



Tinnitus: A Self-Management Guide for the Ringing in Your Ears

Jane L. Henry, Peter H. Wilson

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Written by professionals with extensive clinical and research experience.

- The book provides the reader with a comprehensive resource integrating educational material with practical information on how to effectively design and implement a tailor-made approach to managing tinnitus and related difficulties.
- Up-to-date coverage of a range of psychological techniques that have been selected on the basis on recent scientific research is presented.
- Practical exercises and detailed monitoring forms are included to record home practice and to assess progress, and methods to maintain gains in the long-term are provided as well.

Tinnitus: A Self Management Guide for the Ringing in Your Ears provides a comprehensive self-help program to managing tinnitus ("ringing in the ears") and related difficulties (e.g. low mood, stress, anxiety, poor sleep). The aim of this book is to provide a comprehensive self-help program for people with tinnitus ("ringing in the ears"). The book provides a resource integrating educational materials with pragmatic information on how to effectively implement a tailor-made approach to managing tinnitus. It consists of up-to-date coverage of a range of psychological techniques as well as step-by-step instruction in each of the specific techniques to assist the reader in designing and implementing a program to manage their tinnitus and associated difficulties. These techniques, when practiced daily, will change the way a person thinks about and responds to their tinnitus, and, in time, the tinnitus will be perceived to be less of a problem.

Jane L. Henry is a Senior Lecturer in Psychology and Director of the Psychology Clinic at the University of New south Wales, Sydney, Australia Dr. Henry has co-authored a book titled Psychological Management of *Tinnitus: A Cognitive-Behavioral Approach* (2001) published by Allyn & Bacon.

Peter H. Wilson is a Professor of Psychology at Southern Cross University in New South Wales, Australia. Until recently he was Professor of Psychology at Flinders University of South Australia where he was director of the clinical psychology program between 1991 and 1999 and Head of Psychology (1997-1999). Professor Wilson has co-author a book titled Psychological Management of *Tinnitus: A Cognitive-Behavioral Approach* (2001) published by Allyn & Bacon.

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