



Tinnitus Rehabilitation by Retraining: A Workbook for Sufferers, Their Doctors and Other Health Care Professionals

R. Zogg, B. Kellerhals

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Tinnitus cannot be cured by drug treatment or other means of modern medicine. It has to be considered a handicap which necessitates rehabilitation. This new approach has proven surprisingly successful and provides relief even for desperate tinnitus sufferers. Waiving seemingly easy but futile attempts to cure tinnitus by passive therapies, patients have to decide on a long and demanding active rehabilitation process, but their efforts will be rewarded! Tinnitus is considered as an abnormal activity somewhere within the hearing system, but mainly it is a faulty programme in the 'software' of the brain. Based on scientific evidence, the authors present a modern tinnitus rehabilitation programme with the aim to prevent the conscious preception of tinnitus. It centers on the rules of 'Tinnitus Retraining Therapy' but includes supplementary holistic measures on biological, psychological and social levels - matching the modern principles of psychosomatic medicine. Providing concise and easily comprehensible guidelines for efficient help, the manual is highly recommended for tinnitus sufferers as well as GPs and ENT specialists, audiologists, hearing aid acousticians, psychotherapists and other health care professionals involved in caring for tinnitus patients. Contains important addresses of tinnitus retraining therapy and self-help groups.

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