

# Tinnitus Retraining Therapy

**Advances in tinnitus research have brought about several new kinds of tinnitus therapy. Tinnitus Retraining Therapy is one of them.**

**Tinnitus Retraining Therapy (TRT) is a process of learning to cope with your tinnitus on a conscious and subconscious level. This technique has helped a lot of people.**



**This therapy can be compared to the sound of raindrops falling on a roof being noticed when it first starts raining, but going unnoticed and put out of mind after some time. TRT requires close co-operation with hearing professionals. The therapy is employed at the perceived source of the tinnitus and aims to teach the brain to ignore it.**

## **TRT combines three significant therapeutic steps:**

- 1. Extensive collection of information about the patient, including patient history and daily living habits.**
- 2. Use of devices worn behind the ear and generating broad-band noise to divert attention of the patient away from the tinnitus.**
- 3. Psychological therapy teaching the patient to ignore the tinnitus noise. This is combined with deep relaxation exercises and stress management. The object is the elimination of the patient's anxiety, so that the tinnitus is no longer perceived as a danger, thus diverting the concentration away from the tinnitus noise.**

**The end goal is complete habituation of the noise. The duration of the treatment varies depending on the treatment facility involved.**

**Southwest Florida Tinnitus and Hearing Center offers  
COMPLIMENTARY Tinnitus Consultations  
Call (239) 992-HEAR (4327) for details or Appointment**