



DIPLOMA IN ALIGNER ORTHODONTICS

LONDON 2025

COURSE INFORMATION BOOKLET

Aspire Dental Academy - All Rights Reserved and Copyright ©

Hello, and *welcome*

Welcome to one of the UK's most hands-on dental training academies, where you will be receiving the best hands-on teaching in the field of aesthetic restorative dentistry.

Please read through this booklet carefully, as it contains details of the nature of the course as well as contact information.

We hope you enjoy the course as much as we have putting it together.

Please do not hesitate to contact us if you have any questions or require any further information.

Aspire Dental Academy

YOUR TUTOR

The course is delivered by Matthew Clover.

Matthew Clover is a specialist orthodontist with over 20 years' experience in military, hospital, NHS and private practice.

He qualified as a dentist from Guy's Hospital in 1998 and joined the British Army, winning the prestigious Sandhurst Cup as best cadet.

He worked in the UK and Germany and completed overseas tours in Afghanistan, Bosnia, Kenya, Ascension Island and Oman.

Following a year as a senior house officer in Maxillofacial Surgery in Portsmouth, he successfully gained a place to study orthodontics at Bristol University and in 2008 was awarded a doctorate in Orthodontics, full accreditation with the General Dental Council as a specialist in orthodontics and the prestigious Harry Orton Prize as the top academic orthodontist in his year.

He worked as an associate in practice for 5 years before buying two specialist orthodontic practices in Salisbury, UK.

He has been an accredited provider of Invisalign and Incognito for over 12 years and has published articles in several peer-reviewed journals. He has lectured to dentists and orthodontists on topics as varied as self-ligation, aligner mechanics, thumb sucking cessation and interceptive orthodontics.

He has an interest in the links between dental and physical well-being and enjoys sifting through the facts and fiction surrounding dental health trends.

He divides his time between working at his clinic in Salisbury, lecturing, studying new orthodontic techniques, spending time with his family and keeping fit.

THE COURSE

The diploma is designed for GDP's who are looking to upgrade their knowledge in orthodontics so that they can confidently and safely provide aligner treatments for their patients. The course teaches fundamental and advanced orthodontics and its application to aligner therapy from diagnosis and treatment to retention.

The course is taught over two years. Year 1 consists of 10 face-to-face teaching days with practical hands-on training. Year 2 consists of monthly webinars designed to consolidate the teaching from year 1 and mentor delegates through cases they are treating and planning on treating.

One-to-one mentorship and support for cases being treated during the course will be provided on the face-to-face teaching days and online via our mentorship portal.

ACCREDITATION

The course is EduQual Level 7 accredited which leads to a post-graduate diploma in Aligner orthodontics. This is subject to a satisfactory presentation of a clinical portfolio and an MCQ exam. If you do not wish to partake in the accreditation, you are still able to complete the course without being accredited.

In year 1 each day is worth 7 verifiable 'Continued Professional Development' (CPD) hours and in year 2 each webinar is worth 1.5 CPD hours and is in accordance with the GDC's enhanced CPD programme. Certificates will be given in December 2022 and at the end of the course.

DRESS CODE

There is no formal dress code for the course.

ASPIRE LOUNGE

Aspire Lounge is a state-of-the-art web platform for Aspire delegates. It is a community where you can ask for help and mentorship, and contact your course providers. It is how we provide career-long support for you even after you complete our courses. Your course reading material is uploaded here, and we regularly post new, valuable content to help you in your career and life.

VENUE

Aspire HQ
29-35 Mortimer St
London
W1T 3JG



HOW TO GET THERE

We're located in Oxford Circus, just a short walk from several key transport links.

By Tube:

- Oxford Circus (Victoria, Bakerloo, Central lines) – 6-minute walk
- Goodge Street (Northern line) – 7-minute walk
- Tottenham Court Road (Central, Elizabeth, Northern lines) – 10-minute walk
- Great Portland Street (Circle, Hammersmith & City, Metropolitan lines) – 10-minute walk
- Euston Station (Victoria, Northern lines, and National Rail) – 16-minute walk

By Bus:

Bus routes 55, 73, 98, and 390 stop nearby on Oxford Street and Great Portland Street.

On Foot:

We're located just off Oxford Street and a few minutes' walk from the BT Tower. Look out for the Aspire signage when you reach Mortimer Street.

By Car:

While we recommend public transport, there is limited paid street parking nearby. Please check local restrictions or use nearby car parks (e.g., Q-Park Oxford Street).

SYLLABUS - YEAR 1

DAY 1: Orthodontic Assessment, Diagnosis & Consent

- Introduction to the course
- History of orthodontic treatment
- Taking an orthodontic history
- Conducting an orthodontic examination
- Special tests
- Writing a problem list and making a diagnosis
- Consent
- Orthodontic Risks

Hands-on:

Orthodontic examinations with 1:1 guidance

Aim:

To introduce aligner orthodontics and to understand the aetiology of malocclusions and how to form an orthodontic diagnosis. To properly consent a patient for treatment.

Objectives:

- To understand how to take a detailed history from a patient and how this forms the basis of setting out the goals for aligner orthodontic treatment.
- To understand how to examine an orthodontic patient in all three planes of space, how to record your observations and the importance of accurate measurements.
- To understand which special tests are required as part of the examination process and how to report on these.
- To understand how the orthodontic examination should be summarised and how a problem list can be created to help formulate a list of options for orthodontic treatment.
- To enable the students to diagnose all the features of a malocclusion
- To enable the students to create a problem list and how this can be developed into a list of options for managing their patients
- To consent a patient for orthodontic treatment with aligners and to discuss with their patients all the possible risks and benefits of their treatment

Learning Content:

The day's teaching is intended to provide the delegates with an introduction to orthodontic treatment with aligners. History of orthodontic treatment is discussed, as well as understanding how teeth move. Delegates learn how to obtain a history, examine a patient and how this relates to future orthodontic goals.

Developmental Outcomes:

The following GDC's developmental outcomes are met: A, C & D

DAY 2: Aligner Biomechanics I

- Principles of orthodontics
- Biology of tooth movement
- Understand aligner mechanics & aligner treatment
- Anchorage
- Occlusion

Hands-on:

Treatment planning exercises

Aim:

To understand the biology of tooth movement and aligner mechanics.

Objectives:

- To refresh and understand the biology of tooth movement and how this relates to tooth movement during aligner orthodontic treatment.
- Understand key orthodontic principles such as anchorage
- Understand how these principles come together to create the desired movements of teeth
- Introduction to aligner mechanics – how do aligners move teeth
- Occlusion considerations when moving teeth

Learning Content:

The day's teaching is intended to provide the delegates with a deep understanding of the biology of tooth movement, aligner mechanics and the key orthodontic principles that are in play whilst teeth move.

Developmental Outcomes:

The following GDC's developmental outcomes are met: A, C & D

Day 3: Aligner Biomechanics II

- Understand & fully learn how to use ClinCheck & Spark Approver Software
- Communication with orthodontic technicians
- Understanding how to assess and adjust your ClinCheck and Spark Approver Plan
- How to make changes to your Invisalign treatment plan

Hands-on:

Treatment planning exercises

Aim:

To understand the mechanics of aligners and how to interpret and adjust treatment outcomes using specialist software.

Objectives:

- To understand how to submit cases through the Invisalign and SPARK portals
- To understand how to open cases with ClinCheck and SPARK Approver
- To set up preferences in ClinCheck and SPARK
- To understand how to communicate effectively with technicians at Align (Invisalign) and Ormco (SPARK)
- To understand how to interpret the tooth movement tables and the TMA tool
- To use the superimposition tool
- To be able to amend ClinChecks using the Live Update facility
- To understand the fundamental difference between “shape-driven” tooth movement and “force-driven” tooth movement

Learning Content:

The day's teaching is intended to provide the delegates with a deep understanding of aligner mechanics and how to interpret and adjust treatment simulations.

Developmental Outcomes:

The following GDC's developmental outcomes are met: A, C & D

Day 4: Clinical Records

- Photography in orthodontics
- Camera, lens & flash selection
- Deep understanding of camera settings
- Take high-quality impressions for orthodontic aligners
- Understand how to use an intra-oral scanner

Hands-on:

- Clinical photography
- Impressions
- Scanning

Aim:

To understand the clinical records required to properly assess a patient, reach a diagnosis and treatment plan.

Objectives:

- To understand how a camera works and how to change the settings to produce reliably excellent photographs
- To enable the student to take high-quality photographs which they can use to plan their orthodontic treatment, to present to colleagues or for examinations, and to use for marketing purposes
- To take high-quality impressions suitable for aligner orthodontic treatment
- To understand how an intra-oral scanner works and to take high-quality scans for aligner orthodontic treatment
- To create an efficient digital workflow in your practice

Learning Content:

The day's teaching is intended to provide the delegates with an understanding and hands-on experience taking scans, impressions and photographs of their patients.

Developmental Outcomes:

The following GDC's developmental outcomes are met: A, B, C & D

Day 5: Aligner Treatment

- Understand how to use and place attachments
- Understand when and how to carry out IPR
- Pontics
- Auxiliaries

Hands-on:

- Placing attachments
- Interproximal reduction
- Placing Auxiliaries
- Pontic Painting
- Placing separators
- Button cut-outs
- Button bonding
- Sectional fixed appliance & Bracket bonding

Aim:

To understand treatment processes and auxiliaries which are required for successful orthodontic treatment.

Objectives:

- To understand the difference between standard and smart force attachments
- To understand the difference between active and passive attachments
- To understand when to use attachments and which shape/size to use
- To be able to place attachments on the tooth surface
- To understand the role of IPR in aligner orthodontics
- To understand the different methods of carrying out IPR
- To understand how to measure IPR
- To understand safe limits for IPR
- To be able to carry out IPR
- To learn how to place auxiliaries, including brackets, buttons, tubes and wire.

Learning Content:

The day's teaching is intended to provide the delegates with a deep understanding and hands-on experience of treatment processes such as IPR and auxiliaries, which may be required to improve treatment outcomes. of aligner mechanics and how to interpret and adjust treatment simulations.

Developmental Outcomes:

The following GDC's developmental outcomes are met: A, C & D

Day 6: Class I Malocclusions

- How to diagnose, plan and execute treatment for Class I cases
- Indications, treatment mechanics and limitations for expansion and distalisation

Hands-on:

Treatment Planning Exercises

Aim:

To understand and learn how to treat Class I and Class II malocclusions using orthodontic aligners

Objectives:

- To be able to treat a Class I malocclusion
- Understand how to set up and amend a treatment plan using ClinCheck/SPARK Approver
- Understand the role of IPR, expansion force- v shape- driven tooth movement, attachments and inter-maxillary elastics in these cases

Learning Content:

The day's teaching is intended to provide the delegates with a deep understanding on treatment of Class I. The theory is followed by several real-life case examples, which the delegates will treatment plan.

Developmental Outcomes:

The following GDC's developmental outcomes are met: A, C & D

Day 7: Class II & Class III Malocclusions

- How to diagnose, plan and execute treatment for Class II cases
- How to diagnose, plan and execute treatment for Class III cases
- Advanced Treatment Mechanics
- Overcorrection
- Overjet reductions
- Intrusion/extrusion
- Rotations
- Inter-maxillary elastics

Hands-on:

Treatment Planning Exercises

Aim:

To understand and learn how to treat Class II and Class III malocclusions using orthodontic aligners

Objectives:

- To be able to treat Class II division I and Class II division II malocclusions
- To be able to treat a Class III malocclusion
- Understand how to set up and amend a treatment plan using ClinCheck/SPARK Approver
- Understand the role of IPR, expansion force- v shape- driven tooth movement, attachments and inter-maxillary elastics in these cases

Learning Content:

The day's teaching is intended to provide the delegates with a deep understanding of treatment of Class II and Class III cases. The theory is followed by several real-life case examples, which the delegates will treatment plan.

Developmental Outcomes:

The following GDC's developmental outcomes are met: A, C & D

Day 8: Deep, Open and Cross Bites

- Learn to treat deep, open & cross bites
- Aetiology, options for treatment and treatment mechanics
- Tracking
- Mid-course Corrections
- Refinement

Hands-on:

Treatment Planning Exercises

Aim:

To understand and learn how to treat Deep & Open bite malocclusions using orthodontic aligners

Objectives:

- To understand the aetiology of a deep bite and the difficulties which may be encountered when treating cases with deep bites
- To understand the aetiology of an open bite and the difficulties which may be encountered when treating cases with open bites
- To understand the aetiology of a crossbite and the difficulties which may be encountered when treating cases with crossbites
- To understand all the options available for correcting a deep, open and crossbite and how to use ClinCheck and SPARK approver to implement these methods
- To understand the indications, benefits and contraindications for removing a lower incisor

Learning Content:

The day's teaching is intended to provide the delegates with a deep understanding on treatment of deep, open and cross-bite cases. The theory is followed by several real-life case examples, which the delegates will treatment plan.

Developmental Outcomes:

The following GDC's developmental outcomes are met: A, C & D

Day 9: Retention & Treatment Planning

- Retention
- Indications, designs, and protocols for removable retainers
- Indications, designs, and protocols for fixed retainers
- Consent for retention
- Troubleshooting

Hands-on:

To understand the importance of long-term retention and the protocols that facilitate it.

Aim:

To understand the importance of long-term retention and the protocols that facilitate it.

Objectives:

- Understand the importance of retention as an integral part of an orthodontic treatment plan
- Understand why relapse occurs and what steps need to be taken to protect against it
- Understand different methods and materials for removable retention
- Understand different methods and materials for placing bonded (permanent) retainers
- To be able to place upper and lower bonded retainers
- To be able to prescribe, fit and adjust upper and lower removable retainers

Learning Content:

On completion of this session, delegates will understand the importance of long-term retention as a fundamental part of orthodontic treatment planning, recognising the reasons for relapse and the measures required to minimise it. They will gain knowledge of the different methods and materials available for both removable and bonded (permanent) retention, and develop the practical skills required to prescribe, fit and adjust removable retainers as well as accurately place upper and lower bonded retainers.

Developmental Outcomes:

The following GDC's developmental outcomes are met: A, C & D

Day 10: Orthodontic & Restorative Interface

- Planning cases requiring restorative treatment
- Retention of teeth requiring restorative intervention

Aim:

To learn how to plan cases requiring restorative treatment such as composite bonding, bridges and implants.

Objectives:

- To understand the role of orthodontic treatment as a part of the overall orthodontic/restorative treatment plan
- To understand how to carry out orthodontic treatment before bridges and implant treatment
- To understand how to carry out orthodontic treatment before composite bonding
- To understand how to communicate effectively with your laboratory technician to ensure high-quality pre-restorative orthodontic treatment is completed

Learning Content:

The day's teaching is intended to provide the delegates with knowledge on how to treatment plan cases requiring restorative intervention, such as composite build-ups, bridges and implants.

Developmental Outcomes:

The following GDC's developmental outcomes are met: A, C & D

At the end of each day, clinical cases with varying complexity will be discussed and treatment planned. Delegates are encouraged to bring in cases they are currently treating in practice so we can help treatment plan and advise.

COURSE DATES

Year I - 2025/2026

NOV
21

**DAY 1:
ORTHODONTIC
ASSESSMENT,
DIAGNOSIS & CONSENT**

APR
17

**DAY 6:
CLASS 1
MALOCCLUSIONS**

DEC
19

**DAY 2:
ALIGNER
BIOMECHANICS I**

MAY
15

**DAY 7:
CLASS II AND CLASS
III MALOCCLUSIONS**

JAN
09

**DAY 3:
ALIGNER
BIOMECHANICS II**

JUN
12

**DAY 8:
DEEP, OPEN & CROSS
BITES**

FEB
06

**DAY 4:
CLINICAL RECORDS**

JUL
24

**DAY 9:
RETENTION &
TREATMENT
PLANNING**

MAR
13

**DAY 5:
ALIGNER TREATMENT**

AUG
14

**DAY 10:
ORTHODONTIC/
RESTORATIVE
INTERFACE**

SYLLABUS - YEAR 2

Year 2 consists of online webinars conducted once a month in the evening. The webinars will focus on mentorship and treatment planning cases delegates are currently treating or thinking of treating. Year 2 will consolidate all the teaching from year 1 and expand orthodontic knowledge via treatment of delegates own cases which delegates will be walked through from start to finish.

Separately in year 2, delegates will continue to have access to the online mentorship portal where all cases currently being planned and treated can be discussed.

COURSE FEE

Total Cost

£9,400 + VAT

Payments can be made in instalments or as a single payment.

INSTALMENTS

Payments can be made by bank transfer only.

Cash, credit cards, cheques and banker drafts are not accepted.

Please feel free to contact us if you have any further questions:

Email: info@aspiredentalacademy.com

Website: www.aspiredentalacademy.com

DATE	AMOUNT
September 1st 2025	£2,350 + VAT
December 1st 2025	£2,350 + VAT
March 2nd 2026	£2,350 + VAT
July 6 th 2026	£2,350 + VAT

BOOKING

To reserve your place on the course, please fill out the booking form, which can be found at: [Booking Form](#)

To confirm your place, a deposit of £500 is required. This will be deducted from your final instalment.

Deposits should be transferred to:

Name: Aspire D Academy

Sort code: 60-10-10

Account Number: 85935964

Cancellation policy:

You may cancel your registration and receive a full refund of your deposit within 10 days of your booking. Cancellations made after 10 days will not be eligible for a deposit refund.

aspire

DENTAL ACADEMY



@aspiredentalacademy



@aspiredentalacademy



info@aspiredentalacademy.com



www.aspiredentalacademy.com

Aspire HQ
29-35 Mortimer St, London W1T 3JG