

Ψ Westchester County Psychological Association

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CLINICAL DIVISION MEETING

FRIDAY, SEPTEMBER 28, 2018

Scarsdale High School, Little Theatre
12:00 to 2:00 p.m.

Title: Cognitive-Behavioral Therapy (CBT) for Tinnitus Distress
presented by
Bruce Hubbard, Ph.D., ABPP

Tinnitus, commonly known as “ringing in the ears”, is a chronic auditory condition that affects 48 million Americans. One in three (16 million) develop a condition called “Tinnitus Distress”, a persistent emotional reaction, involving anxiety, depression and insomnia, that ranges in severity from mild to disabling. In an attempt to help. Audiologists have developed various “sound therapies” However, tinnitus distress is an emotional condition that is best treated by mental health professionals. At present, Cognitive-behavior therapy (CBT) is the only evidence-based treatment for tinnitus distress. Yet very few cognitive behavior therapists have even heard of tinnitus, much less gained the expertise to treat it. Dr. Hubbard will provide an overview of CBT strategies for tinnitus distress, including cognitive restructuring, acceptance, mindfulness, graded exposure and values-directed activation.

About the Presenter: On developing tinnitus himself in 2005, Bruce Hubbard, PhD, ABPP, found CBT to be the only effective management approach. Observing a substantial gap between the evidence supporting CBT for tinnitus and the availability of services, he went on to found *CBT for Tinnitus, LLC*, whose mission is to provide help to other sufferers as well as training for mental health professionals interested in expanding their range of service. Bruce Hubbard is a Visiting Scholar at Columbia University - Teacher's College, Associate Clinical Professor at Icahn School of Medicine, Mt. Sinai Hospital, Past-President of the New York City Cognitive Behavior Therapy Association, Founder and Director of CBT for Tinnitus, LLC. He is certified in Cognitive and Behavioral Psychology through the American Board of Professional Psychology (ABPP).

This program is free for WCPA Members

There is a \$15.00 fee for non-members (to be paid at the door by check or cash)

Please RSVP to this email by September 21, 2018