

Bronwen Hofmeister (Audiologist)

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HEARING REHABILITATION

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Cognitive Behaviour Therapy (CBT)

Bronwen Hofmeister (B.A.(Hons).,MClinAud,CCP) integrates Cognitive Behaviour Therapy (CBT) into her Audiological Practice.

CBT has become established as the leading evidence-based intervention for treating a wide range of psychological issues, and for helping patients to manage an even wider range of physical health conditions.

CBT for treatment of Tinnitus is a structured program delivered by very specially trained Audiologists. Habituation to Tinnitus is key. YES – a significant number of people with Tinnitus who have an intervention delivered by these trained Audiologists are satisfied with their progress in reducing their Tinnitus perception.

Bronwen Hofmeister believes Empathetic Listening is the most valued component in an audiological rehabilitation program.

CBT is (1) time limited; (2) skills-based, (3) problem focused, & (4) a psychological therapy.

CBT is the most widely researched therapy.