



# **Progressive Tinnitus Management Package (PTM: Clinical Handbook, PTM: Counseling Guide, How to Manage Your Tinnitus)**

*James A. Henry, Tara L. Zaugg, Paula J. Myers, Caroline J. Kendall*

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How to Manage Your Tinnitus is a self-help workbook that is intended for use by patients or by anyone who is bothered by tinnitus. This third edition of the workbook has been extensively reviewed and expanded to include new sections describing key components of Cognitive-Behavioral Therapy (CBT). The DVD and CD are included with the workbook. The DVD contains four interactive videos, all of which are captioned. Progressive Tinnitus Management: Clinical Handbook for Audiologists describes PTM in detail. Minimal background information is provided with the focus on describing the clinical procedures for conducting PTM. The handbook includes 28 separate appendices to facilitate the clinical implementation of PTM with the appropriate flowcharts, procedural guides, questionnaires, patient handouts, and forms. A DVD and a CD are included with the handbook. Progressive Tinnitus Management: Counseling Guide is designed for conducting one-on-one counseling. While the PTM counseling involves both audiologic and psychologic counseling, this book focuses on the audiologic counseling. Normally, this book would be used for patients who require PTM Level 5 Individualized Support. However, it can be used for any patient who requires individual counseling to learn how to manage reactions to tinnitus. The Counseling Guide is used like a flip chart, but laid flat on a table between clinician and patient.

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