

## MEETINGS

### EuroPerio8

EuroPerio8 will be in London this year from 3-6 June. The scientific programme, which was recently announced, will offer cutting edge updates in such areas as reconstructive surgery, periodontal regeneration, bio-engineering, and the vital links between periodontal disease and conditions such as diabetes and cardiovascular disease. Emphasis is also placed on patient perspectives, a key area for periodontology as technology increases patient comfort and practitioners embrace multidisciplinary approaches. Register at: <http://www.efp.org/europerio8>

### WFO Pre Congress Course

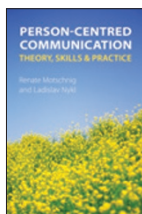
Orthodontist Dr Ewa Czochrowska and periodontist Dr Pawel Plakwicz are world-renowned speakers on the topic of autotransplantation and they are leading a course at the Royal College of Surgeons, Lincoln's Inn Fields on September 26th preceding the start of the 8th International Orthodontic Congress (IOC) in London. The course is open to all specialist dentists. Online booking is now open at: <http://www.bos.org.uk/meetings-events/events-meetings/events/wfo-pre-congress-course>

### Newcastle Sleep 2015

Registration is now open for the British Sleep Society's conference, Newcastle Sleep 2015, which will take place on 22-24 October at the Sage Gateshead.

The event follows the success of their 2013 conference in Edinburgh, and will see a host of world class speakers come together for an extensive programme aimed at multi-disciplinary sleep professionals. Joint symposia with the British Society of Dental Sleep Medicine (BSDSM) and Association of Respiratory Technology and Physiology (ARTP) also form part of the programme. More information at: [www.newcastleleep2015.co.uk](http://www.newcastleleep2015.co.uk).

## BOOK REVIEW



### PERSON-CENTRED COMMUNICATION: THEORY, SKILLS & PRACTICE

R. Motschnig, L. Nykl

Open University Press

price £28.99; pp 256

ISBN 9780335247288

At a time when there is an increasing emphasis on engaging with the whole person at the centre of healthcare – the patient – the publication of this book is most opportune for all healthcare practitioners. The authors come from the fields of education and psychotherapy respectively, with wide experience of the person-centred approach as originally developed by Carl Rogers.

The book aims to support the reader in '...the building of a flexible organised inner world in which mind, feeling and intuition are in frequent interchange with each other... [for]...this is the most meaningful and necessary investment each of us can make for our own and others' benefits'. To this end, the authors divide the book into sections considering theory, skills, practice and experiential learning.

The material in the book draws extensively on the work of many person-centred thinkers such as Martin Buber, Carl Rogers, and Godfrey Barrett-Lennard.

Valuable sections are included on attentiveness,

listening and sharing. Throughout the book, numerous practical scenarios are given accompanied by reflective exercises which are particularly valuable in that they are drawn from everyday situations in the family, or in settings where there is an educational component – highly relevant to many clinical situations. Helpful chapters are included devoted to applying listening skills to interpersonal dialogue and exploring ways of incorporating the person-centred approach into our ever-increasing volume of online communication.

Overall, as a study in how to become more fully actualised as a person in a professional relationship, how to support the person who is the patient, student, or family member, and how to adopt the person-centred approach as a way of becoming more fully human, this book will well reward the time taken to read and study it.

V. P. HOLT

## TOUR DE DENTISTRY

A new cycling club has been launched specifically for people involved in the profession and business of dentistry. Club Vélo Apollonia has been set up by cycling fanatics Matthew Clover (principal orthodontist at Mid-Wessex Orthodontics in Salisbury) and Richard Porter (restorative consultant at St George's Hospital, Tooting).

Club Vélo Apollonia plans to have rides all over the country, taking in some of the most iconic climbs and going through some spectacular areas. The rides cater for cyclists of all abilities, with riders being split into groups of different speeds. Coffee stops are mandatory and offer a great chance to swap ideas and training tips with colleagues, as well as provide the opportunity to meet new people who have a shared understanding of some of the stresses and strains that can come with working within the dental industry.

Club co-founder Matthew Clover said: 'I find my time in the saddle very therapeutic. Not only does it keep my fitness up, but after spending a day in the surgery it feels great to get out into the fresh



air and countryside. It is also good thinking time and helps to reduce stress levels. Physically it can be very demanding, but there is a great social element to it, too.'

Fellow club founder Richard feels similarly, 'Cycling is about freedom, fitness, friends, endorphins, pain, joy, effort, scenery and the quiet drone of rubber on tarmac with no other noise.'

Future club plans include overseas training camps with professional cycling training, combined with verifiable CPD lectures and bigger challenges like Land's End to John O'Groats or London to Paris.

With increasing levels of stress on dentists, professional isolation and the importance of keeping physically fit, there is no better time to join a group of like-minded individuals and enjoy some time in the saddle.

More information about how to get involved can be found on Facebook at [www.facebook.com/clubveloapollonia](http://www.facebook.com/clubveloapollonia).