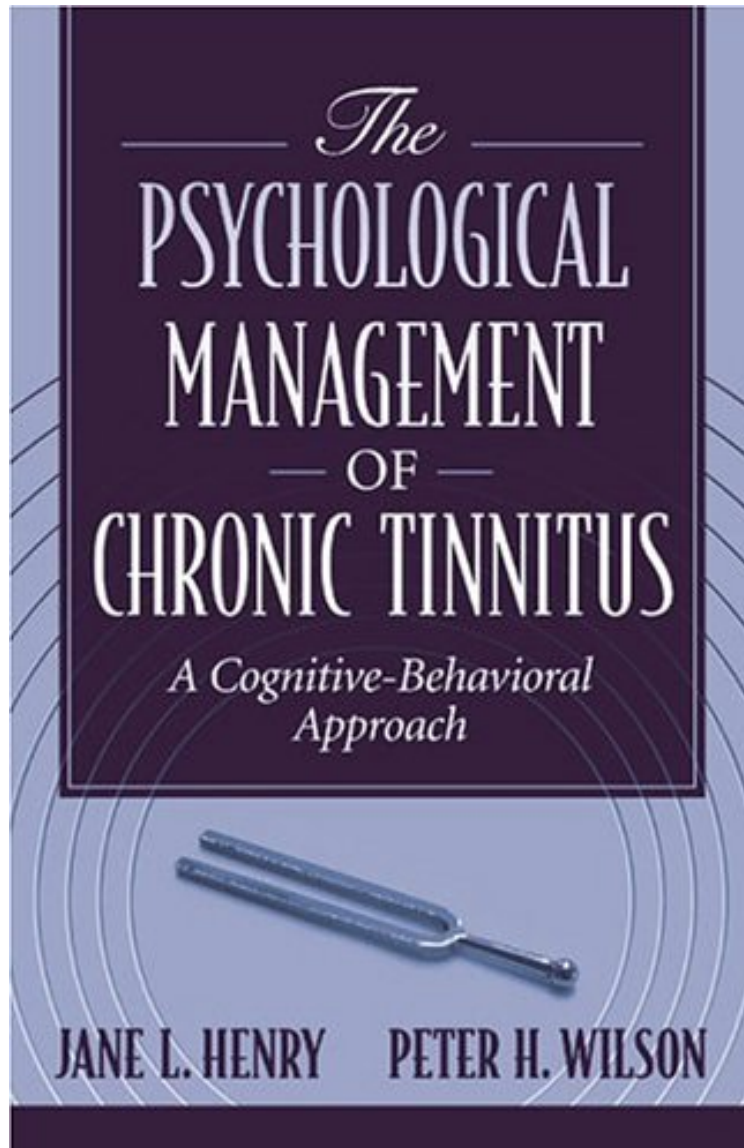


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This book provides a description of cognitive behavioral therapy in the management of Tinnitus by integrating theory and research, and drawing upon clinical experience in dealing with associated problems such as the management of depression, anxiety, and sleep difficulties. The Psychological Management of Chronic Tinnitus offers an extensive overview of the problem, its causes, hypothesized mechanisms, and conventional medical and audiological treatments. Readers are taken through the sequence of activities involved from initial interviewing, psychometric assessment, therapeutic decision making, and the conduct of treatment itself. Educational material on the basic mechanisms involved in hearing science, essential in communicating effectively with patients and other professionals, is also included. A comprehensive resource that integrates educational material with pragmatic information, the book provides the necessary background information about Tinnitus and its management to assist clinicians in designing appropriate assessments and interventions for clients.