



Inner Ease Tinnitus Centre

Cognitive Behavioural Therapy for tinnitus and sound sensitivity



9-week programme

Cognitive Behavioural Therapy (CBT) is well-established through scientific research as a proven technique for reducing the impact of tinnitus and sound sensitivity in people's lives. This approach helps by reducing the stress arising from symptoms, re-framing the unhelpful thoughts and beliefs around your symptoms and expanding your understanding of the auditory condition.

This comprehensive 9-week programme includes strategies for relaxation, stress reduction, sound enrichment, sleep, visualisation, challenging unhelpful thoughts, improving sound tolerance, strengthening attention, improving concentration and mindfulness. You will be professionally led and nurtured along the way by specialist audiologist, Dani Fox. My hope for you is that, upon completion of this programme, you will have a full toolkit of skills and practices that enable you to self-manage your symptoms, find more ease with your experience of tinnitus/sound sensitivity and live into your life more wholeheartedly.

Cost:

The programme cost is \$360 for the full 9-week course, payable bank transfer.

Registration:

Please email Dani to register your interest in this programme:

innereasetinnituscentre@gmail.com

You will then receive an email with payment options. Once payment has been received, you can begin - Dani will personally be in touch with all the details.



| | Topic | Includes: |
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| Week 1 | Programme Overview Deep Relaxation | <ul style="list-style-type: none"> ♡ Pre-course questionnaires ♡ 20-minute Zoom (phone or email) with Dani to begin ♡ Programme Overview ♡ Week 1 Reading and Homework delivered to your inbox |
| Week 2 | Positive Imagery Deep Breathing | <ul style="list-style-type: none"> ♡ Email Homework worksheet to Dani ♡ 20-minute video call (or phone or email) with Dani to discuss Week 1 outcomes ♡ Week 2 Reading and Homework delivered to your inbox |
| Week 3 | Changing Views Entire Body Relaxation Sound Enrichment | <ul style="list-style-type: none"> ♡ Structured as for week 2 above |
| Week 4 | Shifting focus Frequent Relaxation Sleep Guidelines | <ul style="list-style-type: none"> ♡ Structured as for week 2 above |
| Week 5 | Thinking Patterns Quick relaxation Improving Focus | <ul style="list-style-type: none"> ♡ Structured as for week 2 above |
| Week 6 | Challenging Thoughts Relaxation Routine Sound tolerance | <ul style="list-style-type: none"> ♡ Structured as for week 2 above |
| Week 7 | Being Mindful Listening Tips | <ul style="list-style-type: none"> ♡ Structured as for week 2 above |
| Week 8 | Listening to Tinnitus Key Point Summary | <ul style="list-style-type: none"> ♡ Structured as for week 2 above |
| Week 9 | Wrap Up/Future Planning | <ul style="list-style-type: none"> ♡ Post-course questionnaires: reflecting on any differences from week 1 ♡ 20-minute video call (or phone or email) with Dani to conclude |
| Bi-Monthly | Inner Ease Support Group – online Zoom café | <ul style="list-style-type: none"> ♡ Free attendance for the duration of this course |