



# MBTSR

## Mindfulness Based Tinnitus Stress Reduction

### MindfulTinnitusRelief.com – Learning to Live *with* Tinnitus

The first-ever self-administered online skill-building course of its kind for learning how to live comfortably with tinnitus.

#### Mindfulness Based Tinnitus Stress Reduction

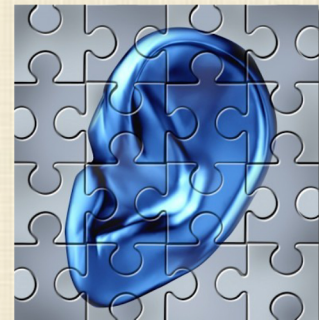
is an 8-week program utilizing elements of deep breathing, yoga, relaxation, and meditation to reframe your relationship with tinnitus.

**“Between stimulus and response there is a space.  
In that space is our power to choose our response.  
In our response lies our growth and our freedom.”**

~ Victor Frankl

#### Benefits:

- Decrease tinnitus annoyance/severity
- Reduce anxiety, fear, and feelings of panic
- Reduce depression and sleep difficulty
- Reduce stress, tension and irritability
- Improve communication with loved ones
- Increase relaxation and concentration



#### The Course Includes:

- Free Introduction with an Overview of the Course
- Eight 2-Hour Weekly Online Instructional Classes
- Daily Home-Practice Mindfulness Skill Building Exercises
- Advanced and Up-to-Date Tinnitus Information and Education
- A 7-Hour All-Day Online Mindfulness Retreat
- Mindful Movement and Yoga Video Instruction
- Online Discussion Board Forum to Connect and Share Your Experiences with Other Participants
- Weekly Discussion Questions to Stimulate Class Forum Communication
- More than Two Hours of Downloadable Mindfulness Meditation Exercises, Yours to use for a Lifetime
- Downloadable Activities, Calendars & Readings with Links to Further Resources About Tinnitus and Mindfulness
- An Online journal to reflect and record your experiences



Your instructor, Jennifer J. Gans, PsyD, is a clinical psychologist specializing in the psychological impact of deafness and hearing on well-being.

She is a researcher at the University of California, San Francisco, and is on faculty at the VA of Northern California.

Dr. Gans is on the Board of Directors of the Tinnitus Practitioners Association (TPA), a non-profit professional organization dedicated to providing tinnitus and sound sensitivity care.

Dr. Gans will guide you through techniques to empower you to maintain balance and comfort in your everyday life.

**“The Mindful Tinnitus Relief course was created to teach millions how to live *with* rather than *against* bothersome tinnitus.” ~ Dr. Gans**

Simply log on to [MindfulTinnitusRelief.com](http://MindfulTinnitusRelief.com) and begin healing today.

#### Mindfulness Based Tinnitus Stress Reduction

is a cloud-based program – available anywhere, anytime from your home computer, laptop, tablet, or smartphone.



#### Mindfulness Based Tinnitus Stress Reduction

1700 Montgomery St. • San Francisco, CA 94111

415.244.7711

admin@mindfultinnitusrelief.com