



**Larry Butler**

**Dealing with Stress and Challenges in Dental Practice**

We are living in extraordinary times. Stress affects our mental outlook, our capacity to think, problem solve, make decisions, and be creative. It impacts our emotional/psychological wellbeing, how we feel about ourselves, others, and life, and how effective we are in the workplace.

The purpose of this workshop is to educate people about the impact of stress on their wellbeing, to recognize early signs and symptoms of stress, and to learn some skills and resources for managing one's stress.

This workshop presents a practical approach to mastering everyday stress. Topics will include:

- Understanding the process of stress
- Practical tools to deal with stress
- How to handle stressful situations
- Mindfulness meditation
- Open discussion for specific needs.

This two-hour workshop will be informative, entertaining, and experiential. Our goal is that your take away include a better understanding about stress and some specific tools to use in your everyday life.

**Dr. Peter Walford, DDS, FCARDP**

**The Key Role of the CDA in Composite Excellence**

This program will show results attained over a 15 year period with direct composite in treating collapsed and worn mouths, periodontally weakened sextants, advanced pulpal encroachment, and badly destroyed teeth. This will illustrate the power of adhesive dentistry to challenge and supplement conventional treatment modes. The critical role of teamwork and the CDA in achieving excellence in these restorative areas will be emphasized. In particular, those areas needing stringent control in composites will be clarified, where the CDA's role is often central- isolation, curing, visibility, oral cavity management and patient enrollment.

Attendees should leave with a clearer understanding of the often confusing world of composites, and how to help their doctors and patients win in today's adhesive dental procedures.