the method accordingly assumes that "small" impulses, such as eye movements produced by waving (analogous to Rapid Eye Movement in the dream phases), can move the climate of a person's experience and behaviour in a significant and positive way, i.e. emotions get moving. Both halves of the brain work together again and resources are mobilised. And that very quickly!

The word "wave" is borrowed from the English word "brainwave" and stands for this movement. The prerequisite for this process is, of course, that the "Wing" is exactly in the right place. This is made possible by the muscle test from kinesiology.

### **Is this muscle test something like a lie detector?**

The "answers" obtained in the Oring test are merely indications of stressful factors, statements or experiences which, due to negative emotions, at that moment already physiologically disrupt the fast brain-muscle connection. The comparison of the muscle reaction is decisive

for "neutral" statements. The test serves as a process planner and can be used again and again to confirm the direction.

### **Are there other possibilities for bilateral hemispheric stimulation?**

Of course, other sensory channels can also be used. Auditory bilateral hemispheric stimulation with specially composed Wingwave music is very possible and excellently suited to the dentist's chair!

During the treatment, the patient listens to this music through headphones. In the unconscious, relaxation and processing processes take place at the same time. We use the Wingwave CD regularly in all follow-up treatments.

Incidentally, one's own stress can also be reduced by listening to the CD. Of course, kinaesthetic stimulation can also be achieved, e.g. by left-right tapping on the shoulder or similar (we are still working on olfactory and gustatory possibilities ...).

### **Is Wingwave an alternative method to hypnosis for you?**

Wingwave has become the most important module within hypnosis for me. I come from hypnosis, and it will stay that way. I believe that anyone who works with hypnosis develops something like their own hypnosis concept from everything they have learned so far. The speed and

Effectiveness in Wingwave, with which the unconscious develops resources in a targeted way, is also felt by the patient. He

"learns" within minutes that fearful experiences and states of anxiety can be changed. Experiences are remembered differently, previously frightening noises lose their terror. The limbic memory has been reversed, so to speak. The emotional "stucco" becomes a liberating "Flow". The anxiety patient is no longer one.

The boundary between the states of consciousness is fluid and flows easily into a trance. Treatment can be carried out in a relaxed manner. All dentists who already work with this concept report how easy and safe hypnosis has become with Wingwave.

### **Are there other possible applications for Wingwave in the dental practice?**

Of course, Wingwave offers other possible applications within our dental field. Wingwave can be successfully applied to patients with craniomandibular dysfunction after functional diagnostics and splint treatment. Long-term improvements can be achieved in chronic pain conditions. Smoking cessation therapy with Wingwave and hypnosis has also proven successful.

### **Is Wingwave not psychotherapy after all?**

Absolutely not. We work exclusively with psychologically healthy patients. Self-regulation is only possible in a functioning system. We do resource-oriented and situational goal work, as in NLP, which is part of Wingwave Coaching.

The patient already has his resources, they are only mobilised and developed by our "wing beat".

### **Are there any scientific studies on the subject of Wingwave?**

These do exist, but some of them are still ongoing. Scientific studies at the Besser Siegmund Institute in Hamburg and the Hanover Medical School, for example, have shown a significant reduction in anxiety, increasing self-confidence and, above all, more confidence in subjects with test or performance anxiety after wing wave interventions.

### **What are the prerequisites for working with Wingwave?**

The prerequisites are fulfilled by the completed hypnosis curriculum. In a 4-day seminar, the myostatic test (O-ring test) for finding the topic and the techniques and forms of bilateral hemispheric stimulation are trained. The basic course of the

process is taught. The method is also developed through self-experience of Wingwave. However, the seminar is always characterised by the reference to dental work and hypnosis, including the further application possibilities of Wingwave in the dental practice.

### **When and where do Wingwave seminars take place?**

First of all I am doing Wingwave workshops again in Gozo and at the annual conference in Berlin, where you can get a taste of Wingwave and experience it. Wingwave training seminars with certification will be held by me as a Wingwave trainer from 14 to 17 May, from 18 to 21 June and in autumn 2009. Registration or information requests are possible at any time by e-mail or telephone. The venue will then also depend on the composition of the participants.



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