



AN INTRODUCTION TO

# WIDEX ZEN THERAPY

**WIDEX**



## WHAT IS WIDEX ZEN THERAPY?

WIDEX ZEN THERAPY (WZT) provides guidelines for tinnitus management by hearing care professionals (HCP). WZT is a tailored, holistic approach to tinnitus management, as it addresses all three dimensions of tinnitus distress: the auditory aspects, attention, and emotion. There are four key components to the WZT approach:

### **COUNSELING:**

WZT guides the HCP in providing both informational counseling and adjustment-based counseling to their client.

### **AMPLIFICATION:**

As there is a significant correlation between hearing loss and tinnitus, WZT shows how Widex hearing aids can be used for tinnitus management.

## WIDEX ZEN THERAPY

### **ZEN AND WIDEX SOUNDRELAX™ TONES:**

Using pleasant Zen and SoundRelax fractal tones, WZT shows how one can use sound therapy to reduce the bothersome nature of tinnitus.

### **RELAXATION:**

Tinnitus and stress live in a vicious cycle with one another. Using different exercises for relaxation can assist in reducing stress, increasing well-being, and reducing the effects of tinnitus.

These components can be combined, depending on the needs of the client with tinnitus. People with tinnitus who have minimal or no negative reactions to the tinnitus may not require all the components of WZT.

This introduction will provide a brief overview of how the four components of WZT can be applied. Together with this overview, Widex has developed a range of different elements and useful tools dedicated to the care of clients with tinnitus.





# INTAKE PROCESS

## LEARNING ABOUT THE PERSON WITH TINNITUS

Before you begin to incorporate the components of Widex Zen Therapy, you need to understand the medical history, needs, fears and expectations of the person with tinnitus, so that you can individualize the therapy. The first step in this process is to administer the intake questionnaires and perform an audiogram.

ASSESSMENT PROCESS	DESCRIPTION
<b>WZT Intake Questionnaire</b>	<b>Collects information on:</b> <ul style="list-style-type: none"> <li>• Tinnitus &amp; medical history</li> <li>• Previous treatments</li> <li>• Lifestyle</li> <li>• Reaction to tinnitus</li> </ul>
<b>Subjective Tinnitus Scales</b> <ul style="list-style-type: none"> <li>• Tinnitus Functional Index (TFI)</li> <li>• Tinnitus Handicap Inventory (THI)</li> </ul>	<b>Designed to:</b> <ul style="list-style-type: none"> <li>• Establish a baseline score</li> <li>• Identify how tinnitus is affecting the person's quality of life</li> <li>• Track progress</li> </ul>
<b>Audiological Evaluation</b>	<b>Measures:</b> <ul style="list-style-type: none"> <li>• Audiometry</li> <li>• Potential causes of tinnitus</li> </ul>
<b>Initial Interview</b>	Dialogue with client, to ensure that you have all of the information you need to create a treatment plan.

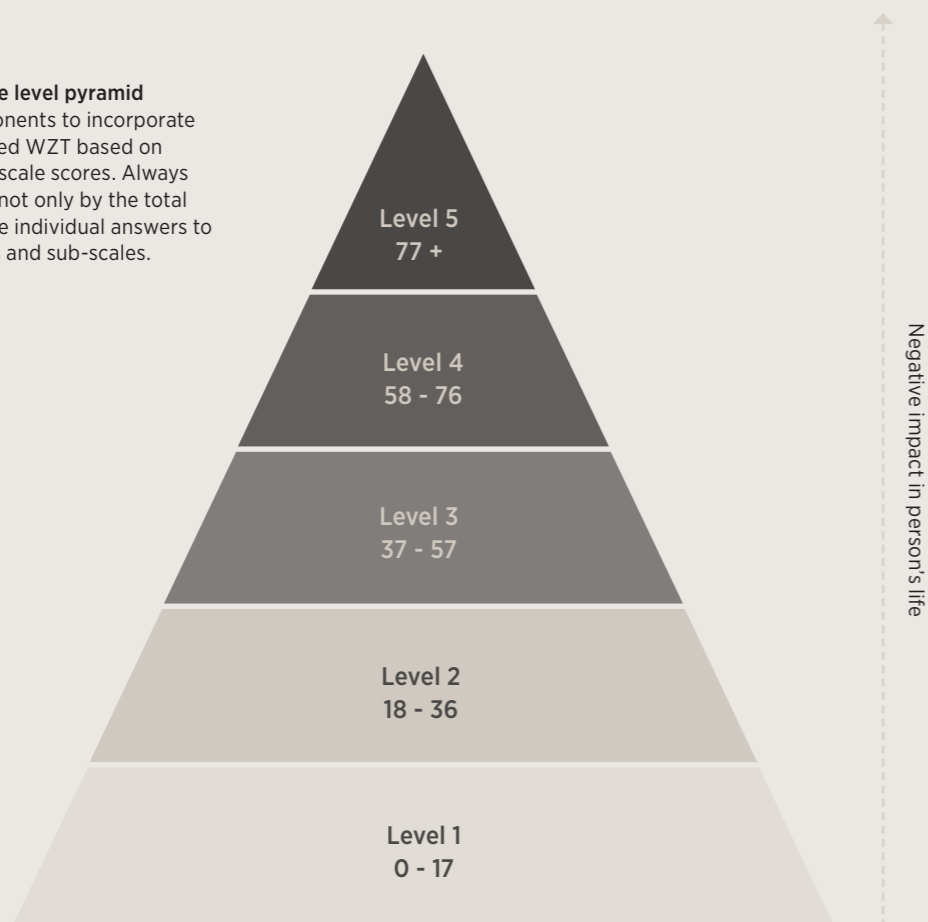
For your convenience, Widex has developed an intake questionnaire that can be used to gather this information. You can also get copies of the subjective tinnitus scales from your local Widex sales representative.

A medical consultation is always recommended to rule out any significant medical conditions.

**The following red flags indicate a need for immediate referral, preferably to an otolaryngologist**

- Sudden hearing loss
- Unexplained unilateral hearing loss
- Pulsatile tinnitus
- Tinnitus accompanied by dizziness or vertigo
- Tinnitus with conductive hearing loss previously not diagnosed
- Depression, anxiety, or uncontrolled and extreme stress

**Tinnitus disturbance level pyramid**  
 Guideline for components to incorporate into the individualized WZT based on the total subjective scale scores. Always make sure to judge not only by the total score, but review the individual answers to individual questions and sub-scales.



- Level 5**  
**Catastrophic tinnitus reaction**

Instructional and adjustment-based counseling  
 Cognitive behavioral intervention  
 Amplification (when hearing loss exists)  
 Zen and SoundRelax tones (all day)  
 Relaxation exercises (2 - 3 times per day)
- Level 4**  
**Severe negative tinnitus reaction**

Instructional and adjustment-based counseling  
 Cognitive behavioral intervention  
 Amplification (when hearing loss exists)  
 Zen and SoundRelax tones (all day)  
 Relaxation exercises
- Level 3**  
**Moderate negative tinnitus reaction**

Instructional and adjustment-based counseling  
 Cognitive behavioral intervention  
 Amplification (when hearing loss exists)  
 Zen and SoundRelax tones (all day)  
 Relaxation exercises (optional)
- Level 2**  
**Mild negative tinnitus reaction**

Instructional and adjustment-based counseling  
 Amplification (when hearing loss exists)  
 Zen and SoundRelax tones (quiet environments)  
 Relaxation exercises (optional)
- Level 1**  
**Minimal/no tinnitus reaction**

Instructional counseling Amplification  
 (when hearing loss exists)  
 Zen and SoundRelax tones (quiet environments)

## ESTABLISHING A TREATMENT PLAN

On the basis of the individual responses to the intake questionnaire, the subjective scale result and the initial interview, the components and goals of the individual client's WZT treatment plan are established.

TREATMENT PLAN PROCESS	DESCRIPTION
<b>Establish tinnitus disturbance level from 1 - 5 as per pyramid</b>	Consider the person's overall reaction to tinnitus and/or TFI/THI score for classification
<b>Establish treatment goals</b>	<p><b>Examples of realistic goals:</b></p> <ul style="list-style-type: none"> <li>• Decrease tinnitus awareness and/or annoyance</li> <li>• Increase sense of control over tinnitus</li> <li>• Improve ability to concentrate regardless of tinnitus</li> <li>• Improve ability to fall asleep and stay asleep</li> <li>• Hear speech and conversation more clearly</li> <li>• Decrease anxiety and stress levels and enhance ability to relax</li> <li>• Improve overall quality of life</li> </ul>
<b>Create treatment plan</b>	<ul style="list-style-type: none"> <li>• Develop treatment plan utilizing the four components of Widex Zen Therapy</li> <li>• <b>Remember:</b> Not every client will require every component</li> </ul>

# COMPONENTS OF WIDEX ZEN THERAPY

Widex Zen Therapy includes various components that can be combined, depending on the needs of the individual tinnitus sufferer.

WZT ELEMENT	DESCRIPTION
<b>Simple reassurance and instructional counseling</b>	<p>Explain that millions of people with tinnitus have habituated to their tinnitus, and so can your client. Provide appropriate reassurance, based on medical clearance, that tinnitus does not represent a serious illness.</p> <p><b>Also discuss with your client:</b></p> <ul style="list-style-type: none"> <li>• The basic anatomy and function of the auditory system</li> <li>• The relationship between hearing loss and tinnitus</li> <li>• The vicious cycle of tinnitus and stress</li> <li>• Habituation</li> <li>• Lifestyle modification</li> </ul>
<b>Adjustment-based counseling</b>	By using both active dialogue and attentive listening, the professional is better able to understand the client's perspective.
<b>Amplification</b>	<p>Hearing aids alone are often a successful solution in a tinnitus management treatment plan. Key elements to consider are:</p> <ul style="list-style-type: none"> <li>• Widex low compression threshold, to reduce the contrast between silence and tinnitus</li> <li>• Widex broadband frequency response, to ensure sufficient stimulation of the auditory cortex</li> <li>• Widex Sensogram, to establish the most precise and accurate fit at all frequencies</li> </ul>

<b>Zen and SoundRelax tones</b>	<p>Zen and SoundRelax fractal tones stimulate passive listening, reduce tinnitus awareness, promote relaxation and interrupt the tinnitus-stress cycle. SoundRelax styles are based on nature sounds, where waves can also be added.</p> <ul style="list-style-type: none"> <li>• Up to 5 Zen/SoundRelax programs available</li> <li>• Multiple combinations of Zen and SoundRelax tones, noise and amplification</li> <li>• Maximum flexibility and control for professional and client</li> </ul>
<b>Relaxation</b>	<p>These activities address issues of concentration, stress relief, sleep disruption and overall quality of life.</p> <ul style="list-style-type: none"> <li>• Progressive muscle exercises</li> <li>• Breathing exercises</li> <li>• Guided imagery</li> <li>• Sleep strategies</li> </ul>
<b>Cognitive Behavioral Intervention (CBI)</b>	<ul style="list-style-type: none"> <li>• Identify unwanted thoughts and behaviors hindering natural habituation and replace them with alternative thoughts and behaviors.</li> <li>• Best implemented when combined with strategies to enhance your client's ability to relax and reduce stress.</li> </ul>



## FOLLOW-UP SCHEDULE AND VERIFYING RESULTS

The need for follow-up services is typically greater for people with tinnitus than for people with hearing loss alone. The follow-up sessions are used to assess progress, and to change the treatment components if necessary.

PROCESS	DESCRIPTION
Suggested follow-up schedule	2 weeks, 1 month, 3 months, 6 months, 1 year.
Verification	<ul style="list-style-type: none"><li>• Repeat THI/TFI periodically to track progress.</li><li>• Focus on evidence of progress towards goals, reminding the client that this is a process and will take time.</li></ul>

You can obtain more information about Widex Zen Therapy, the use of Widex hearing aids and Zen/SoundRelax technology, as well as articles describing the theoretical background and evidence on the use of WZT as a tinnitus management tool in a variety of different elements. Widex has also developed a series of tools that can help you in the clinic, or can be handed out to people with tinnitus.

Please contact your local Widex sales representative to find out what is available in your market.



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