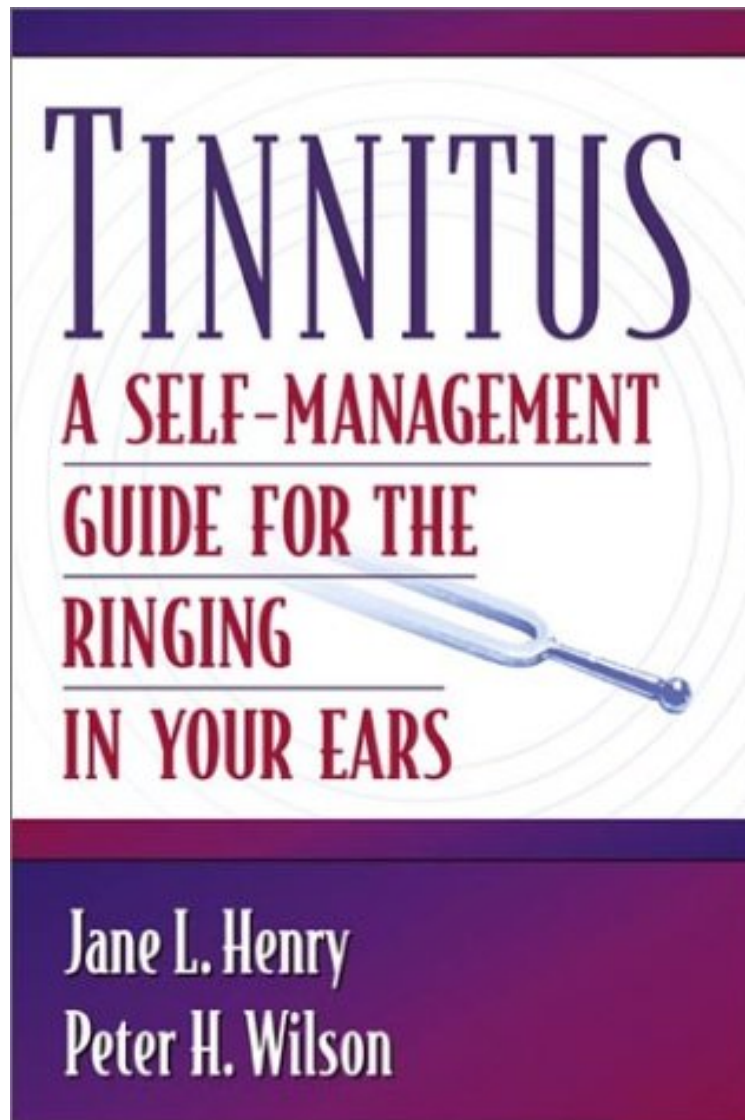


## Tinnitus: A Self-Management Guide for the Ringing in Your Ears

Jane L. Henry, Peter H. Wilson

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**Jane L. Henry, Peter H. Wilson : Tinnitus: A Self-Management Guide for the Ringing in Your Ears** before purchasing it in order to gage whether or not it would be worth my time, and all praised Tinnitus: A Self-Management Guide for the Ringing in Your Ears:

2 of 3 people found the following review helpful. Excellent information for thos suffering from tinnitusBy J. CrossI am an audiologist and am begining to set up a tinnitus clinic. I was at a conference and the speaker strongly recommended this book. It has excellent information regarding tinnitus and tinnitus therapy, good for both the patient and practitioner.2 of 3 people found the following review helpful. TinnitusBy Volunteerthis was highly recommended

by my audiologist doctor. Very interesting information in this book. A brand new way to view this problem. 18 of 23 people found the following review helpful. Most likely too involved for the target audience...By Thomas Duff As I have a slight issue with tinnitus (ringing in the ears), I picked up this book from the library: *Tinnitus - A Self-Management Guide For The Ringing In Your Ears* by Jane L. Henry and Peter H. Wilson. I'm not quite sure that this book would be helpful to what I see as the target audience. Chapter List: It's Time to Take Control!; Some Facts about Tinnitus; Assessing Your Tinnitus: How Does It Affect You?; The Connection between Thoughts and Emotions; Changing the Way You Think about Tinnitus; Relaxation and Stress-Management Techniques; Attention Control Techniques; Becoming Your Own Coach; Dealing with High-Risk Situations; Reducing the Impact of Tinnitus on Your Daily Lifestyle; Maintaining Gains in the Longer-Term; Some Final Tips on Managing Your Tinnitus; Additional Reading; Appendix; Index. Tinnitus, for those who don't know, is the condition where you have a constant noise in your ear(s), like a ringing or buzzing. It's thought to be due to damage in the inner ear, but it's not something that can be easily corrected in many situations. And since the sound tends to always be there at some level, it can be an annoyance (or worse). The authors in this book do a high-level overview of what tinnitus is, what the causes are, and then go into cognitive-behavioral therapy (CBT) techniques on how you can learn to live with the condition and manage your response to it. The program they outline is pretty detailed and involved, and involves a lot of writing and answering of questions to discover your current ways of coping. I mentioned earlier I didn't think the book was too helpful. The examples and situations they feature in the book all tend to be towards the extreme end of the scale, such that the person is unable to function normally with the condition. In my case, I've had a very minor case for a long time (too much loud music growing up), and it's gotten a little worse with my dysthymia medication. Still, I wouldn't trade the benefits of the fluoxetine for reduction of the noise. For the extreme examples in the book, these people are at wits end and can't concentrate or deal with life. In that state, I don't see them taking the time and effort to work through this program on their own. With an external coach or mentor guiding them, it may be useful. But history shows that most people can't pull off a self-guided improvement program of any type on their own. Throw in a debilitating condition on top of it, and I think the chances of success drop to low single digits.

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-authored a book titled *Psychological Management of Tinnitus: A Cognitive-Behavioral Approach* (2001) published by Allyn Bacon.

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