



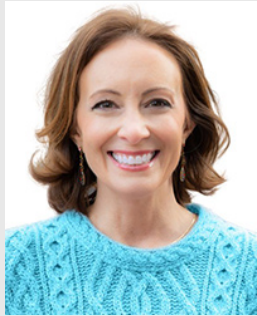
## 2025 Dental Hygiene Professional Education Courses

Friday, March 28, 2025 • 8am-3pm

[Highlands Event Center](#) • Located in the Fairfield Inn & Suites by Marriott

355 Wharton Circle, Suite 200, Triadelphia, WV

**Directions:** Take Interstate 70, exit 10. If coming from the east, turn right at the end of the exit. If coming from the west, curve to the right at the end of the exit ramp. Proceed on Cabela Drive past WesBanco, Wendy's, Target, and Kohl's. Go straight through the last stop light and turn right into our parking lot. **PLEASE PARK IN THE EVENT PARKING AREA.**



### Dr. Catherine Murphy, Featured Speaker

Dr. Catherine Murphy is a visionary in oral health. With a career spanning from private practice to academia, Dr. Murphy partners with dental facilities to revolutionize patient care. Her expertise in orthodontics and holistic dentistry has transformed countless lives, including her own son's journey from struggling to thriving.

As an independent contractor and consultant, Dr. Murphy specializes in enhancing orthodontic departments through tailored program-based guidance. Drawing from nearly two decades of experience, she shares her insights through speaking engagements and global consulting, inspiring others with her passion for holistic dentistry.

Dr. Murphy's commitment to excellence has earned her induction into the prestigious American College of Dentists. She also serves as an American Dental Association Wellness Ambassador, advocating for mental health support within the dental community. Dr. Murphy is a co-creator of Take3ForMe™, a self-care movement promoting balance between career, family, and personal well-being through myofunctional therapy exercises, breathwork, and affirmation.

## Course 1:

### *The First 1,000 Days (3 CEU Hours)*

Love to treat kids? But wish you didn't have to do fillings on them? Looking for a way to serve your pregnant patients, infants, and toddlers at a higher level?

Dentists that develop an in-office perinatal and infant oral health program have the ability to provide timely information that could improve the health of the next generation. The first 1,000 days spans pregnancy through the second birthday and provides numerous opportunities for the family dentist to assess their patient's ability to properly eat, sleep, and breathe. In this eye-opening presentation, learn what you need to know and do to develop a perinatal and infant oral health program in your practice without new equipment or increased costs!

Explore the connection between maternal oral health and pregnancy health. Illuminate the symptoms and complications associated with sleep disordered breathing in the infant, toddler, and pregnant mother. Discover dietary strategies for promoting oral health in pre-teeth infants, including breastfeeding. Evaluate for and know when to refer mouth breathing patients to help avoid future oral adverse conditions, such as cavities and malocclusion. Highlight screening and collaboration opportunities with specialists in your community.

#### Learning Objectives:

- Define the significance of the First 1,000 Days as it relates to the oral healthcare practitioner
- Associate the ability to properly eat, sleep, and breathe with oral health and overall health
- Implement simple screening tools that are inexpensive and will have a major impact on your patients
- Understand the indications of tethered oral tissues and their influence on treatment plans
- Explore the signs/symptoms and effect of mouth breathing on dental and overall physical health
- Recognize the symptoms and common conditions associated with pediatric sleep disordered breathing
- Identify the indication and treatment of orofacial myofunctional disorders in young children



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### Course 2:

#### ***Take3forMe™: Self-Care for Even the Busiest of Schedules (3 CEU Hours)***

84% of dentists have reported feelings of burnout. (Dentistry Today, 2019... and, this was pre-pandemic!)

Insomnia. Neck and back pain. Generalized depression. Not enough hours in the day. Dentistry is a demanding profession: physically, mentally and emotionally. Studies clearly indicate burnout in dental professionals is on the rise.

We can do better than this! In just 3 minutes (.002% of our day), we can reset our mindset and clear the chaos, empowering greater health, resilience, and harmony. In this presentation, learn a self-care routine that requires only 3 minutes per day. Recognize mindfulness practices which enhance outlook and generate health benefits. See that pausing daily to practice mindfulness causes a ripple effect in our lives.

Experience more joy. Be more productive. Enjoy a greater sense of self-worth and self-satisfaction.

#### **Learning Objectives:**

- Recognize the importance of daily self-care for the health and longevity of the dental professional
- Discuss the correlation between one's breath and overall mood, behavior and health
- Illuminate mindfulness-based stress reduction techniques and therapies
- Recognize well-being programs available to dental professionals
- Commit to 3 minutes of gentle movement, mindset reset and breathwork each day

**\* CE credit will not be awarded for any individual who does not fully complete the course.**

Handouts (if offered) will be emailed prior to the event to the email supplied.

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**For additional information, please contact:**

Kelly Young Baker, West Liberty University Dental Hygiene Program  
304-336-8633 or [kyoung@westliberty.edu](mailto:kyoung@westliberty.edu)



## 2025 Dental Hygiene Professional Education Courses

*The First 1,000 Days and Take3forMe™ with Dr. Catherine Murphy*

8am-3pm Fri., March 28, 2025 • Highlands Event Center, Triadelphia, WV

### Registration Form:

Name: \_\_\_\_\_

(The way you wish it to appear on your certificate.)

Home Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

(Please note that your email may be used for promotional services.)

### Seminar Fee (please check one):

\_\_\_\_\_ **\$120 Early Registration**

\_\_\_\_\_ **\$150 Late Registration**

(Early registration must be received by 3/20/25.)

**ALL REGISTRATION FEES ARE NON-REFUNDABLE.**

Complete the above registration form and remit check (made payable to West Liberty University) along with registration form to:

West Liberty University  
Attn: Kelly Young Baker  
208 University Drive  
College Union Box 121  
West Liberty, WV 26074

### Register and Pay Online:

You may register and make on-line payment by visiting the Dental Hygiene web page at [westliberty.edu/dhce](http://westliberty.edu/dhce)

(Complete the form which will re-direct you to the payment site).

**If you are unsure your payment was accepted and/or did not receive an email confirmation of payment, please contact the Business Office at 304-336-8013. Do not enter payment information again.**