



CADAT / CDAA Joint Annual Conference April 19 – 20, 2024



Theresa Groody, DHSc, EFDA, CDA

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Course: *Mastering Posterior Composites: It's All About the Details!*

Course Description:

Direct composite restorations are among the most frequently performed restorative procedures, yet clinicians often struggle with placement techniques, options for consistently generating ideal inter- proximal contact and preventing post-operative sensitivity. There are key elements that determine the success of direct esthetic restorations including material choice, placement, curing, and finishing techniques. Dr. Groody will review basic esthetic principles, modern preparation design and when and where to use “total-etch”, “selective-etch” and “self-etch” adhesive systems. Additional topics include proper composite selection and placement techniques, anatomical contouring and finishing and polishing, all of which are essential clinical components to achieving long lasting esthetic restorations.

Educational Objectives:

1. Understand adhesive technology and its role in modern day dentistry
2. Select appropriate etch method, bonding agents, and composite to match clinical procedure.
3. Review placement tips and techniques to avoid post-operative sensitivity and failure.
4. Discuss generating precise and consistent interproximal contacts.
5. Understand the impact of finishing and polishing on long term durability.

Speaker Bio

A dynamic and engaging national speaker and educator, Terri enjoys taking both dental and expanded functions assistants to their next level while facilitating her interactive presentations. Working in clinical and academic dentistry for decades and competent in curriculum design and assessment, she currently teaches Expanded Functions Dental Assisting Lecture and Laboratory courses at Harcum College (Philadelphia suburbs), where employed as the Assistant VP of Academic Initiatives & Continuing Studies.



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In 2024, Dr. Groody completed a second term serving in the newly created EFDA position on the Pennsylvania Board of Dentistry, chaired the EFDA program approval process, and has recently been appointed as a CDCA-WREB-CITA examiner. As an appointed curriculum consultant for the American Dental Association's Commission on Dental Accreditation (CODA), Dr. Groody conducted site visits evaluating assisting programs across the country and completed her Doctoral dissertation in 2021, focused on excellence in preclinical education of dental assistants and EFDAs.

Dr. Groody is a DANB certified dental assistant (CDA), a founding member of the Pennsylvania EFDA Association, a member of the ADAA, ADEA, and an advisory board member for several programs. Some recent or upcoming meetings include Star of the South, Texas Dental Association, Midcontinent, Southwest Dental, Florida Dental, Arizona Dental Association, California Dental Association, and DS World 2022 & 2023.