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Titolo	Cognitive behavioral therapy for tinnitus // Eldre W. Beukes [and three others]
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ISBN	1-63550-303-5
Descrizione fisica	1 online resource (271 pages)
Disciplina	617.8
Soggetti	Tinnitus - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cognitive Behavioral Therapy Principles and Applications -- Cognitive Behavioral Therapy for Tinnitus -- How to Deliver Cognitive Behavioral Therapy for Tinnitus -- Tackling Tinnitus Program Outline -- Tinnitus Overview -- Deep Relaxation -- Deep Breathing -- Entire Body Relaxation -- Frequent Relaxation -- Quick Relaxation -- Relaxation Routine -- Positive Imagery -- Views of Tinnitus -- Shifting Focus -- Thought Patterns -- Challenging Thoughts -- Being Mindful -- Listening to Tinnitus -- Sound Enrichment -- Sleep Guidelines -- Improving Focus -- Increasing Sound Tolerance -- Listening Tips -- Summary -- Future Planning -- Additional Resources -- Pre-Intervention Screening Questionnaire -- Weekly Monitoring -- Providing Guidance.
Sommario/riassunto	"For many individuals afflicted with tinnitus, the condition causes substantial distress. While there is no known cure for tinnitus, cognitive behavioral therapy (CBT) can offer an effective strategy for managing the symptoms and side effects of chronic tinnitus. Cognitive Behavior Therapy for Tinnitus is the first book to provide comprehensive CBT counseling materials specifically developed for the management of tinnitus"--