



Deborah Lain, is a Registered Psychologist in Calgary, AB since 1983. She has become increasingly known as an expert in her specialized approach to the Psychological Management of Tinnitus. Deborah offers an 8 week Tinnitus Self-Management Program, Tinnitus Management Workshop and offers online services through her website, Hope For Tinnitus.com. She is a published writer in the American Tinnitus Association journal, Tinnitus Today and co-authored articles for a medical educational journal and retirement magazine. She has presented to local and national audiological groups and support groups in Canada and the US. She also has done in-service training for medical residents and the Department of National Defense.

Suzanne MacLaren is a Registered Audiologist since 1985 and developed the Tinnitus & Hyperacusis Center in Calgary. She has been trained by experts in the field on tinnitus and other ear disorders and maintains a strong commitment to advanced education and learning about research in the field of tinnitus. Suzanne has become known as a specialist in the field of Tinnitus and is a published author and presenter for professional groups in Canada.

Ultimately, Deborah and Suzanne are committed to the development and realization of a multidisciplinary Tinnitus Specialty Clinic unlike any in Canada.

Deborah and Suzanne speak with passion against the notion of passive acceptance of the impact of Tinnitus in the patient's life. With enthusiasm, Deborah will inspire and empower you with ways that you can reclaim aspects of life impacted by this condition. Please join them both in celebrating the hope that exists for the person with Tinnitus.

# Tinnitus Management Workshop

**Hope For Tinnitus** (a division of SoulSpring Counselling Inc) is very pleased to offer an 2 -Day Workshop for those experiencing the challenging impact of Tinnitus.

The **Tinnitus Management Workshop (TMW)** has been created based on a treatment approach called **Cognitive Behavioral Therapy** or **CBT**. There is evidence based support in the literature that suggests that **CBT** is effective in the management of patient's suffering from the effects of Tinnitus. When CBT is applied to Tinnitus, many individual's experience a **significant improvement in the quality of their life**, suggesting that CBT has a positive effect on the way in which people cope with tinnitus.

Successful coping with Tinnitus is enhanced with the implementation of:

- 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 caused by the Tinnitus.

Upon completion of the Tinnitus Management Workshop, you will:

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

Participants will receive information, concrete tools and strategies, handouts and home practice exercises. Your participation for both days is required in order to receive the full benefit of the materials presented.

The cost of the **Tinnitus Management Workshop** is \$ 395 for 2 full days of instruction and materials. A light snack and beverage will be provided. Lunch is on your own both days. The date for the Calgary workshop is **September 11th and 12th, 2010.**

**For Further Information on Location and to Register, please contact:**

**T: (403) 253-4559 E: ears@hopefortinnitus.com W: www.hopefortinnitus.com**

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