

Clinical Treatment with HaRT

(Habituation and Retraining Therapy)

In the HaRT™ Clinical Care Program for tinnitus, expert tinnitus education and information, proper use of sound therapy, and routine interaction with a tinnitus expert audiologist are the three key elements of successful treatment. Tinnitus management skills and sound therapy are utilized for short-term relief, and retraining and correction of hypermonitoring is utilized for long-term habituation.

The three core components of HaRT are:



1. Expert tinnitus education and information

It is important for the patient to receive thorough, accurate, and individualized information about tinnitus, its physiological and perceptual components, and the process of habituation. Our counseling and education sessions explain the facts about tinnitus and how care is provided to give relief, and guide the patient through the process of achieving short-term and long-term benefit.



2. Proper use of sound therapy

Correct integration of a sound therapy device into daily life is critical. The HaRT program helps the patient to learn new skills, like passive listening, and to understand how relief occurs. Guidance on the correct usage of the device along with a detailed explanation of the basic milestones of progress with sound therapy give the patient confidence in the treatment.



3. Regular interaction with a tinnitus expert audiologist

The HaRT program offers regular interactions between patient and audiologist as needed during treatment to facilitate the best outcome possible for each patient. This is both proactive with the audiologist regularly reaching out and connecting with the patient, and reactive where the audiologist is available to the patient for any questions or issues he or she might have any time.

In addition to counseling and education sessions, HaRT includes screening for tinnitus and hearing loss, sound therapy device customization and instruction for use, development of clinical milestones, and treatment monitoring. Interactions are both in person and through telemedicine (phone, internet) as appropriate.

The HaRT approach is unique to Tinnitus Treatment Solutions. It draws from other well established, evidence-based approaches while also incorporating the most convenient methods and technologies for the patient and the learnings of our own clinical experts, gathered from years of patient interactions.

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