

Resources for Accessing CBT, iCBT and Mindfulness Programs for Tinnitus

Progressive Tinnitus Management: [American Tinnitus Association Videos](#)

FREE PTM PROGRAM

How to Manage Your Tinnitus: A Step-by-Step Workbook/Video designed to help people better manage their tinnitus.

The Progressive Tinnitus Management program (PTM) was developed for veterans visiting the VA's National Center for Rehabilitative Auditory Research in Portland, Oregon and nationwide VA clinics. Fortunately, civilians can also benefit from their excellent program as well! ATA is happy to provide this resource for managing tinnitus. All you need to do, is download the Progressive Tinnitus Management (PTM) workbook and follow along with the video.

<https://www.ata.org/progressive-tinnitus-management-program>

Dr. James Henry

<https://www.ncrar.research.va.gov/AboutUs/Staff/Henry.asp>

CBT/Mindfulness Therapist:

Dr. Peter Vernezze: Train Your Brain How to Manage Your Tinnitus

<https://www.onlinetinnitusclass.com/>

Train Your Brain is run by Dr. Peter Vernezze, who is a licensed therapist with advanced training in Cognitive Processing Therapy and a qualified teacher of Mindfulness Based Stress Reduction (MBSR).

Dr. Peter Vernezze Website:

<https://www.therapistwithtinnitus.com/>

Email: peter@therapistwithtinnitus.com

Website Blog (The Tinnitus Whisperer):

<https://therapistwithtinnitus.com/blog/>

YouTube Channel with tinnitus related material including an overview of mindfulness, CBT and tinnitus:

https://www.youtube.com/channel/UCO5zeC_gtgoz0xA5-3GNwKg

CBT/Mindfulness Therapist:

Dr. Jennifer Gans: Mindfulness-Based Tinnitus Stress Reduction (MBTSR) Program:

<https://mindfultinnitusrelief.com/>

This is a self guided online course to help you habituate to your tinnitus.

Jennifer Gans, PsyD, is a clinical psychologist specializing in the psychological impact of deafness and hearing on well-being. She is on the Board of Directors of the Tinnitus Practitioners Association (TPA), a non-profit professional organization dedicated to providing tinnitus and sound sensitivity care.

Dr. Jennifer Gans Tinnitus Resources Page: A selection of links to great information about tinnitus and mindfulness

<https://mindfultinnitusrelief.com/resources.html>

CBT/Mindfulness Therapist:

Dr. Bruce Hubbard's Website:

<https://www.cbtfortinnitus.com/>

My perspective is unique in the tinnitus world. I'm a board certified cognitive behavioral psychologist who has tinnitus, hyperacusis and high frequency hearing loss. I went through a period of severe distress before using CBT to achieve a high level of habituation that I've maintained for over a decade. I didn't believe that anyone could habituate to tinnitus as intrusive as mine. But now I'm one of tens of millions of people living full lives free of the burden of tinnitus.

ATA Podcast--Episode 11: Habituation to Tinnitus Using Cognitive Behavioral Therapy; Dr. Bruce Hubbard

<https://www.ata.org/podcasts/episode-11-habituation-tinnitus-using-cognitive-behavioral-therapy>

Webinar: Dr. Hubbard Explains Cognitive Behavior Therapy (CBT) for Tinnitus

<https://www.cbtfortinnitus.com/webinar>

Dr. Bruce Hubbard: CBT For Tinnitus Resources

<https://www.cbtfortinnitus.com/resources>

Articles by Bruce Hubbard:

Cognitive Behavioral Therapy for Tinnitus:

<https://static1.squarespace.com/static/5825c174ebbd1ab109dd9439/t/59ce39218419c21a13a64abf/1506687267440/1+Hubbard+CBT+-+Tinnitus+Today+2014.pdf>

Navigating the Internet to Promote Tinnitus Habituation:

<https://static1.squarespace.com/static/5825c174ebbd1ab109dd9439/t/5e0a7abe2bd9794a4ee476db/1577745086623/Hubbard+Navigating+the+Internet+2018.pdf>

Tinnitus Support Message Board:

<https://www.tapatalk.com/groups/tinnitussupport92262/>

Find a CBT Therapist:

How to Find a Therapist:

https://www.realsimple.com/health/mind-mood/emotional-health/how-to-find-a-therapist?utm_source=twitter.com&utm_medium=social&utm_campaign=social-share-article

Find A Therapist:

<https://members.adaa.org/search/custom.asp?id=4685>

American Psychological Association:

<https://locator.apa.org/>

Type in your zip code to find a psychologist in your area

Academy of Cognitive Therapy:

<https://www.academyofct.org/>

Click on "Find a Therapist" to locate providers in your area

ACBS: Association for Contextual Behavioral Science

<https://contextualscience.org>

Acceptance and Commitment Therapy (ACT) is a form of CBT that emphasizes mindfulness and talking courageous action to reverse avoidance.

Find an ACT Therapist:

<https://contextualscience.org/civcrm/profile?gid=17&reset=1&force=1>

Anxiety & Depression Association of America:

<https://www.ADAA.org>

Association for Behavioral and Cognitive Therapies:

<https://www.ABCT.org>

iCBT for Tinnitus:

How to access iCBT:

<https://www.icbt4tinnitus.com>

Access to this comprehensive self-help iCBT program for Tinnitus can be purchased from audiologists with iCBT license. Please make sure that you are using a desktop or laptop as the small screen of mobile phones is not suitable for iCBT pages. The recommended web browsers are Safari, Firefox or Chrome.

Find a Provider:

<https://icbt4tinnitus.com/find-a-provider/>

Access to this comprehensive self-help iCBT program for tinnitus can be purchased from audiologists with iCBT license. In this page, we list healthcare professionals or organizations that are licensed to offer iCBT for tinnitus. Please contact the provider directly in order to purchase access to the program. They may offer iCBT as a part of the package of services that they offer for tinnitus management or as a standalone treatment module.

Teachers of Mindfulness:

Your Guide to Mindfulness Cognitive Behavioral Therapy
<https://www.mbct.com>

Access MBCT is an international listing of mental health professionals who are committed to excellence in the delivery, training, dissemination of Mindfulness Based Cognitive Therapy.

Self-Help Books:

Cognitive Behavioral Therapy for Tinnitus. By U E. Beukes, G. Andersson, V. Manchaiah, & V. Kaldo by Plural Publishing .

"It's not cheap (over \$100) but worth it. Plus it has a great companion website with educational and instructional videos. As far as I know, the best thing out there."

- Dr. Peter Vernezzze

Living with Tinnitus & Hyperacusis. By Lawrence McKenna, David Baguley, Don McFerran
An excellent how-to on traditional CBT for tinnitus. *Does not cover habituation, acceptance and mindfulness.*

https://www.amazon.com/Living-Tinnitus-Hyperacusis-Laurence-McKenna-ebook/dp/B09GP6WBGZ/ref=sr_1_2?keywords=Living+with+Tinnitus+%26+Hyperacusis&qid=1637131628&qsid=135-1562954-7301737&s=digital-text&sr=1-2&sres=B09GP6WBGZ%2CB09HR1TXC7%2CB01A09DT04&srpt=ABIS BOOK

Tinnitus: Living with the Ringing in Your Ears. By Richard Hallam
First self-help book for tinnitus. An early how-to resource for traditional CBT for tinnitus. Dr. Hallam introduced the concept of habituation to the tinnitus community. However, his book *does not cover acceptance and mindfulness.*

https://www.amazon.com/Tinnitus-Living-Ringing-Your-Ears/dp/0722529406/ref=sr_1_2?keywords=Tinnitus%3A+Living+with+the+Ringing+in+Your+Ears&qid=1637131734&qsid=135-1562954-7301737&sr=8-2&sres=0722529406%2CB013J9QKSE%2CB078K93HFD%2CB07GTHKNC6%2C1540483185%2CB0764CGS3L%2CB002Y27JYM%2CB01M1NHMEC%2CB0016KX9SI%2CB018J1LOSI%2CB07Q5DZJTK%2CB019M576XW%2CB001E8DBU8%2CB08K9CMYKF%2CB084K8F821%2CB0055OUOQQ&srpt=ABIS BOOK

A Roaring Silence: How to Stop Worrying and Learn to Cope with Tinnitus. By Frode Singaas.
An excellent personal narrative of the habituation process from co-founder of the *Tinnitus Support Message Board.*

<https://www.amazon.com/Roaring-Silence-Worrying-Learn-tinnitus-ebook/dp/B07T81Y2PG>

*FREE: Tinnitus: A Self-Management Guide to the Ringing in Your Ears. Jane Henry & Peter Wilson. Currently Out of Print. Very thorough how-to on traditional CBT for tinnitus. *Does not cover acceptance and mindfulness*. This book is currently out of print.*

<https://drnagler.supporttopics.com/post/the-henry-and-wilson-book-7558146?pid=1288402604>

*FREE: How to Manage Your Tinnitus: A Step-by-Step Workbook. By Henry, Zaugg, Myers & Kendall. Concise self-help manual based on Veteran's Administration program of Progressive Tinnitus Management. Includes basic CBT, as well as an excellent "how to" section on *self-guided sound enrichment*.*

https://www.ata.org/sites/default/files/Progressive_Tinnitus_Management.pdf

Smartphone Apps that teach Mindfulness:

- Calm
- Headspace
- Insight Timer
- Ten Percent Happier

Tinnitus Information and Support

American Tinnitus Association (ATA)

<https://ata.org>

British Tinnitus Association (BTA)

<https://www.tinnitus.org.uk>

H.E.A.R. Hearing Education and Awareness for Rockers

<https://www.hearnet.com>

Seattle Tinnitus Support Group

Group Leader: Keith Field

keith_r_field@outlook.com