

TINNITUS MANAGEMENT E-PROGRAMME
Based on the Tinnitus Management Group Course (TMGC)
(A six week programme)

WEEK 1

- Introduce yourself to group members
- Explanation of mechanism of tinnitus
- How it is managed effectively
- Mind calming breathing exercise

WEEK 2

- The effects of stress
- Peter Nixon's Human Function Curve
- Physiological relaxation exercise
- Relaxation recording 1

WEEK 3

- Give your feedback on relaxation 1
- Three Levels of Hearing and its relationship to tinnitus
- The Significance of Sound in relation to our behaviour towards tinnitus
- Relaxation recording 2

WEEK 4

- Negative thinking and how it promotes intrusive distressing tinnitus
- How to change negative thought into positive thought
- Relaxation recording 3

WEEK 5

- Taming Tinnitus – how to take control
- Relaxation recording 4

WEEK 6

- Overview of TMGC
- Q & A's – send in any questions you have about the programme
- Please complete the course feedback questionnaire

Course compiled and run in East Lancashire, UK by Debbie Featherstone