

Tinnitus & Hyperacusis Therapy Master Class

12 - 16 March 2012, London

This 5-day international course is designed for audiologists, ENT specialists, audiological physicians, hearing therapists and psychologists who work with patients experiencing tinnitus and hyperacusis.



VENUE

Birkbeck College
University of London, London, UK

COURSE TUTOR

Mr Hashir Aazh

INVITED SPEAKERS

Professor Brian CJ Moore
Professor Deepak Prasher
Dr Teddy Cheng

REGISTRATION FEE

Before 31 October 2011 (Early bird): £700
After 31 October 2011: £750
Student rate: £550

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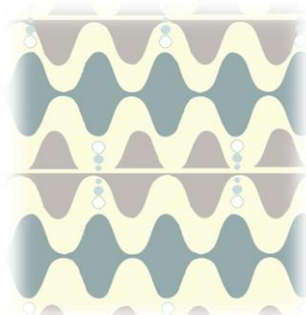
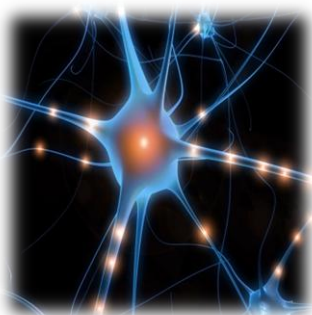
Course highlights

- This 5-day course has been accredited with **30 CPD** points by the British Academy of Audiology.
- Participants will be provided with the specialist skill, knowledge and tools which are essential for developing a Tinnitus & Hyperacusis Therapy Clinic.
- Participants will leave this practical course with a solid grounding in tinnitus and hyperacusis therapy that can be put into practice straight away.
- At every stage of learning, theory will be constantly applied to practical examples. There will be many case studies and practical training sessions on TRT, CBT and Rogerian counselling.
- Participants will be provided with a high quality course manual including worksheets, counselling tools and forms to use with their patients.
- Participants will be provided with all documentation required for service development including templates for tinnitus clinic protocol, reports, clinical audit and service evaluation guidelines.



The course covers

- Neurophysiology and pathophysiology of tinnitus
- Syndromic tinnitus and medical treatments
- Noise-induced tinnitus
- Psychoacoustical characteristics of tinnitus
- Key theories regarding the mechanism of hyperacusis and their relevance to its clinical management
- Assessment of tinnitus and hyperacusis based on the bio-psychosocial model of healthcare
- Psychometric evaluation of anxiety, depression, insomnia, cognitive failures, hearing disability and generic health related quality of life
- Tinnitus retraining therapy
- Electrical, magnetic and acoustical stimulation
- Emotion, cognition and behaviour
- Psychological management of tinnitus and hyperacusis
- Cognitive behavioural therapy for tinnitus
- Affective, behavioural and cognitive neuroscience
- Transactional analysis
- Tinnitus rehabilitation and Rogerian counselling
- How to manage patients who do not get better?
- How to provide an effective tinnitus therapy for patients with emotional disturbance?
- How to enhance patient's adherence to therapy?
- Tinnitus and suicide
- Clinical reasoning: bridge the gap between novice and expert therapists
- Patient-centred practice
- Evidence-based practice
- Service development



Learning strategies

- ✓ Lectures
- ✓ Demonstrations
- ✓ Group discussions
- ✓ Role play
- ✓ Feedback from peers and tutor
- ✓ Reflective writing, critical writing, and self-directed learning through extended reading outside timetable hours

Assessment strategies

- ✓ Written exam
- ✓ Essay (to be submitted by one month after the course)
- ✓ Practical counselling skills test

Comments from the 2011 course participants

“I really enjoyed the course as a whole and feel that I have learnt many things. We covered various things from the structure and anatomy of the ear to CBT and TRT.”

“I am very glad that I attended this intense course on tinnitus and hyperacusis management. This course helped me to enhance my knowledge and understanding of tinnitus and hyperacusis, its assessment and treatment.”

“A significant strong point was the inclusion of regular practical sessions which helped to reinforce the theoretical information provided in the lectures. I feel that I have been able to achieve the aims set at the beginning of the masterclass and will approach future patients suffering with tinnitus and hyperacusis symptoms with a great deal of confidence regarding their assessment and management.”

“This course was one of its kind, well structured and designed.”

Provisional Programme

Monday, 12th March 2012

9:00-10:00	Neurophysiology & pathophysiology of tinnitus
10:00-11:00	Syndromic tinnitus and medical treatments
11:00-11:30	Break
11:30-12:30	Introduction to tinnitus and hyperacusis retraining therapy (TRT)
12:30-13:30	Lunch
13:30-14:30	Implementation of TRT
14:30-15:00	Case study
15:00-15:30	Break
15:30-17:00	Electrical, magnetic and acoustical stimulation

Tuesday, 13th March 2012

9:00-10:00	Treatment of hyperacusis
10:00-11:00	Danalogic i- 71TS: Features & Fitting
11:00-11:30	Break
11:30-12:30	Psychoacoustical measurements of tinnitus and hyperacusis
12:30-13:30	Lunch
13:30-15:00	TRT directive counselling case studies
15:00-15:30	Break
15:30-17:00	Tinnitus & hyperacusis psychometric assessment and treatment outcome measurement

Wednesday, 14th March 2012

9:00-10:00	Theoretical foundations of rehabilitation
10:00-11:00	Behaviour change
11:00-11:30	Break
11:30-12:30	Motivational interviewing
12:30-13:30	Lunch
13:30-14:15	Client centred practice & counselling skills
14:15-15:00	Transactional analysis
15:00-15:30	Break
15:30-17:00	Role play and practice (counselling videos)

Thursday, 15th March 2012

9:00-11:00	Interactive session <ul style="list-style-type: none"> ○ Videos ○ Feedback from peers and the tutor
11:00-11:30	Break
11:30-12:30	Psychological aspects of chronic tinnitus
12:30-13:30	Lunch
13:30-14:30	Theoretical underpinnings of CBT
14:30-15:00	CBT model of tinnitus and hyperacusis
15:00-15:30	Break
15:30-17:00	Cognitive restructuring (part 1)

Friday, 16th March 2012

9:00-10:30	Cognitive restructuring (part 2)
10:30-11:00	Noise-induced tinnitus
11:00-11:30	Break
11:30-12:30	CBT case studies (practical session)
12:30-13:30	Lunch
13:30-14:00	Attention control & imagery training
14:00-15:00	Mindfulness & relaxation therapy
15:00-15:30	Break
15:30-17:00	<ul style="list-style-type: none"> ○ Final assessment ○ Group discussions

General information

- **How to find the venue?**

Birkbeck College, University of London, Malet Street, Bloomsbury, London WC1E 7HX

For more information follow the link: <http://www.bbk.ac.uk/maps>

- **Location**

Birkbeck College is located in central London so there is easy access to public transport, airport transfer, banks, restaurants, shops and London attractions.

- **Meals**

Lunch will be provided by Birkbeck College at the venue for all participants and guests. Coffee and tea breaks will be provided between the sessions. Vegetarian menu will be available.

- **Accommodation**

Accommodation costs are not included in the course fee. A list of suitable hotels near the venue will be provided in due course.

- **London tours**

London sightseeing tours will be arranged with a local agency to assist overseas participants enjoy their stay in London (prices starts from £26).

- **Other events in London in March 2012**

March 2012 is an excellent time to visit London. The capital will offer a range of exciting events like traditional St Patricks Day London Parade, an extensive number of London exhibitions at the Earls Court and Olympia exhibition centres and authentic art events. Follow the link below for more information: http://www.lth-hotels.com/london_events/march-events-london.html

- **Registration**

Please complete the registration form below and email it to hashir.aazh@nhs.net

REGISTRATION FORM

Name:

Profession and Degree:

Address:

Telephone:

Email Address:

Official Purchase Order No:

Address for invoice:

Who is the contact point at your organisation that will approve the invoice for payment (e.g. name of the Head of Audiology of the organisation)?

▪ What learning outcomes (clinical, research, service development) would you like to achieve in this event? *(The information that you provide here will assist us in tailoring the course to meet your needs)*

▪ Briefly describe your previous experience regarding assessment, management or research on tinnitus and hyperacusis: