

# Information Handout

Professional Version | US English

# What Keeps Tinnitus Going?



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## Description

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*What Keeps Tinnitus Going?* is a tinnitus formulation diagram which combines information about neurological-level change (the brain's 'filter') and psychological-level change (thoughts, feelings, and behavior). It describes how changes in the brain's auditory 'filter' can lead to the experience of tinnitus, and how emotional arousal acts to maintain the changes in how the filter operates.

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## Instructions

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This is a Psychology Tools information handout.

Suggested uses include:

- Client handout – a psychoeducation resource.
- Discussion point – to provoke a discussion and explore your client's beliefs.
- Therapist learning tool – to improve your familiarity with a psychological construct.
- Supervision tool – to develop formulations and knowledge.
- Teaching resource – a learning tool during training.

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## References

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McKenna, L., Handscombe, L., Hoare, D. J., Hall, D. A. (2014). A scientific cognitive-behavioural model of tinnitus: novel conceptualizations of tinnitus distress. *Frontiers in Neurology*, 5, 1-15.

# What Keeps Tinnitus Going?

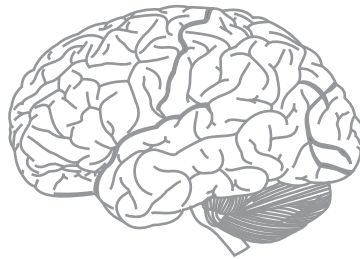
Sound from around you...



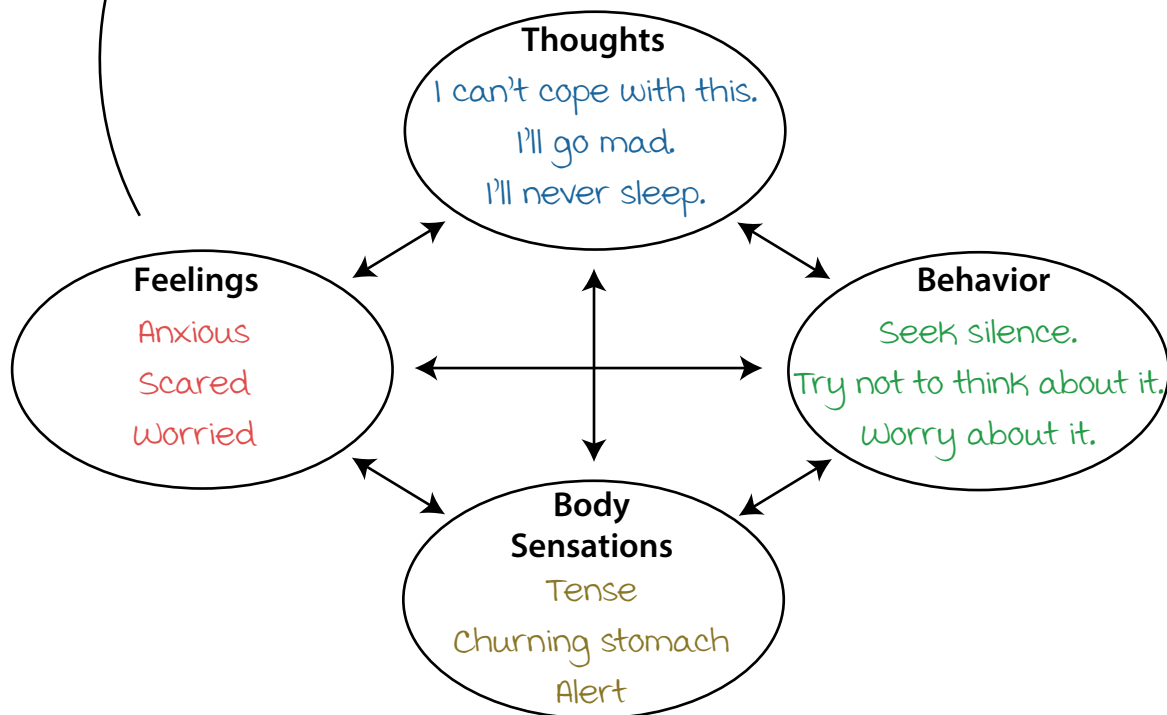
...enters the ear and is converted into electrical signals.



In tinnitus the filter is open too wide and lets noise through.



Feelings of anxiety and danger cause the filter to open further.



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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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