

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

Shasha Hu



Sample Cbt Session By Session:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Sample Cbt Session By Session**

In a global inundated with displays and the cacophony of immediate conversation, the profound power and psychological resonance of verbal beauty often fade in to obscurity, eclipsed by the constant onslaught of noise and distractions. However, situated within the musical pages of **Sample Cbt Session By Session**, a charming function of literary brilliance that pulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this interesting opus guides viewers on an emotional odyssey, softly revealing the latent potential and profound affect embedded within the complex internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is main themes, dissect their captivating publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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