# MUSICAL TINNITUS

Comes from auditory memory.

Use recorded pieces of music from memory.

Usually occurs w individuals that have significant hearing losses. So this event is huge in view of lack of other auditory events

Auditory imagery is the phantom perception of well-known musical tones or of voices without any understandable speech (Berrios, 1991, Berrios and Rose, 1992, Goodwin, 1908). This perception is much less frequent, nevertheless, it is well documented and occurs primarily in older people with hearing loss. It is presumably a central type of tinnitus involving reverberatory activity within neural loops at a high level in the auditory cortex.

Melzak (1989) presented convincing data supporting the theory that: “the experience of a phantom limb has the quality of reality because it is produced by the same brain processes that underline the experience of the body when intact; neural networks in the brain generate all the qualities of experience that are felt to originate in the body, so that inputs from the body may trigger or modulate the output of the networks, but are not essential for any of the qualities of experience”. He further argued that similar mechanisms are involved in phantom seeing, and phantom hearing, including tinnitus.

Mindfulness relaxation

The limbic system stores auditory memories and can recall memories of multiple or single frequencies. This process likely originates from the limbic system rather than a bottom-up approach. Treatment remains the same if this is the case.

The difference lies in the role of working memory, which acts as a filter between short-term and long-term memory. Information deemed important is transferred to long-term memory. This importance can be due to positive or negative emotions. Interestingly, negative experiences are more likely to be stored in long-term memory.

For example, if an event made us feel bad, that moment might be associated with a specific trigger (like a sound) and stored in long-term memory as a learned conditioned response. This storage can occur in a brief moment, even in just one second.

It is possible that the entire process begins and ends within the limbic system. Working memory is located in the hippocampus.