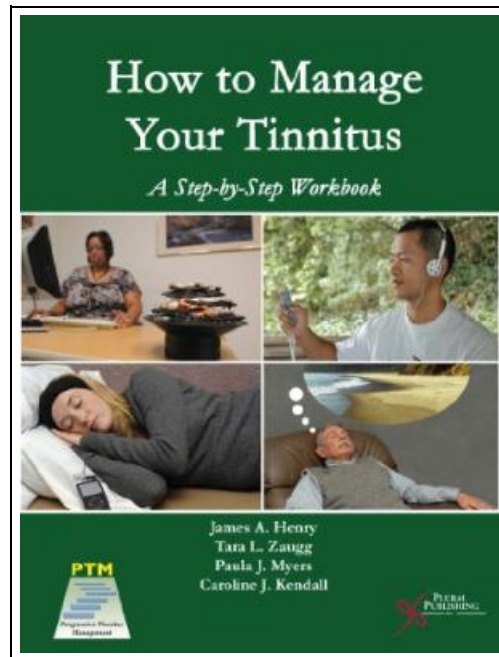


How to Manage Your Tinnitus: A Step-by-Step Workbook (Mixed media product)



Filesize: 5.25 MB

Reviews

Extensive manual! Its this type of great read through. This can be for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Dr. Furman Becker V)

HOW TO MANAGE YOUR TINNITUS: A STEP-BY-STEP WORKBOOK (MIXED MEDIA PRODUCT)

[DOWNLOAD](#)

Plural Publishing Inc, United States, 2010. Mixed media product. Book Condition: New. Workbook. 277 x 221 mm. Language: English . Brand New Book. This is a self-help workbook that is intended for use by patients or by anyone who is bothered by tinnitus. It accompanies the two Progressive Tinnitus Management books -- the Counseling Guide and Clinical Handbook for Audiologists. This third edition of the workbook has been extensively revised and expanded to include new sections describing key components of Cognitive-Behavioral Therapy (CBT). A DVD and CD are included with the workbook. The DVD contains four interactive videos, all of which are captioned. The first two videos show the education that is provided to patients during the first and second sessions of PTM Level 3 Group Education (this video is different from the one for the PTM clinical handbook - the workbook version is designed for individual viewing at home while the handbook version is designed for group viewing in the clinical setting). The third and fourth videos on the DVD provide demonstrations of two relaxation techniques - deep breathing and imagery. These relaxation videos can be used to supplement the Level 3 Group Education. The 76-minute audio CD contains a tutorial of how sound can be used to manage tinnitus, followed by samples of different sounds. Clinicians can use the CD to supplement the PTM counseling.

[Read How to Manage Your Tinnitus: A Step-by-Step Workbook \(Mixed media product\) Online](#)[Download PDF How to Manage Your Tinnitus: A Step-by-Step Workbook \(Mixed media product\)](#)

Related Books



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

[Read](#) [PDF](#)

»



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Mr. George Smith, a children s book author, has been...

[Read](#) [PDF](#)

»



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000,...

[Read](#) [PDF](#)

»



Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it...

[Read](#) [PDF](#)

»



Twitter Marketing Workbook: How to Market Your Business on Twitter

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Twitter Marketing Workbook 2016 Learn how to market your...

[Read](#) [PDF](#)

»