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

By James A. Henry, Tara L. Zaugg, Paula J. Myers

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...



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