



Descriptions of DVD and CD

A DVD and a CD are attached to the back cover of this handbook. The DVD contains four interactive videos. The first two videos model the education that is provided to patients during the two sessions of PTM Level 3 Group Education that are conducted by an audiologist. These two videos can be used to accomplish two purposes: (1) All clinicians who plan to lead Level 3 Group Education should first watch the videos while assuming the role of the patient—this will facilitate learning how to teach the Level 3 sessions. (2) The videos can be shown to groups of patients during the Level 3 Group Education instead of using the PowerPoint presentations that are provided in the attached CD. 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 CD contains PowerPoint files that should be used for the Level 3 Group Education sessions when conducting live presentations.

“Managing Your Tinnitus” DVD

Video 1: “Managing Your Tinnitus” for group viewing, Session 1

Length: 35:08

This is the first in a series of two video programs designed to be watched by a group of people. The two videos feature an interactive discussion of techniques for managing reactions to tinnitus. Researchers James Henry, Ph.D. and Tara Zaugg, Au.D. guide the viewers in developing a customized “sound plan” to manage reactions to tinnitus. This first video corresponds with the first session of Level 3 Group Education (see Chapter 7).

Video 2: “Managing Your Tinnitus” for group viewing, Session 2

Length: 27:00

This is the second in a series of two video programs designed to be watched by a group of people, and features an interactive discussion of techniques to use for tinnitus management. Researchers James Henry, Ph.D. and Tara Zaugg, Au.D. begin by reviewing important points from the first video session, then discuss ideas for choosing listening devices. This is followed by ideas for updating the viewers’ sound plans, and a comparison of the different sound-based methods of tinnitus management. Finally, the researchers discuss other things viewers can do to manage their tinnitus.

Video 3: “Managing Your Tinnitus,” Imagery Exercise

Length: 10:19

Tinnitus can cause stress and tension that prevents clear thinking and optimum functioning. This brief video guides the viewer through a powerful relaxation technique known as “Imagery.” This exercise can be used any time to help the viewers get their mind off their tinnitus and help them feel calm and relaxed.

Video 4: “Managing Your Tinnitus,” Deep Breathing Exercise

Length: 12:48

Tinnitus can cause stress and tension. Many people want their tinnitus to go away, or at least to be quieted. Unfortunately, there is no safe and consistent way to quiet tinnitus, but there are many ways to feel better by using techniques to relieve stress and tension. One of these techniques

is called “Deep Breathing,” and this video provides a relaxing, guided exercise to help the viewer learn the techniques to help them get their mind off their tinnitus so they can function more effectively.

**CD with PowerPoint Files:
“Managing Your Tinnitus:
What to Do and How to Do It”—
Sessions 1 and 2**

The CD contains two PowerPoint files, three sound files, and a folder that contains Opera-

tions Files to make the programs work properly. The two PowerPoint files contain presentations titled *Managing Your Tinnitus: What to Do and How to Do It*—Sessions 1 and 2. The three sound files are linked to the Session 1 PowerPoint file.

These presentations were created to guide PTM Level 3 Group Education. Audiologists normally give the presentations, although they can be given by anyone who is proficient in the PTM education. Further information can be found in Chapter 7.