



A Representative 8 week Cognitive Behavioral Therapy (CBT) Program for Tinnitus

Week	Program Interventions
1	<ul style="list-style-type: none">• Discuss CBT Model• Assign Homework
2	<ul style="list-style-type: none">• Review Homework• Discuss Recognizing Emotions vs. Thoughts• Assign Homework
3	<ul style="list-style-type: none">• Review Homework• Discuss Identifying Thought Distortions and Helpful vs. Unhelpful Thoughts• Assign Homework
4	<ul style="list-style-type: none">• Review Homework• Discuss Establishing Alternative Thoughts• Assign Homework
5	<ul style="list-style-type: none">• Review Homework• Discuss Relaxation Techniques• Assign Homework
6	<ul style="list-style-type: none">• Review Homework• Discuss Improving Your Sleep• Assign Homework
7	<ul style="list-style-type: none">• Review Homework• Discuss Increasing Pleasant Activities and Activity Tracking• Assign Homework
8	<ul style="list-style-type: none">• Review Homework• Discuss Goal Setting• Review What Skills Have Been Helpful

SOURCE: Tunkel DE, Bauer CA, Sun GH, et al. Clinical Practice Guideline: Tinnitus. *Otolaryngol Head Neck Surg.* 2014;151(S2):S1-S40.

About the AAO-HNS

The American Academy of Otolaryngology—Head and Neck Surgery (www.entnet.org), one of the oldest medical associations in the nation, represents about 12,000 physicians and allied health professionals who specialize in the diagnosis and treatment of disorders of the ears, nose, throat, and related structures of the head and neck. The Academy serves its members by facilitating the advancement of the science and art of medicine related to otolaryngology and by representing the specialty in governmental and socioeconomic issues. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology-head and neck surgery through education, research, and lifelong learning. The organization's vision: "Empowering otolaryngologist-head and neck surgeons to deliver the best patient care."