

# Inner Ease Tinnitus Centre



## Neural Plasticity for tinnitus, sound intolerance and chronic vertigo



### 10-week programme

Research shows that regular short practices every day is required to build new neural pathways that support our wellbeing. Your brain's ability to wire neurons together that react negatively to the tinnitus signal, is the same ability it has to wire neurons together that link sound or movement sensations with ease and calm. This 10-week programme is specifically designed to support you with the daily practice of simple exercises that move you in the direction of healing from the distress of tinnitus or other inner ear and auditory symptoms. For most people, it takes 8-12 weeks begin to see the rich benefits of this technique. Those ready to commit to a deeper level of practice may find the benefits to be exponential.

These practices encourage you to become aware of the present moment and invite some basic friendliness into your day. These techniques work by reducing the stress arising from your symptoms, re-framing the unhelpful thoughts and beliefs around your symptoms and expanding your acceptance of the unwanted auditory or vestibular stimulus.

You will be professionally led and nurtured along the way by Dani Fox, specialist audiologist and experienced mindfulness teacher. Upon completion of this programme you will have learned to utilise a full toolkit of skills and practices that enable you to manage your symptoms in a more neutral or even friendly manner. This will allow you to find more ease with your ear symptoms and increase your ability to live your life more whole-heartedly.

This programme begins with an introductory week of foundational skills and an initial personal meeting with course designer and facilitator, Dani Fox. We conclude with a week dedicated to summing up the key learnings and self-evaluation of the effectiveness of these practices in addressing your symptoms. The intervening weeks are themed and sequenced to build your skills with the provision of written notes, links for further education, and recorded practices to guide you each week. Upon conclusion of the programme, you will prepare an ongoing maintenance and first aid plan that collates your favourite of these 30+ practices to support your ongoing wellbeing.

#### **Cost:**

The programme cost is \$340 for the full 10-week course, payable via card in person or bank transfer if paying remotely.

#### **Registration:**

Please email Dani to register your interest in this programme:

[innereasetinnituscentre@gmail.com](mailto:innereasetinnituscentre@gmail.com)

You will then receive an email with payment options. Once payment has been received, you can begin - Dani will personally be in touch with all the details...



|         | Topic   | Includes:   |
|---------|---|---|
| Week 1  | Self-care package                               | <ul style="list-style-type: none"> <li>♡ Pre-course questionnaires</li> <li>♡ 20-minute Zoom (phone or email) connection with Dani to begin</li> <li>♡ Self-care checklist</li> <li>♡ Written guide to the week's practices</li> <li>♡ Short audio practice to begin</li> </ul>   |
| Week 2  | Curiosity                                       | <ul style="list-style-type: none"> <li>♡ Mindful Monday – weekly inspiration and poem to your inbox</li> <li>♡ Written guide to the week's practices</li> <li>♡ Audio #1: short 10-minute daily practice</li> <li>♡ Audio #2: longer 15-20 minute daily practice</li> <li>♡ 20-minute video call (or phone or email) connection with Dani to discuss your practice</li> </ul> |
| Week 3  | Opening to the present moment                   | ♡ Structured as for week 2 above  |
| Week 4  | Negativity bias                                 | ♡ Structured as for week 2 above  |
| Week 5  | Placing yourself in the observer / witness role | ♡ Structured as for week 2 above  |
| Week 6  | Acceptance vs resistance                        | ♡ Structured as for week 2 above  |
| Week 7  | Self-compassion and loving kindness             | ♡ Structured as for week 2 above  |
| Week 8  | Gratitude                                       | ♡ Structured as for week 2 above  |
| Week 9  | Finding rest and ease                           | ♡ Structured as for week 2 above  |
| Week 10 | Neural plasticity                               | ♡ Structured as for week 2 above  |
| Week 11 | Ongoing support                                 | <ul style="list-style-type: none"> <li>♡ Post-course questionnaires: reflecting on any differences from week 1</li> <li>♡ Self-care checklist revisited</li> <li>♡ Maintenance and First Aid Plan for self-managing your symptoms into the future</li> <li>♡ 20-minute video call (or phone or email) connection with Dani to conclude</li> </ul>                             |
| Monthly | Inner Ease Support Group – in person or online  | ♡ Free attendance for the duration of this course   |

\* All audio recordings can be downloaded and kept as you build a home mindfulness library to support your well-being

\*\* Transcripts available of the audio recordings for those with hearing loss impacting speech perception