



Tinnitus and Hyperacusis Masterclass 2023- Programme Outline

DAY 1: WED 1ST FEB 2023

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| MORNING SESSION: 9.45-1 | <p><i>Lectures:</i></p> <ul style="list-style-type: none"> • Introductions to tinnitus and hyperacusis • Neurophysiology • Tinnitus and hyperacusis experience: similarities and differences • A cognitive behavioural model of tinnitus distress |
| AFTERNOON SESSION: 2-4PM | <p><i>Interactive workshops:</i></p> <ul style="list-style-type: none"> • Choosing methods of assessment • Tinnitus education |

DAY 2: THURSDAY 2ND FEB 2023

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| MORNING SESSION: 9.45-1 | <p><i>Lectures:</i></p> <ul style="list-style-type: none"> • Medical assessment of tinnitus patients • Helping severely distressed patients • Cognitive-behavioural therapy • Remote support • Tinnitus UK |
| AFTERNOON SESSION: 2-4PM | <p><i>Interactive workshops:</i></p> <ul style="list-style-type: none"> • CBT • Mindfulness • Tricky cases |

DAY 3: FRIDAY 3RD FEB 2023

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| MORNING SESSION: 9.45-12.30 | <p><i>Lectures</i></p> <ul style="list-style-type: none"> • Assessment of tinnitus and hyperacusis in children • Paediatric tinnitus and hyperacusis therapy • Misophonia |
| AFTERNOON SESSION: 1.30-3.00PM | <p><i>Interactive workshops</i></p> <ul style="list-style-type: none"> • Developing a paediatric tinnitus service |