

*This program and the support sessions are so helpful. QuietMind has helped me to have a more positive outlook on many different aspects of my life – Jordyn C*



*The program is well-designed and easy to use and follow and if you get a bit stuck you always have the one-to-one sessions for support - Barry W*



*After completing the QuietMind program I was not noticing my tinnitus as much and I was actively seeking to engage with friends and family again - Christine V*

**TESTIMONIES**



**GET IN TOUCH TO FIND OUT MORE**

### **Contact info**

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**QUIETMIND**  
ONLINE CBT FOR TINNITUS & HYPERACUSIS



# WELCOME TO QUIETMIND

Do you suffer from persistent, debilitating tinnitus? QuietMind is here to help you!

QuietMind is a treatment package which uses internet cognitive behavioural therapy (iCBT) and support sessions with our team.

## WHAT IS QUIET MIND?

### Step 1.

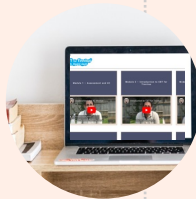
Get in touch letting us know you are interested in QuietMind, and we will send you all the info needed to decide if it is right for you.

### Step 2.

Once payment has been made, your first support session is scheduled.

### Step 3.

The first support session welcomes you onto the treatment, assesses your symptoms and enrolls you into the internet CBT program, which is called iCBT.



## HOW DOES IT WORK?



### Step 4.

QuietMind modules use online video and audio recordings, text and puzzles to assess your needs and teach you CBT techniques and tools.

There are six modules to work through which take 45- 90 minutes each. You complete one module and have one support session each week for 6 weeks.

Support sessions are via video calls with a member of our team. These will last 30 minutes each.

### Step 5.

One month after you complete the sixth module, you have your final assessment.

**COST-EFFECTIVE  
TREATMENT IN THE  
COMFORT OF YOUR  
OWN HOME**

# STUDIES & RESEARCH

In the last decade, multiple research studies have demonstrated that online CBT programs, when combined with clinician's support are very effective as an alternative to traditional face-to-face CBT for tinnitus.

In 2020, digital CBT programmes for tinnitus were **recommended** by NICE (The National Institute for Health and Care).

## EVIDENCE-BASED & ACCESSIBLE

Dr Hashir Aazh PhD is the director of Hashir International Specialist Clinics and Research Institute. He is a pioneer in audiologist-delivered cognitive behavioural therapy (CBT) and developed QuietMind over years of research and dedicated studies.

## DR HASHIR AAZH

