

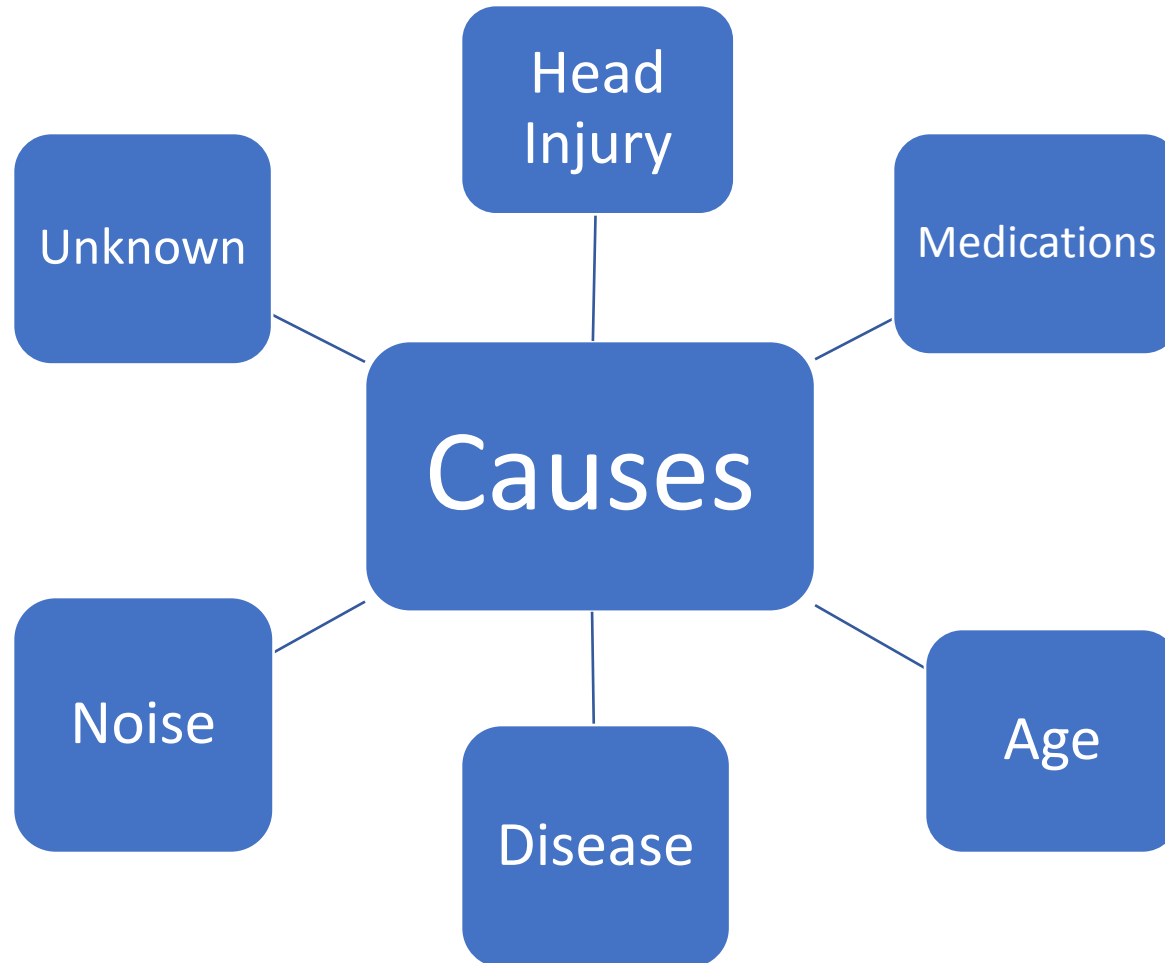
# Tinnitus Activities Treatment

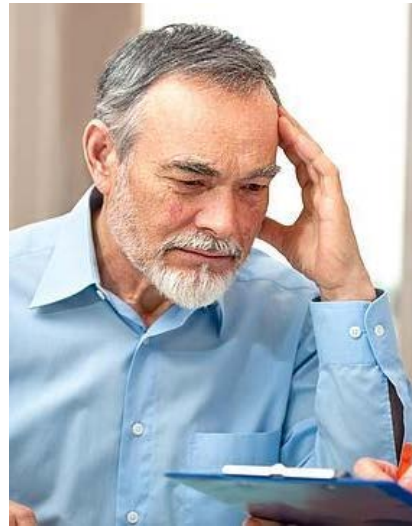
## Introduction



Where do  
YOU want to  
start?

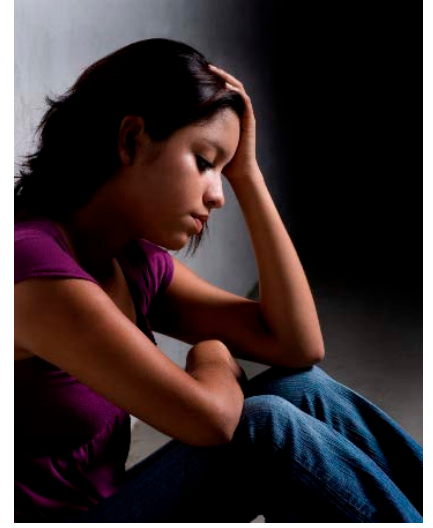
# What do you think caused your tinnitus?





When your tinnitus began, what was your life like (home, work, etc.)?

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How has tinnitus influenced  
your life?

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How do YOU  
think we might  
be able to help?

# Your outlook on life

- Many people who have tinnitus experience depression, anxiety, have difficulty sleeping, and have difficult hearing
- Are you depressed?
- Are you anxious?



- How would you describe yourself?
  - E.g., curious?  
concerned?  
distressed?
- What are some things you are doing to help your tinnitus?



# Four Topic Areas Considered in our Treatment

1. Thoughts and Emotions
2. Hearing and Communication
3. Sleep
4. Concentration

# 1. Thoughts and Emotions

- Hearing, hearing loss, and tinnitus
- Attention, behavior, and emotions
- Changing your reactions to tinnitus



## 2. Hearing and Communication

- Hearing and communication difficulties
- How tinnitus can affect hearing
- How to improve your hearing



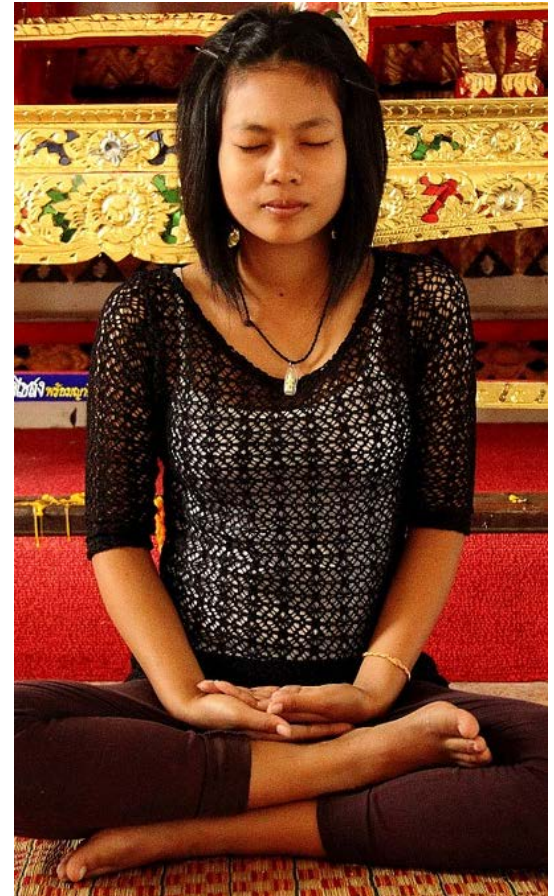
# 3. Sleep

- Normal sleep patterns
- Tinnitus and sleep
- Activities to facilitate sleep
- Waking up at night



# 4. Concentration

- Things that affect concentration
- How tinnitus affects concentration
- Strategies to improve concentration



## Your sessions...

- Include the sessions relevant for you
- Review and discuss our materials
- Answer your questions
- Practice activities
- Provide homework



Any  
Questions?