

# **Tinnitus & Hyperacusis Therapy Master Class**

**12-16 September 2016, Guildford, UK**

**Specialist training for tinnitus and hyperacusis rehabilitation**

This 5-day international course is designed for those who are keen to specialise in tinnitus and hyperacusis rehabilitation and includes many practical sessions. Participants will be provided with the specialist skill, knowledge and tools which are essential for developing or expanding their Tinnitus service. In addition, this course provides a range of lectures on the most recent research evidence on tinnitus and hyperacusis.



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

## Venue

The Academy, Holiday Inn, Guildford, UK

## Course Tutor

**Hashir Aazh**

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

## Invited Speakers

**Professor Brian C. J. Moore**

Department of Experimental Psychology, University of Cambridge, UK

**Don McFerran**

Consultant ENT Surgeon at Colchester Hospital University NHS Foundation Trust, UK

**Professor Tobias Kleinjung**

Otolaryngologist, Zurich University, Switzerland

**Professor Marlies Knipper**

Professor at Molecular Neurobiology and Cell Biology of the Inner Ear, Tübingen Hearing Research Center, University Hospital Tübingen, Germany

## Course Fee

**Supersaver** (if you register by 15th February 2016): **£750**

**Saver** (if you register by 15th March 2016): **£800**

**Early bird** (if you register by 15th June 2016): **£850**

**Standard Fee: £900**

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

## Course highlights

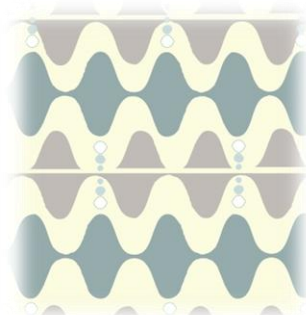
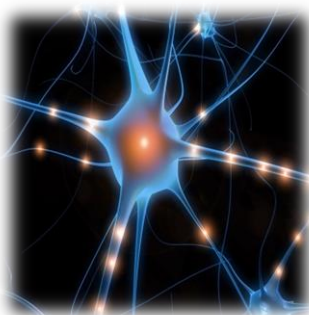
- Participants will be provided with the specialist skill, knowledge and tools which are essential for developing a Tinnitus & Hyperacusis Therapy Clinic.
- Participants will leave this practical course with a solid grounding in tinnitus and hyperacusis therapy that can be put into practice straight 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 specialist Cognitive Behavioural Therapy in management of tinnitus and hyperacusis, Motivational Interviewing 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.



# Course Objectives

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

- Critically compare the neurophysiological theories of tinnitus and hyperacusis and explain their relevance to the development and maintenance of troublesome tinnitus and hyperacusis.
- Critically discuss the perceptual measurements of the characteristics of tinnitus and their applications and limitations in understanding the origins of tinnitus.
- Critically compare the loudness perception theories and their relevance in development and maintenance of the loudness hyperacusis.
- List the medical syndromes that are associated with tinnitus (e.g., conductive hearing loss include otosclerosis and chronic otitis media).
- Critically analyse the evidence-base for drug therapies and surgical interventions for syndromic tinnitus.
- Make appropriate referral to ENT for medical examination and treatment.
- Critically discuss the role of the neuroplastic changes in the brain in development of tinnitus.
- Critically compare the theoretical underpinnings and the evidence-base for the interventions aimed at modifying tinnitus-related neural activities.
- Apply the bio-psycho-social model of healthcare in assessment and management of tinnitus and hyperacusis.
- 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 (ULLs) 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 and hyperacusis.
- Critically discuss the key cognitive behavioural theories and their relevance to the development and maintenance of troublesome tinnitus and hyperacusis.
- Apply a wide range of basic cognitive behavioural therapy (CBT) skills for management of tinnitus and hyperacusis.
- Apply a wide range of basic client-centred counselling skills within a clinical context for patients experiencing troublesome tinnitus and hyperacusis.
- Identify the ethical limits of the use of counselling skills.
- Identify limits of their own professional competence and boundaries and make appropriate onward referrals.
- Critically analyse the clinical practice guidelines for management of tinnitus and hyperacusis.
- Develop a Tinnitus and Hyperacusis Rehabilitation Clinic informed by the latest research evidence and consistent with professional guidelines.





# General information

- **Venue**

The Academy, Holiday Inn, Egerton Road, Guildford, Surrey, GU2 7XZ, United Kingdom

- **Location**

Guildford is about 40 minutes from central London by train.

Guildford is a bustling English town, with a High Street paved with granite setts often referred to as cobbles, and is one of the most expensive places to buy property in the UK outside of London.

University of Surrey, Research Park, and Tinnitus & Hyperacusis Therapy Specialist Clinic at the Royal Surrey County Hospital are situated at Guildford.

Shops such as Hugo Boss, Armani Exchange, Ann Summers and Mappin & Webb can be found along the historic high street as well as department stores including House of Fraser.

- **How to find the venue?**

- *By car*

From M25 (London) leave at junction 10 and follow the A3 to Guildford. Take the A3 exit for University and Cathedral. At the first roundabout take the third exit and go under the bridge towards the research park. At second roundabout take the second exit toward Holiday Inn. For more directions see this link: <http://www.higuilfordhotel.co.uk/hotel/locations-and-directions.html>

- *By Train*

Guildford Station is 1 ½ Miles away from the venue.

- *By Air*

Guildford is perfectly located between Heathrow (25 Miles) and Gatwick International Airports (25 Miles). Travel from London City Airport is also easy by train. Luton and Stansted airports - both located north of London are approximately 2 hours away.

For travel information and maps see the link below:

<http://www.guildford.gov.uk/article/10217/Travel-Information-and-Maps>

- **Parking**

Free parking at Holiday Inn will be provided for participants of the Tinnitus & Hyperacusis Therapy Masterclass

- **Meals**

Lunch will be provided at the venue for all participants. 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.

- **London tours**

Advice regarding UK sightseeing tours will be provided to assist overseas participants enjoy their stay in UK.

- **Events in London in September 2016**

September 2016 is a good month to be in London. The capital will offer a range of exciting events in London. Click here for details: [http://www.lth-hotels.com/london\\_events/september-events-london.html](http://www.lth-hotels.com/london_events/september-events-london.html)

- **Registration:**

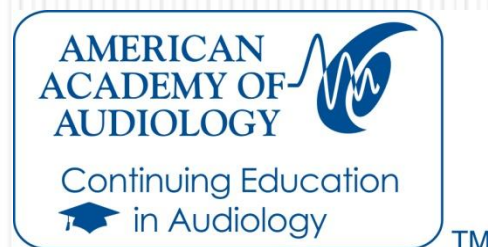
Please email your registration form to [hashir.aazh@nhs.net](mailto:hashir.aazh@nhs.net)



# Course Accreditations



This course has been endorsed for 40 CPD points by Audiology Australia Ltd (endorsement no. is CPD1517 101).



Tinnitus and Hyperacusis Therapy Masterclass is approved by the American Academy of Audiology to offer Academy CEUs for this activity. The program is worth a maximum of 3.0 CEUs. Academy approval of this continuing education activity is based on course content only and does not imply endorsement of course content, specific products, or clinical procedure, or adherence of the event to the Academy's Code of Ethics. Any views that are presented are those of the presenter/CE Provider and not necessarily of the American Academy of Audiology.



This course has been accredited with 30 CPD points by the British Society of Hearing Aid Audiologists.



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