



TINNITUS & HYPERACUSIS  
THERAPY MASTERCLASS

# Certificate for Specialised CBT for Management of Tinnitus, Hyperacusis and Misophonia



**Dates:** 25-27 January 2021

(3-day Masterclass plus 12 monthly group supervision sessions)

**Online course (via Zoom)**

[www.tinnitustherapy.org.uk](http://www.tinnitustherapy.org.uk)

## Course highlights

- Participants will be provided with specialist skills, knowledge and tools which are essential for developing a rehabilitative service for adults and children with tinnitus, hyperacusis and misophonia.
- Access to live lectures, group discussions, practical sessions, video & audio recordings of the lectures, core reading materials, report templates, questionnaires, worksheets, and telehealth clinical tools.
- **NEW:** Access to monthly group supervision meetings for 12 months (virtual via zoom).
- **NEW:** After completing this programme of study which includes three days of lectures and practical sessions, submitting written assignments, and taking part in clinical supervision sessions participants will be awarded with a **Certificate in Specialised CBT for Management of Tinnitus, Hyperacusis and Misophonia**.
- Participants will leave this practical course with a solid grounding in psycho-audiological interventions for tinnitus, hyperacusis and misophonia that can be put into practice straight away.
- Participants will have access to all course materials, recording of the lectures and group supervisory meetings for 12 months.
- Participants will be provided with all documentation required for service development including templates for tinnitus clinic protocol, reports, clinical audit and service evaluation guidelines.
- **NEW:** Participants will develop competency in integrating internet-CBT (iCBT) and telehealth to their clinical practice.

### Course Tutor

#### Dr. Hashir Aazh

Head of Tinnitus & Hyperacusis Therapy Specialist  
Clinic, Royal Surrey County Hospital, Guildford, UK



# Course Objectives

**By the end of this course students should be able to:**

- Make appropriate onward referrals to ENT for medical examination and treatment.
- Identify limits of their own professional competence and boundaries and make appropriate onward referrals to mental health.
- Apply the bio-psycho-social model of healthcare in assessment and management of tinnitus, hyperacusis and misophonia.
- Critically analyse the clinical application of a wide range of self-report questionnaires in assessment of tinnitus handicap, tinnitus loudness, annoyance and effect on life, severity of insomnia, and symptoms of anxiety and depression.
- Critically interpret the outcome of the Uncomfortable Loudness Levels test and the application of psychometric self-report assessment tools in diagnosis of hyperacusis and quantifying its severity and its effect on patient's life.
- Select and apply a wide range of specialist self-report tools for screening of underlying panic disorder, phobia, obsessive compulsive disorder, generalised anxiety, suicidal ideations, health anxiety and depression and make appropriate onward referral to mental health services for further investigations and treatment.
- Analyse and critically discuss the relevance and evidence-base for psychological models of chronic tinnitus, hyperacusis and misophonia.
- Critically discuss the key cognitive behavioural theories and their relevance to the development and maintenance of troublesome tinnitus, hyperacusis and misophonia.
- Apply a wide range of basic cognitive behavioural therapy (CBT) skills for management of tinnitus, hyperacusis and misophonia.
- Apply a wide range of basic counselling skills in order to help the patient to explore and pinpoint the tinnitus or hyperacusis/misophonia-related distress and the significance of their impact on the patient's life.
- Develop formulation and case conceptualisation for tinnitus/hyperacusis/misophonia.
- Design appropriate Behavioural Experiments.
- Use Diary of Thoughts and Feelings and Thought Records for management of tinnitus, hyperacusis and misophonia associated distress
- Apply principles of guided discovery and empirical demonstration in order to help patients explore the effect of tinnitus/hyperacusis/misophonia on their life, their cognitive appraisal, emotional and behavioural reactions.
- Use Socratic questioning style in order to help patients explore alternative perspectives and attitudes.
- Apply a wide range of basic client-centred counselling skills and empathic listening skills within a clinical context for patients experiencing troublesome tinnitus, hyperacusis and misophonia.
- Critically analyse the relevant clinical practice guidelines and protocols.
- Develop a Tinnitus and Hyperacusis Rehabilitation Clinic informed by the latest research evidence and consistent with professional guidelines.
- Integrate clinical application of internet-CBT for tinnitus to their practice.

## Course Fee £1250

£100 discount applies to students (proof of student status is required)

**Note:** As this will be delivered online (virtual reality), this has led to a reduction in costs for the organiser. To reflect this for students the standard fee has now reduced from £1400 which was the case in 2019 face-to-face course to £1250 for 2021 online version.

**How to Register?** Places will be booked on a first-come-first-served basis. Please complete the registration form attached and send it as an email attachment to [info@hashirtinnitusclinic.com](mailto:info@hashirtinnitusclinic.com)

### Outline of the Provisional Programme

| <i>Monday 25 January 2021</i> |  |
|-------------------------------|--|
| 9:00-10:00                    | Introduction to the course and rehabilitation programme for tinnitus, hyperacusis, misophonia and noise sensitivity  |
| 10:00- 11:00                  | Method of cognitive therapy for resolving tinnitus/hyperacusis/misophonia-related distress   |
| 11:30-12:30                   | Combining cognitive behavioural therapy (CBT) concepts with client-centred counselling skills in order to explore tinnitus/hyperacusis/misophonia-related distress |
| 13:30-15:00                   | Audiologist-delivered CBT focused on Tinnitus and Hyperacusis/Misophonia Rehabilitation  |
| 15:30-17:00                   | History taking, audiological investigations and psychometric assessment in patients with tinnitus and/or hyperacusis/misophonia                                    |

| <i>Tuesday 26 January 2021</i> |  |
|--------------------------------|--|
| 9:00-10:00                     | Case conceptualization (formulation) and treatment plan  |
| 10:00-11:00                    | Establish relationship using client-centred counselling skills   |
| 11:30-12:30                    | Practice client-centred counselling skills   |
| 13:30-15:00                    | Explore and enhance patient's motivation for CBT   |
| 15:30-17:00                    | The design of behavioural experiments in management of hyperacusis and misophonia in children and adults |

| <i>Wednesday 27 January 2021</i> |   |
|----------------------------------|---|
| 9:00-11:00                       | Self-appraisal and modifications of troublesome perceptions related to tinnitus and/or hyperacusis/misophonia based on empirical data     |
| 11:30-13:00                      | Application and principles of Diary of Thoughts and Feelings (DTF) and guided discovery in tinnitus and hyperacusis/misophonia management |
| 14:00-15:00                      | Management of complex cases with other psychiatric co-morbidities   |
| 15:30-16:30                      | Service Development and Clinical Guidelines for Tinnitus and Hyperacusis/misophonia Management  |
| 16:30-17:00                      | Conclusions   |

#### ***Dates for Masterclass Clinical Supervision via Zoom (London time zone/ Greenwich Mean Time)***

Every month on the First Wednesday, until Jan 5, 2022, 12 occurrence(s)

Feb 3, 2021 06:00 PM, Mar 3, 2021 06:00 PM, Apr 7, 2021 06:00 PM, May 5, 2021 06:00 PM, Jun 2, 2021 06:00 PM, Jul 7, 2021 06:00 PM, Aug 4, 2021 06:00 PM, Sep 1, 2021 06:00 PM, Oct 6, 2021 06:00 PM, Nov 3, 2021 06:00 PM, Dec 1, 2021 06:00 PM, Jan 5, 2022 06:00 PM