

# TINNITUS MANAGEMENT WORKSHOP

APRIL 6<sup>TH</sup> & 7<sup>TH</sup>, 2013

ST. PAUL'S HOSPITAL, VANCOUVER, BC



Hope For Tinnitus is very pleased to offer the two-day Tinnitus Management Workshop for those experiencing the challenging impact of Tinnitus. The "TMW" has been created based on a treatment approach called Cognitive Behavioral Therapy (CBT). There is evidence-based support in the literature that suggests that CBT is effective in the management of tinnitus related distress and improved quality of life. This will be our 10<sup>th</sup> workshop, the first of which we did at St. Paul's. We are excited to return!

Enhanced coping can be achieved with the implementation of the following strategies:

\* Cognitive Restructuring \* Attention Control \* Imagery Training \* Relaxation Training

By developing skills in these areas, individuals can turn despair into hope and anguish into acceptance. Many people have reported that by using these methods, they gain a sense of control over their reactions to Tinnitus. It is this empowering sense of control that is an important factor in successfully reducing the distress experienced with Tinnitus.

Upon completion of the Tinnitus Management Workshop, you will:

- Receive information on the audiological and neurological mechanisms of Tinnitus
- Understand the different dimensions of impact of Tinnitus on daily life
- Learn strategies and techniques to alter your response to Tinnitus
- Reduce symptoms experienced as a result of Tinnitus
- Experience HOPE that quality of life can be enhanced with the application of these tools

The cost of the two-day Tinnitus Management Workshop is \$495. Participants will receive 14 hours of instruction, 120 slide PowerPoint presentation, a 75-page booklet, certificate of completion and gift.

**Registration deadline is March 1<sup>st</sup> and upon receipt of payment, you will be confirmed as a participant. Payment can be made by calling 403-253-4559 or online at [www.hopefortinnitus.com](http://www.hopefortinnitus.com) via PayPal. Please call or write: [ears@hopefortinnitus.com](mailto:ears@hopefortinnitus.com) and visit [www.hopefortinnitus.com](http://www.hopefortinnitus.com) for further information.**

Facilitated By

Deborah Lain, MSc, Psychologist, Tinnitus Health Specialist

&

Suzanne MacLaren, MA, Audiologist, Tinnitus Education & Resource Specialist



Deborah and Suzanne speak with passion against the notion that 'there is nothing that you can do'. With enthusiasm, they will inspire and empower you with ways that you can reclaim quality of life in spite of this condition. Please join them in celebrating the hope that exists for the person with Tinnitus.