

# Information Handout

Professional Version | US English

# How We Hear Sounds



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## Description

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Understanding how we hear sounds, and what goes wrong in tinnitus, is an essential part of tinnitus treatment. *How We Hear Sounds* is an information handout which describes the key stages of sound perception.

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## Instructions

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This is a Psychology Tools information handout.

Suggested uses include:

- Client handout – use as a psychoeducation resource.
- Discussion point – use to provoke a discussion and explore client beliefs.
- Therapist learning tool – improve your familiarity with a psychological construct.
- Teaching resource – use as a learning tool during training.

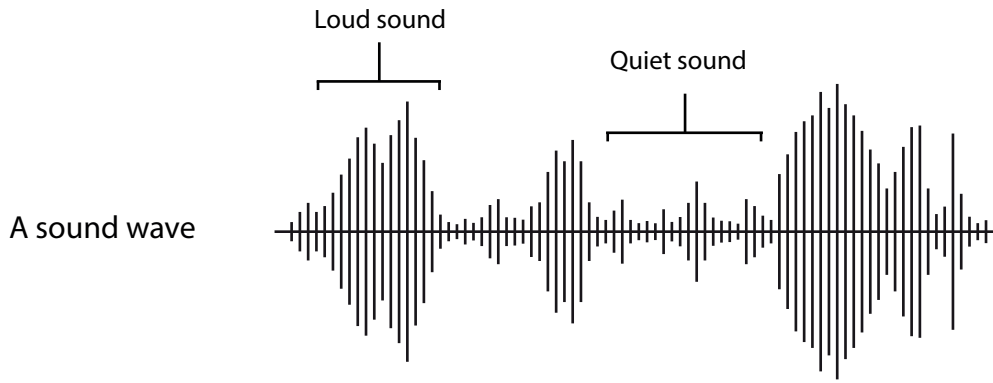
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## References

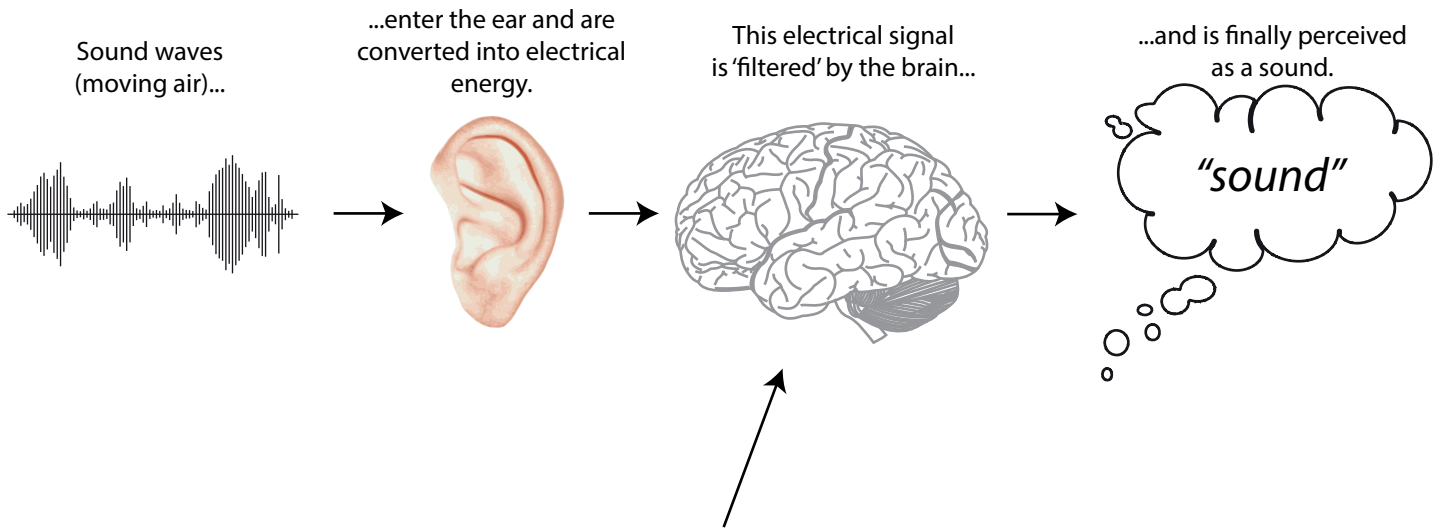
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Tyler, R. S. (Ed.). (2006). *Tinnitus treatment: clinical protocols*. Thieme.

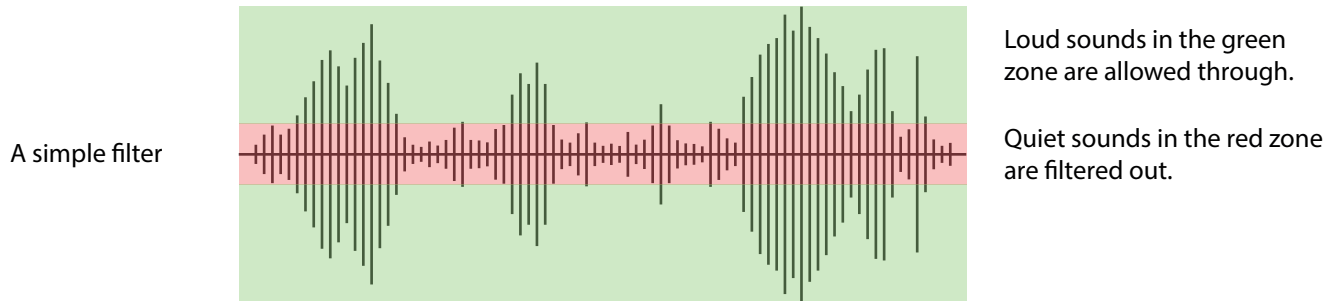
# How We Hear Sounds



How we hear sounds:



The brain performs complex filtering of sounds, all without us being aware of it.



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Our digital library encompasses information handouts, worksheets, workbooks, exercises, guides, and audio skills-development resources.

Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



**Resource details**

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 Translated title: How We Hear Sounds

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