



Inner Ease Tinnitus Centre

Mindfulness Meditation

for tinnitus and other sound intolerances



10-week programme

Mindfulness practice is well-established through scientific research as a proven technique for reducing the impact of tinnitus and other auditory symptoms in people's lives. These practices work by reducing the stress arising from your symptoms, re-framing the unhelpful thoughts and beliefs around your symptoms and expanding your acceptance of the unwanted auditory stimulus.

This 10-week programme is designed to introduce you to the benefits of mindfulness meditation in a personal, holistic and supportive setting. You will be professionally led and nurtured along the way by Dani Fox, specialist audiologist and experienced mindfulness teacher. Upon completion of this programme you will have learned to utilise a full toolkit of skills and practices that enable you to manage your symptoms in a more neutral or even friendly manner. This will allow you to find more ease with your tinnitus and increase your ability to live life more whole-heartedly.

Research shows that a regular short daily practice for 8-12 weeks is required to begin to see the rich benefits of this technique. Those ready to commit to a deeper level of practice may find the benefits to be exponential.

This 'Mindfulness Meditation for Tinnitus and Other Sound Intolerances' programme begins with an introductory week of foundational meditation skills and an initial personal meeting with course designer and facilitator, Dani Fox. We conclude with a week dedicated to summing up the key learnings and self-evaluation of the effectiveness of these practices in addressing your symptoms. The intervening weeks (weeks 2-9) are themed and sequenced to build your skills with the provision of two new guided meditations each week, such that upon conclusion you will have a collection of 18 mindfulness practices to support your ongoing wellbeing.

	Topic	Includes:
Week 1	Self-care package	<ul style="list-style-type: none"> ♡ Pre-course questionnaires ♡ 15-minute Zoom (phone or email) connection with Dani to begin ♡ Self-care checklist ♡ Beginner's Guide to Meditation (debunking myths) ♡ Short audio meditation practice for beginners
Week 2	Curiosity	<ul style="list-style-type: none"> ♡ Mindful Monday – weekly inspiration and poem to your inbox ♡ Written guide to the week's meditation practices ♡ Audio #1: short 10-minute mindfulness meditation for daily practice ♡ Audio #2: longer 30-minute mindfulness meditation experience ♡ 15-minute video call (or phone or email) connection with Dani to discuss your practice

Week 3	Opening to the present moment	♡ Structured as for week 2 above
Week 4	Negativity bias	♡ Structured as for week 2 above
Week 5	Placing yourself in the observer / witness role	♡ Structured as for week 2 above
Week 6	Acceptance vs resistance	♡ Structured as for week 2 above
Week 7	Self-compassion and loving kindness	♡ Structured as for week 2 above
Week 8	Gratitude	♡ Structured as for week 2 above
Week 9	Finding rest and ease	♡ Structured as for week 2 above
Week 10	Neural plasticity	♡ Post-course questionnaires: reflecting on any differences from week 1 ♡ Self-care checklist revisited ♡ Short audio mindfulness meditation practice ♡ 15-minute video call (or phone or email) connection with Dani to conclude
Monthly	Tinnitus Support Group – online Zoom cafe	♡ Free attendance for the duration of this course

* All audio recordings can be downloaded and kept as you build a home mindfulness library to support your well-being

** Transcripts available of the audio recordings for those with hearing loss impacting speech perception

Cost:

The programme cost is \$290 for the full 10-week course, payable via card in person or bank transfer if paying remotely.

Registration:

Please email Dani to register your interest in this programme:

innereasetinnituscentre@gmail.com

You will then receive an email with payment options. Once payment has been received, you can begin - Dani will personally be in touch with all the details...

