

## **Title:** Progressive Tinnitus Management: How-To Workshop

### **Course Outline** (total 7.0 hr)

Definitions and background	45 min
Research leading to PTM	30 min
Overview of PTM	30 min
Level 1 Triage	15 min
Level 2 Audiologic Evaluation	60 min
Sound Tolerance Evaluation and Management	30 min
Level 3 Group Education – session 1	90 min
Level 3 Group Education – session 2	60 min
Level 4 Interdisciplinary Evaluation	30 min
Level 5 Individualized Support	30 min

### **Learner outcomes:** "After attending this presentation, participants will be able to..."

1. Describe the rationale and overview of levels of clinical care for Progressive Tinnitus Management (PTM)
2. Conduct all levels of PTM in the clinic
3. Provide treatment for hyperacusis using the Sound Tolerance Evaluation and Management (STEM) protocol
4. Discuss three strategies for using sound to manage reactions to tinnitus

**Purpose of Program:** Progressive Tinnitus Management (PTM) is a comprehensive tinnitus management program that includes five levels of clinical care: (1) Triage, (2) Audiologic Evaluation, (3) Group Education, (4) Interdisciplinary Evaluation, (5) Individualized Support. Each level of PTM will be presented in detail, with the focus on explaining the clinical procedures involved in conducting the protocol. The Sound Tolerance Evaluation and Management (STEM) protocol, which is used for treating patients for hyperacusis, also will be described.

### **Presenters**

#### **James A. Henry, Ph.D.**

[james.henry@va.gov](mailto:james.henry@va.gov)

503.220.8262 x57466

VA National Center for Rehabilitative Auditory Research  
Portland, OR

James Henry, Ph.D. is a certified audiologist with a doctorate in Behavioral Neuroscience. He works as a VA Research Career Scientist at the National Center for Rehabilitative Auditory Research (NCRAR) located at the Portland, Oregon VA Medical Center, and is a Research Professor, Dept. of Otolaryngology, Oregon Health & Science University. He has been at the VA for 23 years, and has conducted tinnitus research for 17 years. His research focuses on the development of standardized protocols for clinical assessment and management of tinnitus, and conducting randomized clinical trials to assess outcomes of different methods of tinnitus intervention.

#### **Tara L. Zaugg, Au.D.**

[tara.zaugg@va.gov](mailto:tara.zaugg@va.gov)

503.220.8262 x56608

VA National Center for Rehabilitative Auditory Research  
Portland, OR

Tara Zaugg, Au.D. is a licensed, certified, and clinically-privileged research audiologist employed at the NCRAR. Through her involvement in tinnitus clinical trials over the last 10 years at the NCRAR, she has developed considerable expertise in tinnitus assessment and management, and in the training of audiologists to perform tinnitus management.