The future in tinnitus treatment is here with the powerful combination of specialised tinnitus counselling, neurofeedback and hypnosis aimed at changing brain states to lower your tinnitus distress and perception.

Our services utilise a combination of tinnitus counselling, neurofeedback and hypnosis to therapeutically influence brain plasticity and cognitions which have shown to reduce the perception of tinnitus.

Our clinical protocols are guided by those principles outlined by the Tinnitus Research Initiative (TRI). Tools for assessment and evaluation are based on established international questionnaires for tinnitus research.

Our services are provided within a sound and ethical context based on professional and evidence-driven protocols for the treatment of tinnitus.

The Tinnitus Clinic provides professional evidence-based clinical services that draw from current research understanding of the neuroscience behind tinnitus.

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Contact Details:

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Phone Number: 
Email: 

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The future in tinnitus treatment is here.
A 10-session neurofeedback & hypnosis program that is aimed at reducing your tinnitus distress and perception.

Each weekly one-hour session will involve:

- EEG monitoring
- Graphing of Alpha, Beta, Delta & Theta brain states
- Neurofeedback and hypnosis
- Specialised tinnitus counselling
- Take-home meditation and hypnosis audio files for daily practice

Program Details

Prior to commencing the program, you would have undergone an audiological assessment and where appropriate a medical assessment for any underlying pathology relating to your tinnitus.

Those individuals enrolling in the 10 week program would have already had a one-on-one counselling and hypnosis session with John and Marta and assessment of suitability for the program would be undertaken at this time including a baseline EEG.

Your enrolment in the program will require a commitment to attend ten weekly one hour sessions at a day and time arranged and depending on time slots available. We will attempt to arrange a consistent day and time each week.

Each session will comprise 30 minutes of neurofeedback and hypnosis followed by 30 minutes of specialised tinnitus counselling.

You will be able to review your progress via sophisticated graphing software which displays your changes in brain state which should correspond with your reduction in tinnitus distress and perception.

Your progress will also be evaluated using assessment and evaluation tools based on established international questionnaires for tinnitus research and as outlined by the Tinnitus Research Initiative (TRI).

Our clients report significant reductions in their tinnitus perception and measurable reductions in their levels of anxiety and distress.

I am now back to my good self. Perhaps I lead an even better life now. “ JT

“I never thought it possible to lead a normal life ever again. However, I am back at work, socialising, exercising and living my life better than before the Big T. “ AV

“I hardly ever notice my tinnitus now. Following treatment, my tinnitus has reduced significantly and I am not distressed by it anymore.“ RP.