

Phase number	Treatment outline
Phase 1	Educating the patient about the auditory system (brief, only if necessary after TRT sessions)
Phase 2	Introduction of CBT and assess the motivation and commitment towards the therapy
Phase 3	Help identify thoughts, emotions and behavior in response to sound
Phase 4	Help identify negative automatic thoughts and core belief
Phase 5	Education about common errors of judgment and distortions in thoughts
Phase 6	Challenging unhelpful thoughts and creating counterstatements
Phase 7	Empirical demonstration: experiencing the consequence of helpful thoughts
Phase 8	Behavioral desensitization and graded exposure

**Note:** CBT treatment outline by Dr. Aazh based on handouts and personal communication from the Tinnitus and Hyperacusis Master Class in March 2013 at Birkbeck College, London

# Sample Cbt Session By Session

**Terry C. Jones**



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