



Dr. *Catherine*
Murphy
— Health. Hope. Harmony —

SPEAKER PACKET



Presentations



Searching for a speaker that offers refreshing, motivational content about current topics?

Catherine Murphy, DDS, MSD's love of dentistry goes beyond appreciating the beauty of a bicuspid. Her mission is to elevate patient care by introducing a holistic approach to orthodontic treatment to dental professionals across the nation.



Hello@DrCatherineMurphy.com
www.DrCatherineMurphy.com
317-372-9560



Holistic Orthodontics: Beyond Straightening Teeth

In this course, discover the connections between proper rest oral posture, mouth breathing, and restricted oral tissues and their impact on creating stunning, healthy, sustainable smiles.



The First 1,000 Days

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.



Take3forMe™: Self-Care for Even the Busiest of Schedules

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.



Holistic Orthodontics: Beyond Straightening Teeth

Is your schedule bogged down due to difficult, lengthy orthodontic finishes?


**It is often not the mechanics of treatment, but rather
because a deeper diagnosis has been missed.**

The holistic approach goes beyond dentofacial orthodontics to shift *from* viewing malocclusion as the primary problem orthodontics should fix *to* crooked teeth being a symptom of an underlying cause. It is estimated that the rate of malocclusion in America is 90%. The focus must be on seeking solutions through collaborative care to address the overall health concerns that contribute to the symptom of crooked teeth. We can elevate our patient care by viewing the patient as a whole and mouth health as an indicator for one's overall health.

In this course, discover the connections between proper rest oral posture, mouth breathing, and restricted oral tissues and their impact on creating stunning, healthy, sustainable smiles. Discuss Dr. Catherine Murphy's Triad of Care for cooperatively addressing breathing, eating, and sleeping concerns. Learn how to identify and diagnose improper oral rest posture and other orofacial myofunctional disorders. Understand how to build a team of professionals in your referral network who can best help your patients implement restorative and corrective strategies.

The mouth is a 'mirror of health or disease' and it may be an early indicator of disease in other tissues and organs in the body."

SURGEON GENERAL'S REPORT ON ORAL HEALTH, 2000



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LEARNING OBJECTIVES:

- Discuss how to utilize the holistic approach to enhance patient care and treatment results
- Illuminate the difference between traditional and holistic orthodontic treatment objectives
- Identify the connections between optimal health and proper breathing, sleeping and eating
- Recognize the importance of addressing malocclusion in early years
- Know the signs of proper and improper rest oral posture
- Identify the indication and treatment of orofacial myofunctional disorders
- Understand the indications of tethered oral tissues and their influence on treatment plans
- Pinpoint the harmful biological effects of sodium fluoride in contrast with safer alternatives
- Define amalgam filling high-risk populations and recommendations for removal
- Explore holistic pain management solutions
- Examine nutrition guidelines

SUGGESTED AUDIENCE:
All Dental Professionals

SUGGESTED FORMAT:
Full or Partial Day; Lecture,
Workshop, Keynote



The First 1,000 Days

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 breast feeding. 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.



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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
- Illuminate the harmful biological effects of sodium fluoride and contrast with safer alternatives

SUGGESTED AUDIENCE:

All Dental Professionals

SUGGESTED FORMAT:

Partial Day; Lecture,
Workshop, Keynote



Take3forMe™: Self-Care for Even the Busiest of Schedules

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.



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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

SUGGESTED AUDIENCE:
All Dental Professionals

SUGGESTED FORMAT:
Partial Day; Lecture,
Workshop, Keynote

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“Dr. Murphy is an engaging speaker presenting on current and relevant topics. I would most definitely recommend her as a presenter. I always love her lectures and seminars.”

DR. ROBIN GALLARDI



**Searching for a speaker who offers refreshing,
motivational content on current topics?
Dr. Murphy offers the courses you're in need of.**

Catherine Murphy, DDS, MSD's love of dentistry goes beyond appreciating the beauty of a bicuspid. She is grateful that dentistry provided the support needed to transform her son's health from failing to thriving. She shares her passion for holistic dentistry through her speaking engagements across the globe.

Dr. Murphy is the author of two picture books focusing on the connection between oral and overall health: *Dear Momma...* and *Dear Friend...Do you know about Tongue Ties?* She reaches caregivers nationwide through her podcast, *Dear Momma with Dr. Murphy*. The show provides insights into the holistic and collaborative care approach to orthodontic treatment.

Additionally, Dr. Murphy is a co-creator of the self-care movement, *Take3ForMe™*, designed to encourage harmony between career, family and self. This practice combines her love of myofunctional therapy exercises, breathwork and affirmation.

Over a dozen years ago, Catherine practiced general dentistry prior to specializing in orthodontics. She has served as adjunct clinical faculty at both IU School of Dentistry and Indiana University NW Dental Hygiene Program. Catherine is honored to have been inducted into the American College of Dentists. She was also selected as an American Dental Association Wellness Ambassador. The principles and strategies that Dr. Murphy shares through speaking and consulting are drawn from her years in private practice. Her mission is to elevate patient care by introducing a holistic approach to orthodontic treatment to dental professionals across the nation.

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Testimonials



"Such an informative lecture! Dr. Murphy has already set in motion a mother's mission to help her family and her patients be healthier by viewing narrow palates, deep bites and mouth breathing differently. Words cannot express my gratitude to her." **Dr. Lilly**

"I thoroughly enjoyed Dr. Catherine Murphy's presentation and appreciated her recommendations in how to get started." **Dr. Babrood**

"Truly a fantastic and very informative lecture! Thank you very much Dr. Murphy."
Dr. Mortezaiefard

"Dr. Murphy's class on holistic orthodontics critically impacted how I will continue to care for and evaluate patients. All dental professions could learn from her up-to-date information; furthermore, from her incredible spirit and drive." **Grace Huss, RDH**



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PROFESSIONAL AFFILIATIONS

- American Dental Association
- American Association of Orthodontists
- Indiana Dental Association
- Chicago Dental Society
- Holistic Dental Association
- Academy of Airway and Gnathologic Orthopedics
- American Academy of Physiological Medicine & Dentistry
- North American Association of Facial Orthotropics
- Dental Speakers Bureau

PRESENTATIONS (PARTIAL LIST)

- American Dental Association
- SmileCon
- Chicago Dental Society
- Indiana Dental Association (*multiple*)
- San Fernando Valley Dental Society
- Victoria and District Dental Society
- Apollonia Dental Study Club (*multiple*)
- Indiana University School of Dentistry (*multiple*)
- Indiana University Dental Hygiene Program (*multiple*)
- South Shore Skipping Stones (*multiple*)
- Myo Membership M.A.T. Program
- Listen to Your Mother Production (*multiple*)