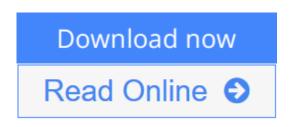


Jane L. Henry Peter H. Wilson

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

By Jane L. Henry, Peter H. Wilson



Tinnitus: A Self-Management Guide for the Ringing in Your Ears By Jane L. Henry, Peter H. Wilson

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.

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Editorial Review

From the Back Cover

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