



INTEGRATED TINNITUS THERAPY

THERAPIES	APPROACHES	RECOMMENDED EVALUATION PROTOCOL
Counseling	Tinnitus Retraining Therapy (TRT) Widex Zen therapy Anti-depressants/Anti-anxiety medication (prescribed by physician) Cognitive-Behavioral therapy Mindfulness-based stress reduction Instructional counseling Adjustment-based counseling Awareness-cognitions-emotional state intervention	Subjective Tinnitus Functional Index questionnaire Comprehensive audiological evaluation OAE (OtoAcoustic Emissions) Otoacoustic immittance/Tympanogram Tinnitus pitch & loudness matching Minimum masking levels Residual inhibition Realistic expectations Counseling
Amplification	Widex Zen ReSound Tinnitus Sound Generator Oticon Tinnitus Sound Support Starkey Multiflex Tinnitus Technology Phonak Tinnitus Balance Noise Generator	Hearing aid evaluation
Acoustic therapy	Music Fractal tones Noise Maskers Phone applications	
Relaxation	Behavioral exercises	
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