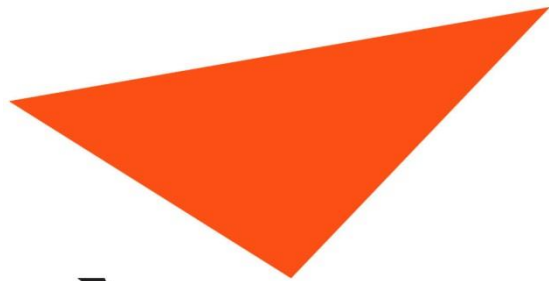


Hearing Therapy

Dr Helen Pryce



Aston University

# Purpose of this session

- Introduce the role of the Hearing Therapist
- Describe the training routes into Hearing Therapy

# So what's Hearing Therapy?

- Hearing Therapists are experts in rehabilitation of people with chronic hearing conditions
- This includes hearing loss, Deafness, tinnitus, medically unexplained hearing loss, hearing loss in combination with other chronic communication problems



# What's the point?

- 360 million people world wide have permanent hearing loss (91% are adult)
- 1 in 3 of us have hearing loss which affects communication
- As we get older that shifts to more than 1 in 2 – we are all affected

# Don't hearing aids just fix that?

<https://www.starkey.com/hearing-loss-simulator>



# Why not?

- Sensory nerve endings damaged
- Amplification can make quieter sounds louder
- But it can't make things clearer.....



# And.....

- Many people do not wear them!
- Discomfort
- Unhelpful sound quality
- Poor environment for adapting to hearing aid



# How does a Hearing Therapist help?

- Works with an individual to find solutions and changes in their own lives
- Shared decision making and values led care
- Practical suggestions, use of technology
- Psychological and psychotherapeutic care





# So...in the care home

- Provide information and training to staff, family, friends etc
- Support use of amplification either hearing aids or environmental aids – what matters to the patient?
- Support social interventions – voluntary support, lip-reading groups



# Tinnitus?

- Hearing Therapists provide patient-led care
- Information
- Psychotherapeutic changes
- Individualised care may involve sound therapies

Use this decision aid to help you and your healthcare professional(s) talk about evidence based tinnitus care options. If you have a hearing loss as well, see the Hearing loss: hearing technology options Option Grid [www.optiongrid.com](http://www.optiongrid.com)

Frequently asked questions	Options for tinnitus care			
	Understanding tinnitus	Talking therapies	Using sound	Group support
Will this option mean I hear my tinnitus less or cure it?	Understanding tinnitus may not make it go away, but getting a better grasp of tinnitus can mean that you notice it less.	Following talking therapy, some people don't hear tinnitus as much, whilst some people may find that they hear it just as much, others often describe their tinnitus as becoming less bothersome.	Some people find playing sound through various devices helps them hear the tinnitus less. Sound is unlikely to make your tinnitus go away completely. If you have hearing loss and tinnitus some people feel hearing aids can help reduce awareness - see the Hearing loss: hearing technology options Option Grid.	This probably won't mean that you hear your tinnitus less, but sharing experiences can be supportive, especially in helping you to understand tinnitus and feel less alone. This may mean that you notice tinnitus less.
What does this do to tinnitus?	Tinnitus is often made worse by worrying about what it is and what it means. Understanding tinnitus and what influences it can help you manage tinnitus better.	Tinnitus is often made worse by higher levels of stress, and talking therapies can help by reducing stress. Talking therapies also focus on changing how you respond to tinnitus. You learn to change how you think and act and how much attention you give to it.	Tinnitus is influenced by other sounds around you. By listening to external sounds, you're likely to hear your tinnitus less. It can be helpful to focus your attention onto another sound.	Groups can help people find support from others. People swap ideas about what helps them with their tinnitus.
How does this approach help tinnitus?	Gaining a sense of the causes of tinnitus and what keeps people noticing it, can help people cope with tinnitus. Most people find discussing tinnitus information with an Audiologist or Hearing Therapist is helpful.	Talking therapies have been shown to reduce distress caused by tinnitus. People who have talking therapy for tinnitus can find that they notice it less.	Some people find it helpful to put a radio on in the background when they come into a quiet setting. Others may use relaxing sounds to help get to sleep at night. Various devices and apps are available for this.	Many people find it helpful to meet others who are in the same position. Groups provide information and support. Groups are unlikely to make tinnitus go away but understanding that you are not alone might help.
How do I access this option?	You can get tailored advice from your Hearing Therapist or Audiologist. Your GP can refer you to these services. The British Tinnitus Association produce clear information on all aspects of tinnitus.	There are different types of talking therapies. You can access this type of help from a psychologist, therapist or even online. Talk to your GP about referral.	An Audiologist or Hearing therapist can advise on this. Your GP can arrange a referral.	The British Tinnitus Association have information on tinnitus groups in the UK. Alternatively your local audiology service may be able to guide you to a group.
Can I choose more than one option?	Yes	Yes	Yes	Yes

( T ) British Tinnitus Association

Editors: Melin Pryce, Elizabeth Marks, Sarah Swift, Moiana Ward, Amanda Hall, Rachel Shaw, Beth-Anne Cullane, Jean Straus, Katie Chilvers.

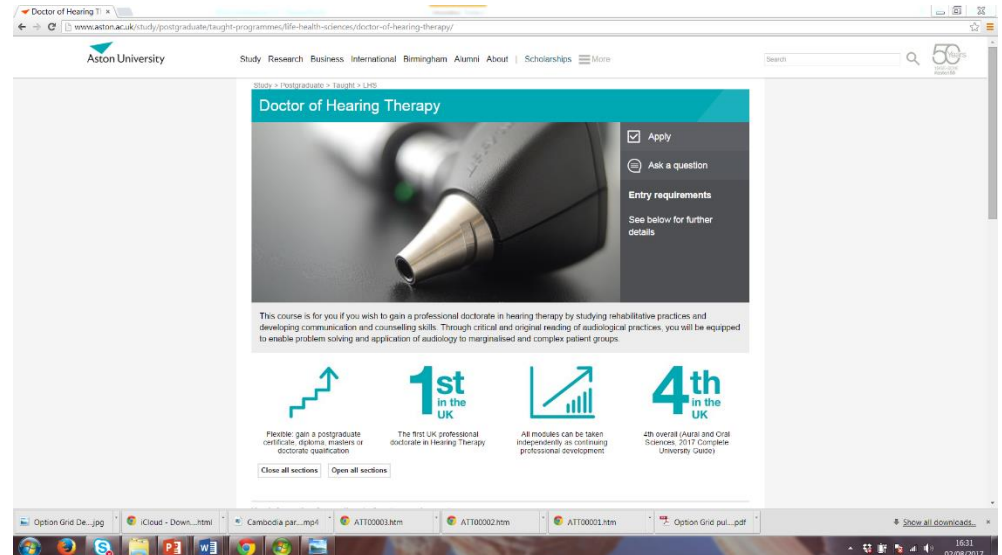
# Specialist care

- Adults with learning disabilities
- Adults with cognitive and neurological difficulties
- Adults with additional sensory impairment (Deafblindness)
- Experts in multimorbidity



# Our postgraduate training

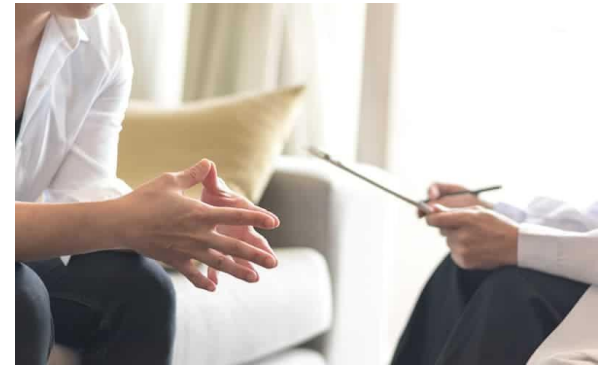
- Open to graduates from any discipline
- Provides training in counselling and communication skills required
- Beyond scope of audiologists



The screenshot shows the Aston University website for the Doctor of Hearing Therapy program. The page features a navigation bar with links for Study, Research, Business, International, Birmingham, Alumni, About, Scholarships, and More. The main content area is titled "Doctor of Hearing Therapy" and includes a large image of a hearing aid. A sidebar on the right contains links for "Apply", "Ask a question", "Entry requirements", and "See below for further details". Below the main image, there is a paragraph describing the course: "This course is for you if you wish to gain a professional doctorate in hearing therapy by studying rehabilitative practices and developing communication and counselling skills. Through critical and original reading of audiological practices, you will be equipped to enable problem solving and application of audiology to marginalised and complex patient groups." The page also highlights four key features: "Flexible: gain a postgraduate certificate, diploma, masters or doctorate qualification", "1st in the UK: The first UK professional doctorate in Hearing Therapy", "All modules can be taken independently as continuing professional development", and "4th overall (Aural and Oral Sciences, 2017 Complete University Guide)". At the bottom, there are buttons for "Close all sections" and "Open all sections". The browser's taskbar at the bottom shows several open applications, including Opton Grid De..., iCloud - Down..., Cambodia par..., ATT00003.htm, ATT00002.htm, ATT00001.htm, and Opton Grid pul...pdf. The system tray at the bottom right shows the date and time as 16:31 on 02/09/2017.

# Year one

- Counselling and communication
- Tinnitus
- Hearing loss and rehabilitation – including devices



# Year two

- Health behaviours
- Vestibular rehabilitation
- Evidence based practice



# Year 3

- Research methods
- Research proposal
- The either MSc or PD route selected



# MSc

- Year 3 original research project and dissertation produced







# On graduating

- Most graduates are employed in NHS provider services either NHS hospitals, social enterprises or commercial providers
- Hearing Therapists also have roles in education and social care



# Progression?

- Many Hearing Therapists involved in training and higher education
- Hearing Therapists lead and manage audiology departments
- Some run their own private practices



# Questions?

