

BC Dental Association DWP Presents:

Mindful Dentistry: Coping Strategies for Anxiety and Stress

Dr. Cheryl Handley: is a general dentist who graduated from the University of Alberta in 1989. She practiced in Alberta until relocating with her family to Vancouver Island in 2009. Throughout her 33 years in practice, Dr. Handley has worked as an associate, an owner with associates, and a solo practitioner. She has managed practices ranging from 3 to 25 team members and has encountered most, if not all of the interpersonal scenarios we each experience that can make our days unpleasant. Her goal is to share what she can



with others so that they may benefit from what she has learned to achieve a less stressful, more fulfilling life as a dentist. Dr. Handley is a volunteer dental facilitator with the DWP peer support group and a member of the DWP steering committee. She currently practices in Victoria, where she resides with her husband.

Gillian Inksetter, MA, RCC: Psychotherapist with many years of experience working with high-risk families and young children. Special interests in several areas: the treatment of trauma, relationship counselling, and women's reproductive mental health.

Hilary Nolle, RN: Registered Nurse with 8 years of experience in Emergency Medicine, currently working through her Master's in Nursing at UBC.

Alice Watson, RMN, Bsc: NMC UK Registered Mental Health Nurse with 7 years' experience in adult acute care and in-patient child and adolescent psychiatry prior to moving to Canada. MSc in Eating Disorders and Clinical Nutrition from University College London.