



TINNITUS & HYPERACUSIS  
THERAPY MASTERCLASS

Certificate for  
Specialised CBT for management of  
Tinnitus, Hyperacusis and Misophonia

25-27 January 2021

## Provisional programme

### Tinnitus & Hyperacusis Therapy Master Class: Certificate for Specialised CBT for management of Tinnitus, Hyperacusis and Misophonia

**Dates:** 25-27 January 2021

**Venue:** Online course

**Course tutor:** Dr .Hashir Aazh

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

<b>Monday 25 January 2021</b>	
<b>Time</b>	<b>Topic “Synopsis”</b>
<b>9:00-10:00</b>	<b>Introduction to the course and rehabilitation programme for tinnitus, hyperacusis, misophonia and noise sensitivity</b>
<b>10:00- 11:00</b>	<b>Method of cognitive therapy for resolving tinnitus/hyperacusis/misophonia-related distress</b> <i>“Theoretical underpinnings and practical implications.”</i>
<b>11:00-11:30</b>	<b>Break</b>
<b>11:30-12:30</b>	<b>Combining cognitive behavioural therapy (CBT) concepts with client-centred counselling skills in order to explore tinnitus/hyperacusis/misophonia-related distress</b> <i>“How to use reflective listening skills and Socratic questioning in exploring and pinpointing tinnitus/hyperacusis/misophonia-related distress. This session introduces the concept of distinguishing tinnitus/hyperacusis/misophonia-related distress from the</i>



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	<i>distress caused by other psychopathologies in patients who happen to also experience tinnitus/hyperacusis/misophonia. Professional boundaries and onward referral guideline to mental health will be discussed.”</i>
<b>12:30-13:30</b>	<b>Lunch</b>
<b>13:30-15:00</b>	<p><b>Audiologist-delivered CBT focused on Tinnitus and Hyperacusis/Misophonia Rehabilitation</b></p> <p><i>“This is an interactive session which gives an overview of specific interventions used in audiologist-led specialised CBT for tinnitus and hyperacusis/misophonia. These comprise: (1) Exploring tinnitus/hyperacusis/misophonia-related distress using in-depth interview,(2)Developing a cognitive behavioural formulation for tinnitus/hyperacusis/misophonia distress (3) Enhancing patient’s motivation for the therapy, (4) Designing a behavioural experiment (BE) in order to target and challenge troublesome thoughts, (5) Reviewing and reflecting on BE, (6)Creating counter-statements, (7) Diary of thoughts and feelings (DTF), (8) Psycho-education, and (9) Reassessment, monitoring progress and prepare patient for discharge”</i></p>
<b>15:00-15:30</b>	<b>Break</b>
<b>15:30-17:00</b>	<p><b>History taking, audiological investigations and psychometric assessment in patients with tinnitus and/or hyperacusis/misophonia</b></p> <p><i>“By the end of this session participants will be able to take a clinical case history for their tinnitus/hyperacusis/misophonia patients. How to perform and interpret pure-tone audiometry and uncomfortable loudness levels tests in patients with tinnitus and/or hyperacusis? This talk also focuses on reviewing the clinical application of a wide range of self-report questionnaires in assessment of tinnitus/hyperacusis/misophonia handicap, self-report tinnitus loudness, annoyance and effect on life, severity of insomnia, and symptoms of anxiety and depression. In addition, by the end of this session, participants should be able to 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.”</i></p>



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<b>Tuesday 26 January 2021</b>	
<b>Time</b>	<b>Topic “Synopsis”</b>
<b>9:00-10:00</b>	<p><b>Case conceptualization (formulation) and treatment plan</b></p> <p><i>“By the end of this session, participants should be able to develop a CBT formulation explaining the development and maintenance of troublesome tinnitus or hyperacusis/misophonia distress.”</i></p>
<b>10:00-11:00</b>	<p><b>Establish relationship using client-centred counselling skills</b></p> <p><i>“By the end of this session participants should be able to demonstrate an understanding of the theoretical and empirical underpinnings of client-centred counselling model of Carl Rogers.”</i></p>
<b>11:00-11:30</b>	<b>Break</b>
<b>11:30-12:30</b>	<p><b>Practice client-centred counselling skills</b></p> <p><i>“By the end of this practical session participants should be able apply a wide range of basic counselling skills within a clinical context for patients experiencing troublesome tinnitus and hyperacusis.”</i></p>
<b>12:30-13:30</b>	<b>Lunch</b>
<b>13:30-15:00</b>	<p><b>Explore and enhance patient’s motivation for CBT</b></p> <p><i>“This practical session provides an opportunity for participants to practice principles of motivational interviewing (MI; Miller 1996; Miller 1983) in the context of tinnitus and hyperacusis/misophonia rehabilitation. MI is “a collaborative conversation style for strengthening a person’s own motivation and commitment to change” (Miller &amp; Rollnick 2012).”</i></p>
<b>15:00-15:30</b>	<b>Break</b>
<b>15:30-17:00</b>	<p><b>The design of behavioural experiments in management of hyperacusis and misophonia in children and adults</b></p> <p><i>“This practical session focuses on the design and delivery of behavioural experiments in an audiologist-led Tinnitus and Hyperacusis/Misophonia Rehabilitation service. Behavioural experiments are defined as planned experiential activities undertaken by patients which are designed directly from a cognitive formulation of a problem. The main aim of behavioural experiments is to change perspective. If the troublesome</i></p>



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<b><i>Tuesday 26 January 2021</i></b>	
	<i>thought and safety behaviours are accurately captured and examined in the experiment, then the change is likely to happen even after one single key behavioural experiment.”</i>
<b><i>Wednesday 27 January 2021</i></b>	
<b>Time</b>	<b>Topic “Synopsis”</b>
<b>9:00-11:00</b>	<p><b>Self-appraisal and modifications of troublesome perceptions related to tinnitus and/or hyperacusis/misophonia based on empirical data</b></p> <p><i>“Patients are encouraged to examine the validity of their predictions or negative thoughts based on what they learned through carrying out the behavioural experiment. Most patients express that at least some of their predictions did not come true. Then patients are encouraged to create counter-statements for their negative thoughts based on the evidence they gathered during their behavioural experiment.”</i></p>
<b>11:00-11:30</b>	<b>Break</b>
<b>11:30-13:00</b>	<p><b>Application and principles of Diary of Thoughts and Feelings (DTF) and guided discovery in tinnitus and hyperacusis/misophonia management</b></p> <p><i>“By the end of this practical session, participants should be able to use DTF for identification of tinnitus/hyperacusis/misophonia -related events and patient’s cognitive-behavioural-emotional reactions to them.”</i></p>
<b>13:00-14:00</b>	<b>Lunch</b>
<b>14:00-15:00</b>	<p><b>Management of complex cases with other psychiatric co-morbidities</b></p> <p><i>“How to provide an effective specialist intervention focused on tinnitus and hyperacusis/misophonia in patients with complex needs. Professional boundaries, confidentiality and medical ethics will be discussed.”</i></p>
<b>15:00-15:30</b>	<b>Break</b>



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<b>Wednesday 27 January 2021</b>	
<b>15:30-16:30</b>	<b>Service Development and Clinical Guidelines for Tinnitus and Hyperacusis/misophonia Management</b>  <i>“This presentation reviews policies, protocols, audit tools, risk management, additional training, report writing, and other relevant topics to management of a tinnitus and hyperacusis/misophonia rehabilitation service.”</i>
<b>16:30-17:00</b>	<b>Conclusions</b>

**Dates for Masterclass Clinical Supervision via Zoom**

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

Feb 3, 2021 06:00 PM (London time zone/ Greenwich Mean Time)

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