



Kent Hearing

Tinnitus Therapy



www.kenthearing.com



Tinnitus therapy is aimed at reducing the negative effect that tinnitus can have on a patient's quality of life. This established treatment approach can have a big impact on how patients respond to tinnitus in everyday life, reducing its severity and the emotional and psychological distress and anxiety that many tinnitus patients experience.

Who can be referred for Tinnitus Therapy?

- Patients with bothersome bilateral tinnitus
- Patients who have unilateral tinnitus that has been investigated by MRI to rule out acoustic neuroma
- Patients who have completed pure tone audiometry and been fitted with hearing aids as required
- Patients who are clear of earwax or who have regular microsuction to manage earwax build-up
- Patients who have noticed that their tinnitus has become more intrusive in the past 12 months
- Patients who are open to trying cognitive techniques to help reduce their tinnitus
- Patients that are struggling with sleep, daily activities and hearing due to their tinnitus
- Patients who are happy to commit to the full course and attend all face-to-face sessions

01732 525 912



What is involved?

- An individually tailored course comprising of face-to-face and/or video consultations, plus on-going telephone and email contact and support
- Gaining an increased knowledge and understanding of tinnitus
- Homework/exercises are set to be completed between sessions
- Realistic and achievable goals are set e.g. improve sleep or reduce loudness of tinnitus
- Mindfulness, relaxation, visualisation and sound therapy may all be recommended
- Useful information and links to further support are provided
- Questionnaires to monitor progress during the courses duration

How does it work?

- Patient referrals will be triaged based on the key criteria previously outlined in this leaflet
- Questionnaires will be given to each patient to complete and return to the audiologist
- If suitable, patients will be booked onto the next available appointment. Any patients not meeting the criteria required will be provided with alternative treatment advice

**To find out more
please call us on
01732 525912**

Example of Tinnitus Therapy course content

Week	Appointment type	Main topics covered
1	Face-to-face 60 mins	What is tinnitus? Set target. Relaxation and sleep hygiene. Plan treatment, set tasks to individual.
	Phone/email	Review and discuss progress to date
4	Face-to-face 30 mins	Mindfulness and sound therapy. Guided exercise, challenging thoughts.
	Phone/email	Review and discuss progress to date
8	Face-to-face 60 mins	Share progress and findings: what works and what doesn't, recommend other tactics if required. Share information, discuss how to cope with spikes and maintaining tinnitus

About Kent Hearing

At Kent Hearing our aim is to help all our patients improve their hearing and communication in all listening environments. We provide expert advice, personalised care and the most suitable hearing technologies for each patient's individual needs.

Our services include:

- Comprehensive hearing testing and diagnostics
- Earwax removal by microsuction
- Hearing aids
- Tinnitus management
- Children's hearing services
- Custom devices

To book or for more information please call us on 01732 525912