

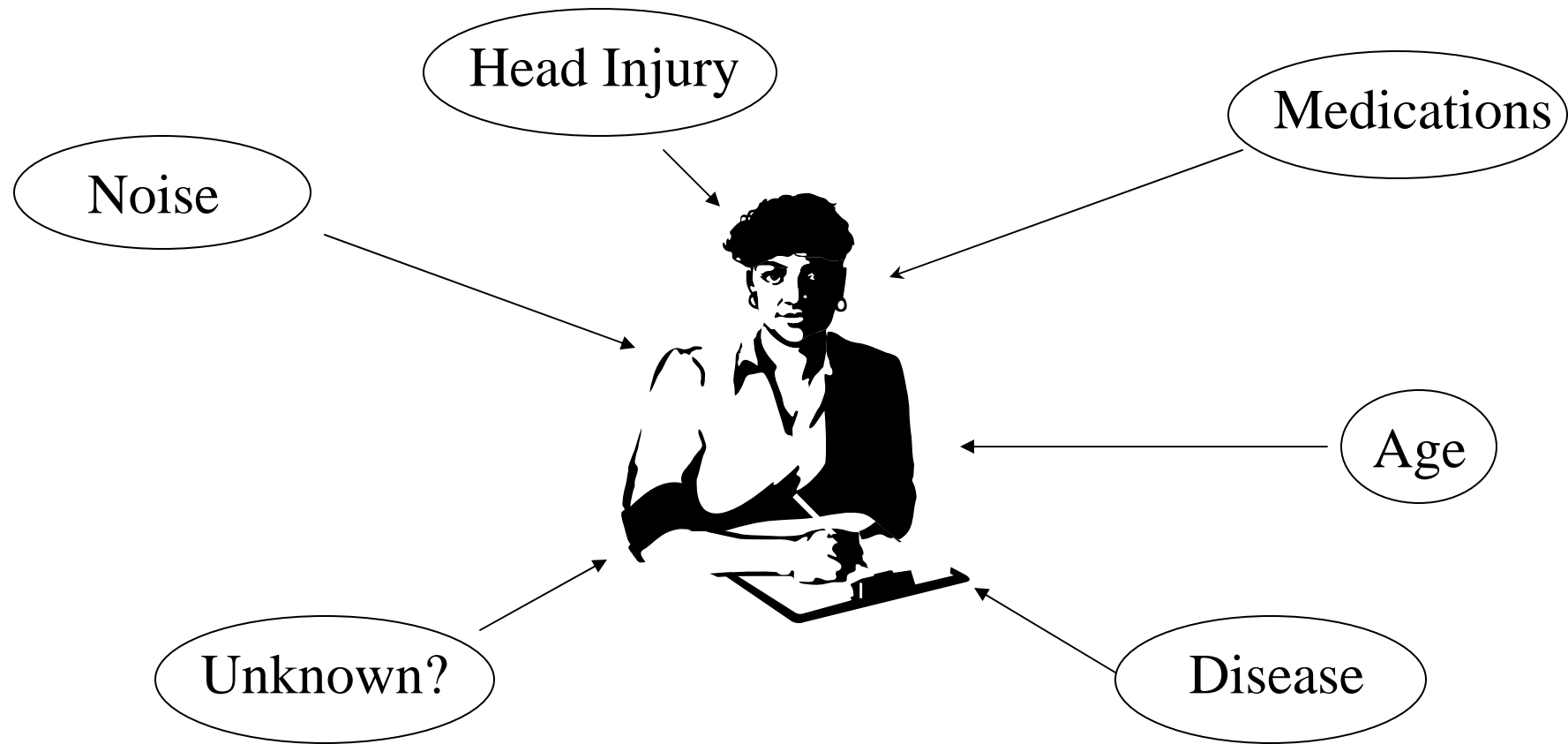
Introduction

Session 1

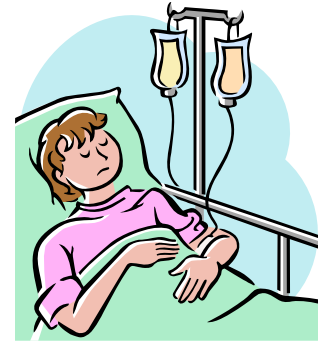
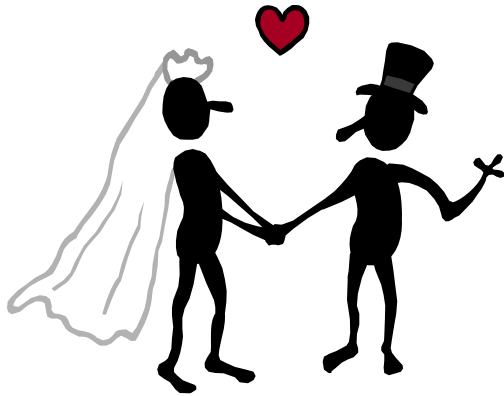
Where do you want to start?



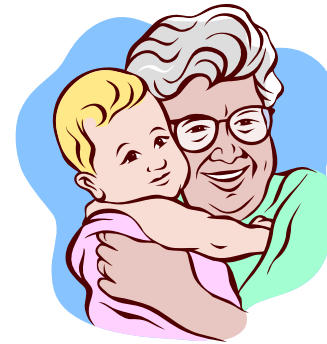
What do you think caused your tinnitus?



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



How has tinnitus influenced your life?





How do you think we might be able to help you?



Your Outlook on Life

Are you depressed?

							
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Yes

No

Are you anxious?

							
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Yes

No

- How would you describe yourself?
 - e.g. curious, concerned, distressed, sad...
- What are some things you are doing to help with 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 your concentration



Your sessions...

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

Any Questions ??