



# WIDEX ZEN THERAPY

COGNITIVE BEHAVIORAL INTERVENTION





# INTRODUCTION

This tool guides you in counseling your client with tinnitus using Cognitive Behavioral Intervention (CBI). The aim is to facilitate conversation to identify unwanted thoughts and maladaptive behaviors in response to their tinnitus, and develop strategies to alter them.

This is a two-sided counseling tool, which means that one side has talking points and other information for the professional, while the other has a simplified version of this information for the client.

# CBI COUNSELING

## **Introduction to Cognitive Behavioral Intervention**

For some patients with severely negative reactions to tinnitus, basic instructional counseling is not sufficient. For these patients, cognitive behavioral intervention (CBI) may be extremely useful. CBI is designed to identify unwanted thoughts and behaviors hindering natural habituation, challenge their validity, and replace them with alternative and logical thoughts and behaviors.

It is very common to think that it is the event that causes an emotional reaction. It is not the event itself that creates our emotional response but the content of the thoughts concerning the event that creates the emotional response.

### **INFO**

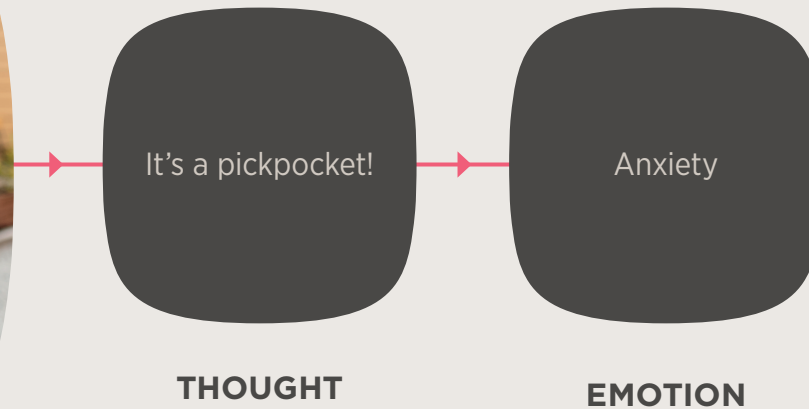
Cognitive behavioral intervention (CBI) can help people who are severely bothered by their tinnitus. CBI, like CBT, is based on cognitive theory that states that the thoughts we have regarding situations or events influence how we feel emotionally (Henry and Wilson, 2001).

# EVENT-THOUGHT-EMOTION EXAMPLE



A person grabs your arm from behind.

**EVENT**



**THOUGHT**

**EMOTION**

# EVENT-THOUGHT-EMOTION EXAMPLE

- An event causes a thought.
- A thought leads to an emotion.
- Events by themselves do not create emotions.

## Here's an example:

- Imagine you're walking down the street when a person grabs your arm from behind (**event**).

- You might think "It's a pickpocket!" (**thought**) and your brain and body react.
- You feel anxious and afraid (**emotions**).

This example explains the Event - Thought - Emotion model and shows that it is the thought that is the reason you react like you do.



# EVENT? THOUGHT? EMOTION?

Sad

How nice  
of them  
to invite me

This noise  
is too much

Reading  
a book

Grateful

I cannot  
concentrate

Getting invited  
to a party

Annoyed

Meeting friends  
at the cafe

# IDENTIFYING EVENTS, THOUGHTS, AND EMOTIONS

It can be difficult to tell which are emotions, which are thoughts, and which are events. On this page you can do a little exercise pinpointing which is which.

## Examples of events:

Reading a book, getting invited to a party, meeting friends at a café

## Examples of thoughts:

How nice of them to invite me, this noise is too much, I cannot concentrate

## Examples of emotions:

Grateful, annoyed, sad



## INFO

The hearing aid user can identify events, thoughts and emotions, but can also try to combine them and see whether they can match different emotions to the same event just by choosing another thought. Start with an event, for example Meeting friends at a café. The thought could be there is too much noise and the emotional reaction consequently annoyance.

ALTERNATIVE THOUGHTS



# EMOTIONAL REACTIONS

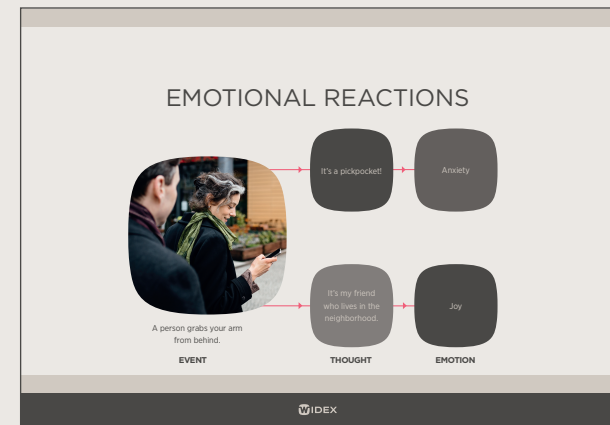


# ALTERNATIVE THOUGHTS CAN CHANGE EMOTIONAL REACTIONS

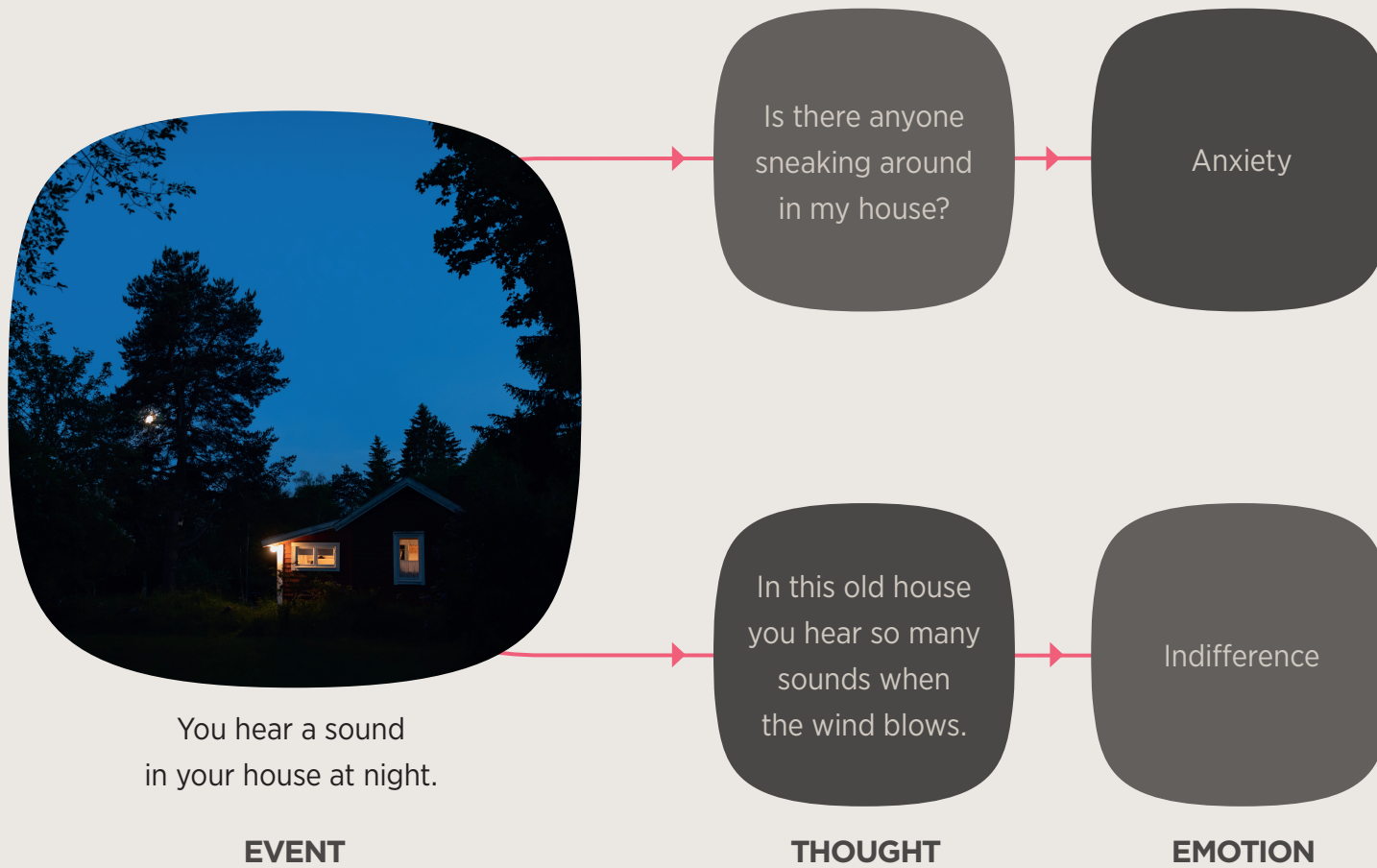
Let's have one more look at the example:

- Imagine you're walking down the street when a person grabs your arm from behind (**event**).
- You might think "It's a pickpocket!" (**thought**) and your brain and body react.
- You feel anxious and afraid (**emotions**).

If, on the other hand, this same event produces a thought that the person grabbing your arm is a loved one who was supposed to meet you that day, your emotion will be one of joy.



# EMOTIONAL REACTIONS TO A SOUND



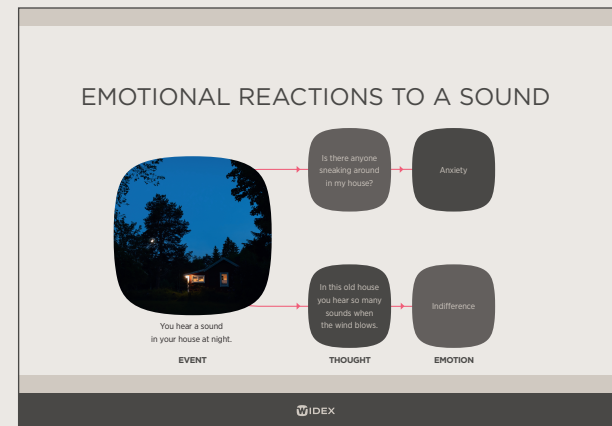
# EMOTIONAL REACTIONS TO A SOUND

If it is a sound you react to, you can change your emotional reaction by using alternative thoughts.

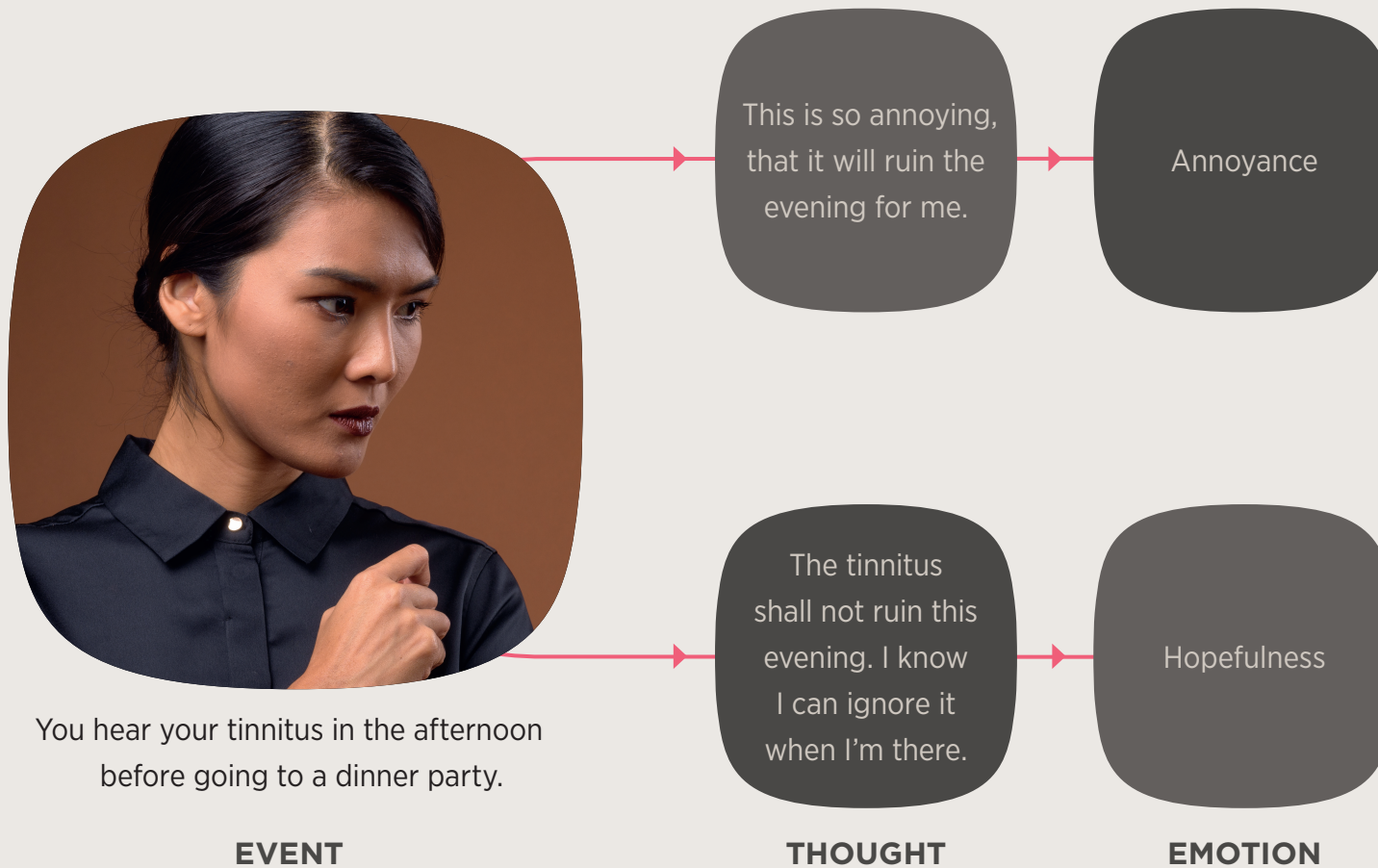
## For example:

- You are in bed and you hear a soft sound originating from somewhere in your house, but you know you're alone in your house (**event**).
- This sound can lead you to the **thought** that you are in danger.
- Your **emotion** will be anxiety.

On the other hand, if you just think the sound you are hearing is a normal sound produced by the typical creaking of the house, or by the wind.



# EMOTIONAL REACTIONS TO TINNITUS



# FIRST EXAMPLE

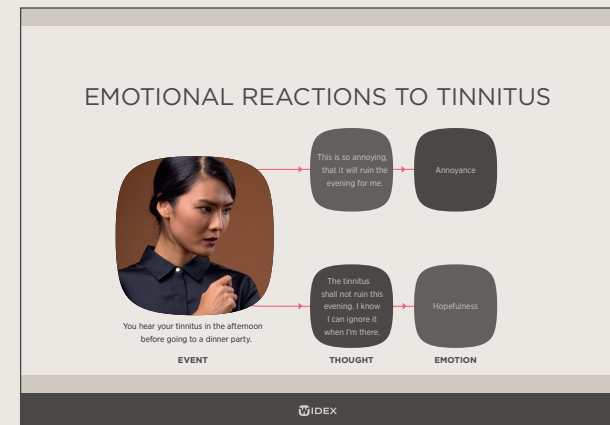
## EMOTIONAL REACTIONS TO TINNITUS

In the case of tinnitus, the perception of the tinnitus is the event. You may then have a thought about the tinnitus, which leads to your emotion (and subsequent behavior).

You hear your tinnitus in the afternoon, just before leaving for a dinner party.

Your thoughts might result in two very different emotions which may determine your behavior (whether or not you will attend).

- If you think: “This tinnitus is so annoying that it will ruin the evening for me,” you feel anxious, and decide to stay home.
- But if you think: “The party will be good and I probably will ignore the tinnitus when I’m talking and laughing,” you’ll feel that there is hope, and you’ll go to the party and plan to have a good time.



# EMOTIONAL REACTIONS TO TINNITUS



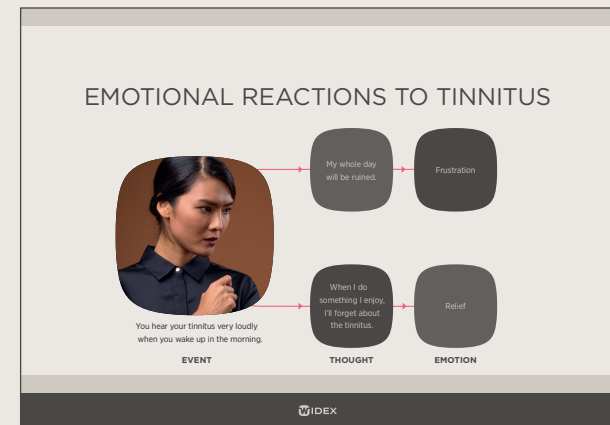
## SECOND EXAMPLE

# EMOTIONAL REACTIONS TO TINNITUS

Here's another example showing how alternative thoughts can lead to different reactions and behaviors:

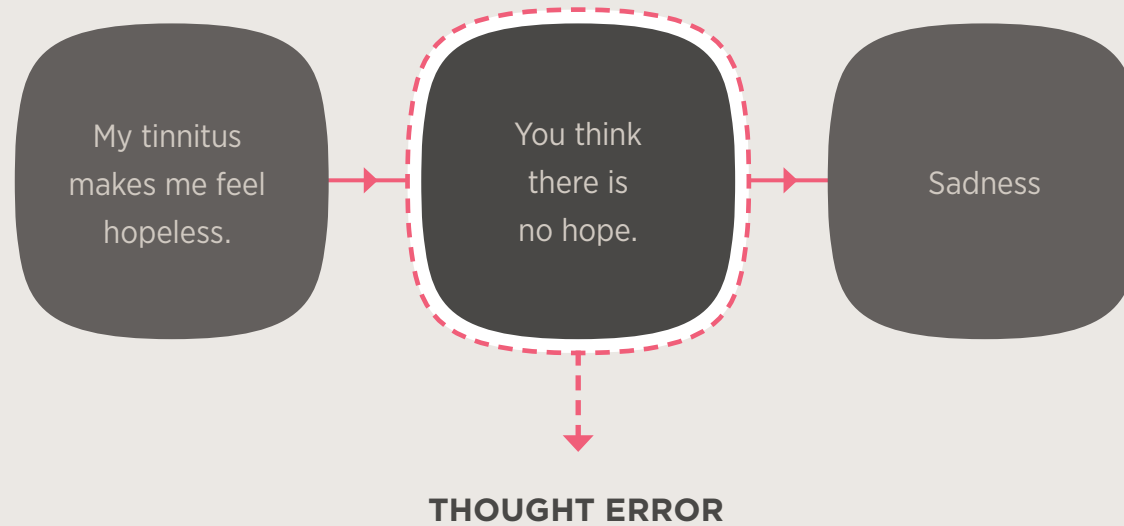
You hear your tinnitus when you first wake up in the morning.

- You think: "My whole day will be ruined!" You feel frustrated.
- Alternatively, you think: "If I get up and do something I enjoy, like going to a shopping mall where I'll be around other sounds and activities, I may not be thinking about my tinnitus." You feel relieved.





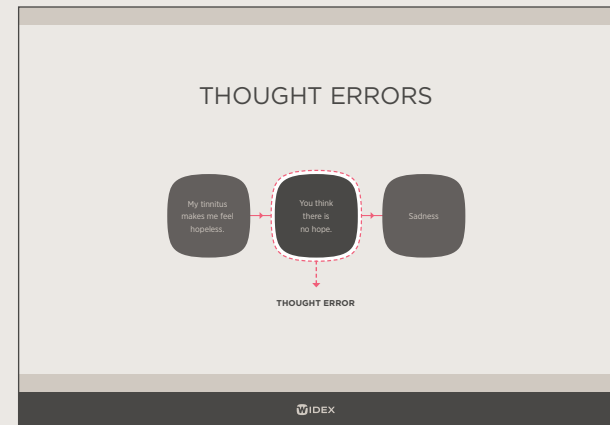
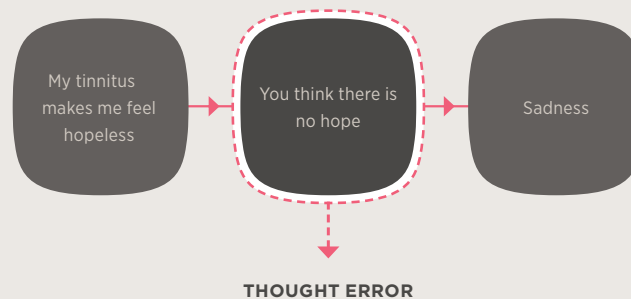
# THOUGHT ERRORS



# THOUGHT ERRORS

Sometimes people either consciously or subconsciously produce errors in judgement that can lead to negative thoughts and behaviors.

“Thought errors” make you feel upset or sad about an event that you could otherwise think about more positively.



## INFO

The academic term for thought errors is “cognitive distortions”. The CBI worksheets can be handed out to the hearing aid wearer, who can use them at home to identify thought errors and produce alternative thoughts. This can be done at the clinic, or as a “homework assignment” for later discussion.

THOUGHT ERRORS

# EXAMPLE OF THOUGHT ERRORS AND CORRECTED THOUGHTS

Thought error

My tinnitus  
makes me feel hopeless,  
there is no hope.



Alternative thought

Other people  
have survived tinnitus.  
I can too.



# FIRST EXAMPLE

## THOUGHT ERRORS AND CORRECTED THOUGHTS

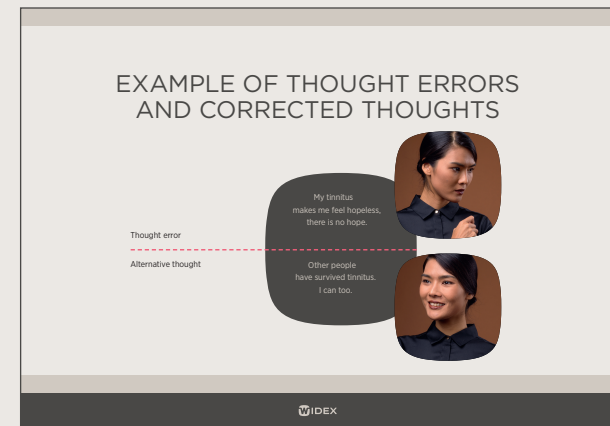
Here you can see an example of a thought error and an alternative thought.

**The text above the red dotted line is the thought error:**

- My tinnitus makes me feel hopeless, there is no hope.

**Below the line is an alternative thought:**

- Other people have survived tinnitus, I can too.



### INFO

This type of thought error is called “all-or-nothing thinking”. A list of all the different types of thought errors is available in a handout (Thinking Alternative Thoughts) that can be given to hearing aid users. This can be ordered via your local Widex representative.

# EXAMPLE OF THOUGHT ERRORS AND CORRECTED THOUGHTS

Thought error

My life used to be perfect  
before I had tinnitus  
- now I feel like it is horrible.



Alternative thought

Life is never perfect and everyone  
struggles with something.  
I've learnt to handle problems  
before and I can do it now. I still  
have so much to enjoy in life.



## SECOND EXAMPLE

# THOUGHT ERRORS AND CORRECTED THOUGHTS

Another example of a thought error and an alternative thought.

**The text above the red dotted line is the thought error:**

- My life used to be perfect before I had tinnitus - now I feel like it is horrible.

**Below the line is an alternative thought:**

- Life is never perfect and everyone struggles with something. I've learnt to handle problems before and I can do it now. I still have so much to enjoy in life (like my grandchildren).

The infographic is titled "EXAMPLE OF THOUGHT ERRORS AND CORRECTED THOUGHTS". It features a woman's face in two circular frames. The top frame shows her with a sad expression, and the bottom frame shows her smiling. A speech bubble contains the following text:

Thought error  
My life used to be perfect before I had tinnitus - now I feel like it is horrible.

Alternative thought  
Life is never perfect and everyone struggles with something. I've learnt to handle problems before and I can do it now. I still have so much to enjoy in life.

The Widex logo is at the bottom right of the infographic.

### INFO

This type of thought error is called “emotional reasoning”. A list of all the different types of thought errors is available in a handout (Thinking Alternative Thoughts) that can be given to hearing aid users. This can be ordered via your local Widex representative.

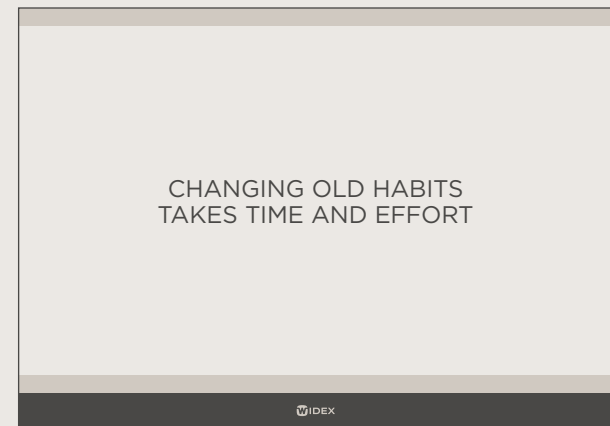
CHANGING OLD HABITS  
TAKES TIME AND EFFORT

# CHANGING OLD HABITS TAKES TIME AND EFFORT

If you find that the hearing aid user needs CBI, there is a range of elements for you to choose from:

- “Analyzing Perceived Problems”
- “Thinking Alternative Thoughts”
- “Identification of Maladaptive Behavior”
- “Identification of Negative Thoughts”

Each of the elements listed above includes descriptions of exercises that can be handed out to hearing aid users.





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