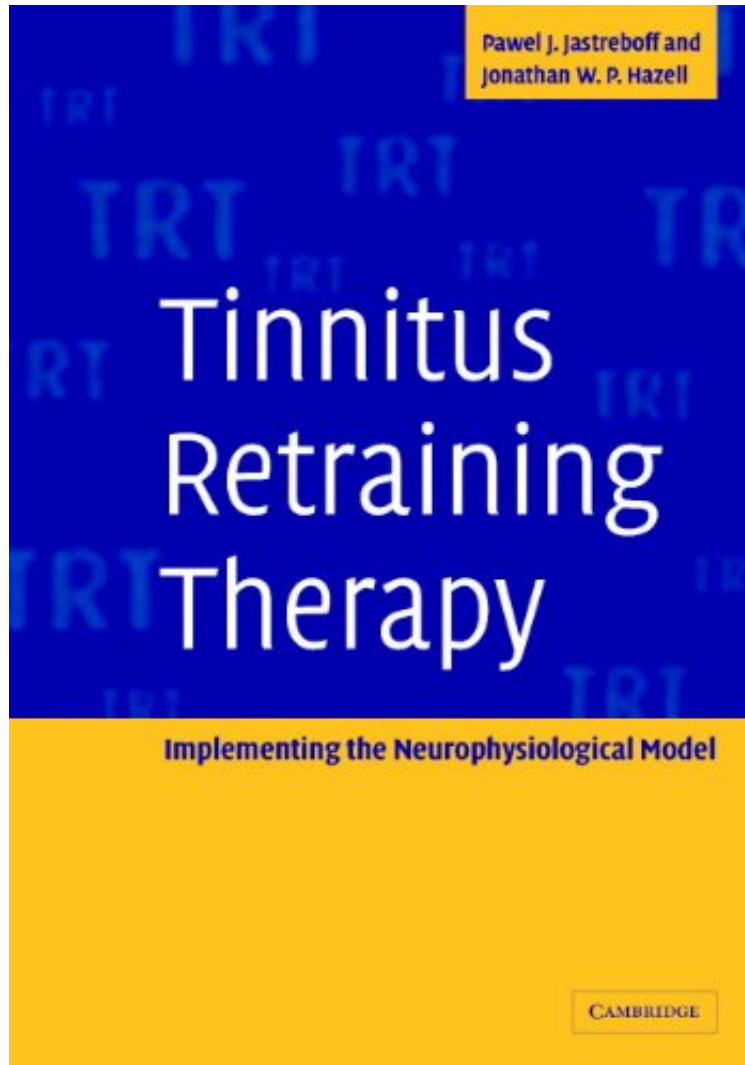


(Download free pdf) Tinnitus Retraining Therapy: Implementing the Neurophysiological Model

# Tinnitus Retraining Therapy: Implementing the Neurophysiological Model

*Pawel J. Jastreboff, Jonathan W. P. Hazell*

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**Pawel J. Jastreboff, Jonathan W. P. Hazell : Tinnitus Retraining Therapy: Implementing the Neurophysiological Model** before purchasing it in order to gage whether or not it would be worth my time, and all praised Tinnitus Retraining Therapy: Implementing the Neurophysiological Model:

0 of 0 people found the following review helpful. Excellent resource on both tinnitus and hyperacusisBy Paul GoodmanWhile this book is not light reading, it can be very helpful to anyone who needs help with tinnitus or hyperacusis (uncomfortable sensitivity to sounds) who is not satisfied with the help they have found already.This book is an excellent resource on both tinnitus and hyperacusis, both which tend to occur in those with hearing loss. This

book is meant for health care professionals and not as a do it yourself book. But you can use it to help yourself if you read the relevant parts carefully and are thoughtful and careful in your actions. Ideally you'd find a professional therapist for these problems. Part of the therapy for tinnitus is counseling. You might be able to counsel yourself using the logic and recommendations in this book. Another key part of the treatments for both tinnitus and hyperacusis involves the application of sound, with certain characteristics which are explained in the book. Basically it involves either pink noise or natural sounds that do not attract your attention. As others have written, there are wearable sound generators that presumably are quite expensive. But in the modern age of smart phones, anyone can download a free app or free stream to listen to pink noise via headphones. A critical aspect of this is to ensure the volume of the noise is not too loud nor too soft, either of which can make symptoms worse. This approach seems to work. The authors write the hyperacusis can obtain results in a few weeks, while tinnitus results may take months. The book explains the reasoning behind the therapy. 2 of 2 people found the following review helpful. technical book By Grejam This book is not an easy read, but helpful for someone willing to wade through details. I got referred by an ENT to an audiologist who trained with the author. The idea is to train the brain to ignore the tinnitus, which I have mostly as hissing. Methods include education about tinnitus (I think to get the patient to stop worrying about it, making it worse), sound therapy (hearing aids generating white noise and / or volume amplification). Silent rooms aren't good. White noise is recommended, as normal hearing people can hear hissing in a silent room. They caution not to try drowning out the tinnitus sound however. I think my hissing is slightly better after reading the book. The audiology treatment is expensive, I haven't tried it. 3 of 3 people found the following review helpful. These guys never had high pitched tinnitus By Tim Fan To say that loudness or pitch makes no difference is someone who does not understand. I have had high pitched tinnitus for 18 months and on the days it is at his highest nothing will cover it but sheer volume. Can hear it in a movie at a ball game in the car with the windows down. Only the shower covers it up. These guys look at one method seriously. I have read several books on tinnitus and the ones that use CBT actually kind crack me up that you can ignore something that loud and high pitched. But I digress.

Tinnitus and oversensitivity to sound are common and hitherto incurable, distressing conditions that affect a substantial number of the population. Pawel Jastreboff's discovery of the mechanisms by which tinnitus and decreased sound tolerance occur has led to a new and effective treatment called Tinnitus Retraining Therapy (TRT). Audiologists, ENT specialists, psychologists and counsellors around the world currently practise this technique, with very high success rates. TRT, the treatment developed by the authors from the model, has already proved to be the most effective and most widely practised worldwide. This book presents a definitive description and justification for the Jastreboff neurophysiological model of tinnitus, outlining the essentials of TRT, reviewing the research literature justifying their claims, and providing an expert critique of other therapeutic practices.

"This is a thought-provoking and stimulating book for dipping into, for referring to, for speed-reading and for reading thoroughly from cover to cover. It will be a useful addition to the shelves of professionals who work with people with tinnitus." Val Tait "Rigorous and Practical" British Society of Audiology About the Author 25 Feb 1946 DOB 28 March 1942