



Mindfulness Based Tinnitus Stress Reduction (MBTSR)



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Goals for Today's Talk

- De-Mystify Meditation & Mindfulness
- How Meditation & Mindfulness are tools to change the Tinnitus Brain
- MBTSR Research
- Development of MindfulTinnitusRelief.com
- A look inside MindfulTinnitusRelief.com
- How Audiologists can lead MBTSR courses in their own practice
- Links to learn more about MBTSR, Mindfulness, & MindfulTinnitusRelief.



De-Mystifying Meditation & Mindfulness



Meditation Defined

- An exercise in “Awareness Building”
- Using intentional effort to modify our brain using focused attention and concentration
- With repetition the associated neurons wire, fire, grow, & strengthen (neuroplasticity)
- We use the torque of repetition to build the attention muscle



Meditation as “Attention Training”



- Endogenous Attention
- Exogenous Attention
- Executive Attention
 - How and Where we choose to place attention
 - Meta-Awareness
 - Meditation is the Tool for Building Attention



Mindfulness Defined

- A way of life
- An approach to living in the only moment we ever have to grow, make choices, and change
- Meta-Awareness; Meta-Cognition
- Different from everyday Awareness
- Involves a special kind of Awareness:
 - Curiosity
 - Openness
 - Acceptance
 - Compassion (Loving-Kindness)



Mindfulness: Efficacy with a Range of Illnesses

- **Chronic Pain** (Grossman et al., 2007)
- **Sleep & Dietary Problems** (Gross et al., 2011)
- **Stress** (Shapiro et al., 2005)
- **Anxiety** (Hofmann et al., 2010)
- **Depression** (Mason & Hargreaves, 2001)
- **Attention Deficit Hyperactivity Disorder**
- **PTSD** (Smith et al., 2011)
- **Fibromyalgia** (Grossman et al., 2007)
- **Chronic Fatigue** (Surawy et al., 2005)
- **Multiple Sclerosis** (Grossman et al., 2010)
- **Psoriasis** (Kabat-Zinn et al., 2003)

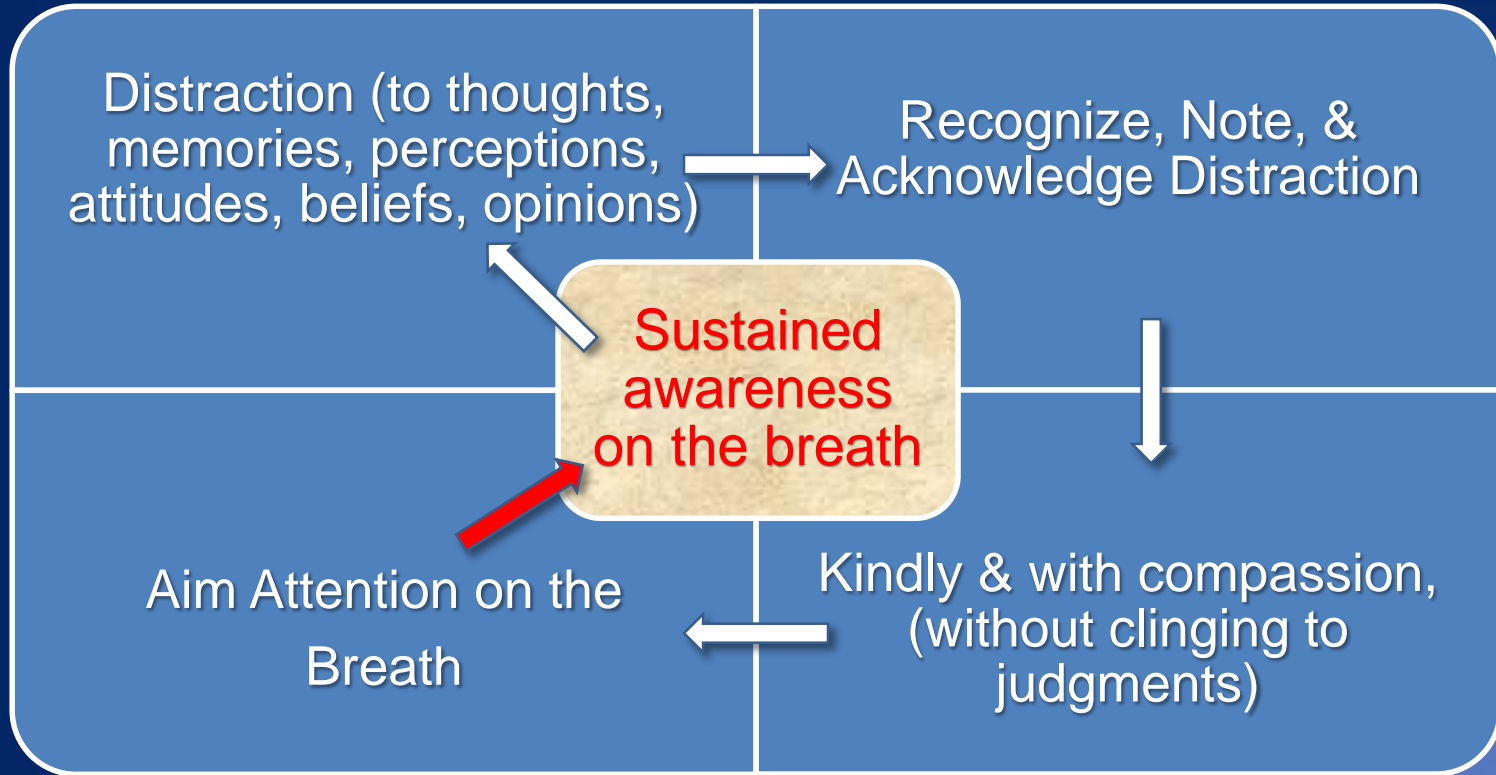


A Brief Lesson in “Awareness Building” (Meditation)

What happens inside the Meditating Mind...



Inside the Meditating Mind



Five-Minute Breathing Exercise

“The breath is the intersection
of the body and mind.”

~Thich Nhat Hanh



Questions To Ponder

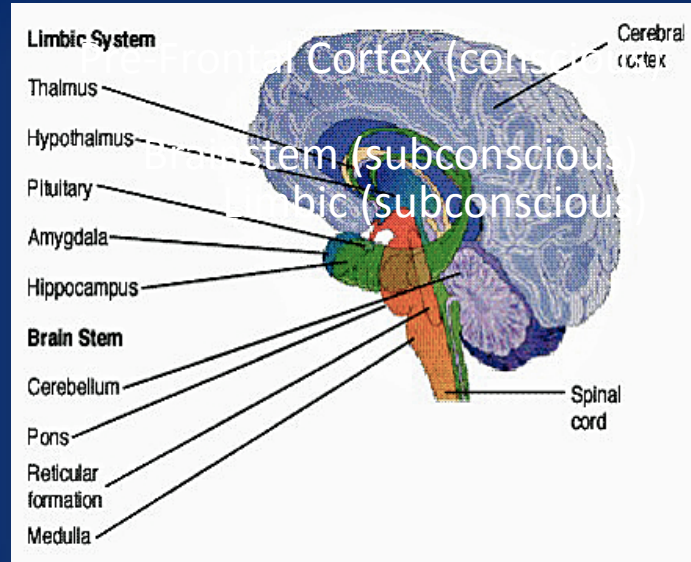
- Is it tinnitus that is the problem or is it the emotions, memories, thoughts, feelings, beliefs, perspectives, stories etc about the tinnitus that is the problem? Both?
- Why are some people with tinnitus “**bothered**” and others “**non-bothered**” by tinnitus?
- Is the brain of a person with **bothersome** tinnitus different from the person with **non-bothersome** tinnitus?



What Might be Happening in the Tinnitus Brain



The Brain in 3 Simple Parts



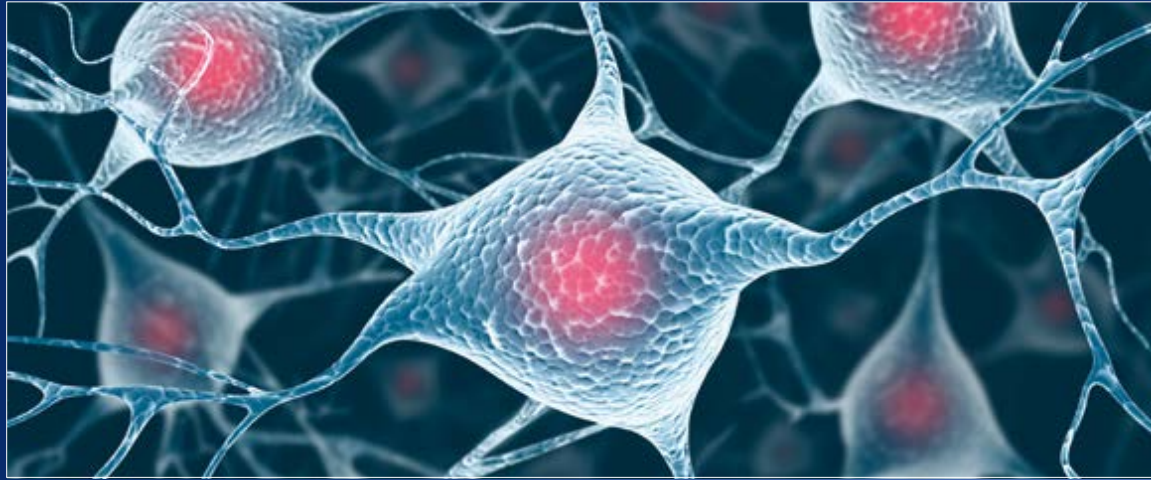
Importance of the Medial Pre-Frontal Cortex

Executive Functions

- Emotional Regulation
- Response Flexibility – (think before you act)
- Fear Modulation
- Attention Regulation
- Sustaining Attention
- Impulse Control
- Reasoning
- Planning
- Metacognition (thinking about thinking)
- Empathy (self-other compassion)



What We Know From Other Fields of Science



Cortical Areas Thicker in Meditators

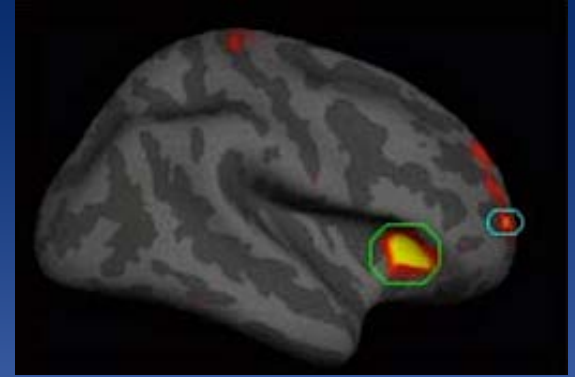
Brain areas (right insula & mPFC) are thicker in practitioners of Insight meditation than control subjects who do not meditate.

Graphs show age and cortical thickness of each individual.

(Lazar et al., 2005)

Insula

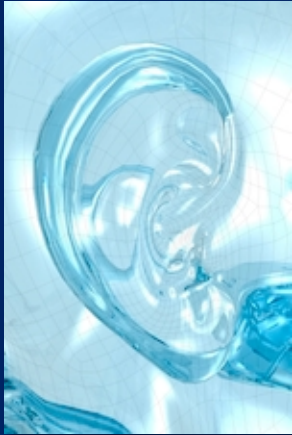
Prefrontal



red = control subjects
blue = meditators



MBTSR Course Structure (both in-Groups & Online)



- 8 weeks in length
- 2 Hour Class per week
 - Tinnitus Education
 - Mindfulness Lesson
 - Instructor led meditations, gentle yoga, mindful movement
 - Discussion Questions
 - Skill Building Activities, calendars, and readings
- Home Practice: 30 minutes per day, 6 days/week
- A Day-Long Mindfulness Retreat between the 6th & 7th week

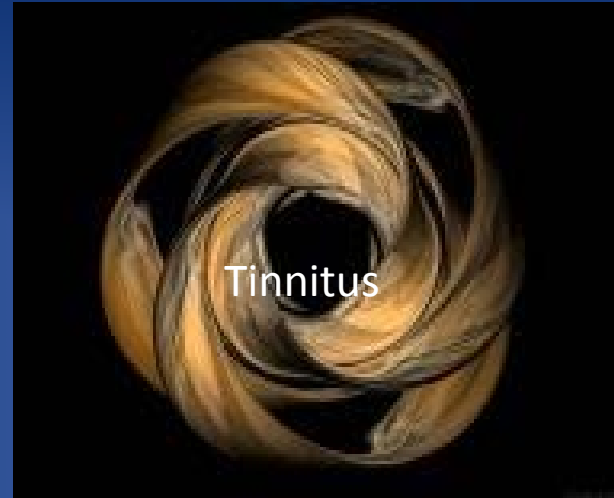


Tinnitus: From Benign Body Sensation to Gordian Knot

Automatic & Habitual



- Regrets
- Thoughts
- Emotions
- Beliefs
- Stories
- Predictions



Tinnitus: From Gordian Knot To Benign Body Sensation



Which One of Your Patients is Right for MBTSR ?

- The person who just cannot *ignore* tinnitus (Wegner 1994; 2011)
- The person who is ready to do the hard work of building a mindfulness practice
- The person interested in “healing” rather than “curing” tinnitus



Mindfulness Based Tinnitus Stress Reduction (MBTSR)

What the Research Shows



MBTSR Pilot Study (Gans, et al 2013)



- Participants: 8 tinnitus patients who had previously received Tinnitus Counseling (standard of care) at the UCSF Audiology Clinic
- Pre- & Post- assessment measures administered
- Participants practiced Mindfulness meditation 30 minutes daily as Home Practice
- Post-Intervention Feedback Form (PIFF) administered at the end of the last class
- Tinnitus Handicap Inventory (THI) administered at 12-Month Follow-up



MBTSR Pilot Study: Measures

Primary outcome measure:

- Tinnitus Handicap Inventory (THI)

Secondary outcome measures:

- Tinnitus Visual Analogue Scale (VAS) (a measure of tinnitus annoyance)
- Tinnitus Percent Awareness Scale
- Hospital Anxiety and Depression Scale (HADS)
- SF-36 Symptom Checklist-90-Revised (SCL-90-R)
- Five Facet Mindfulness Questionnaire (FFMQ)



Pre-, Post, and 12-Month Follow-Up

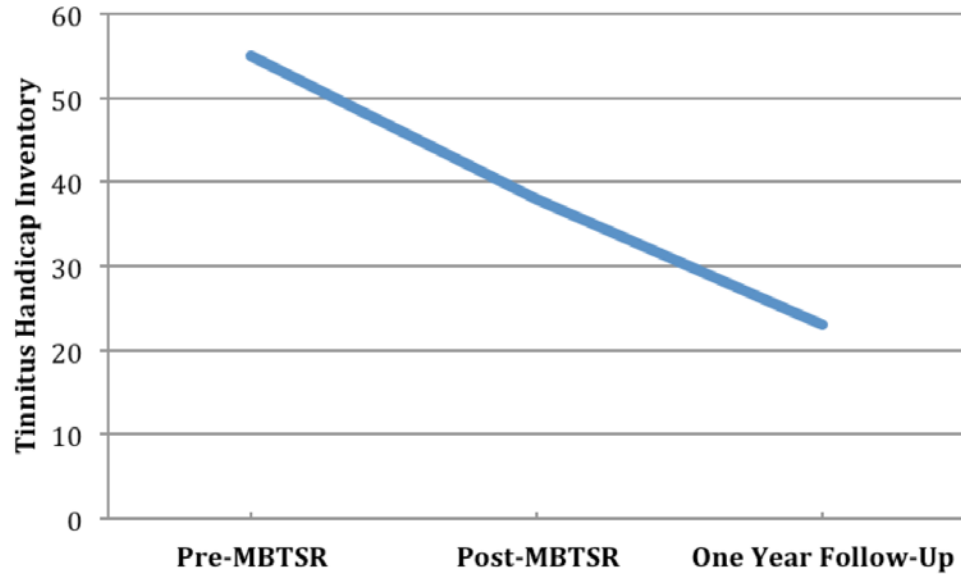
Intervention
Score
Differences
with Effect
Sizes

Measure	Pre-MBTSR Mean (SD)	Post-MBTSR Mean (SD)	12-Month FU Mean (SD)	Effect Size (Cohen's d)*
THI	50.63 (15.22)	39 (21.8)	23.6 (16.8)	.69
VAS	59 (24.87)	36.88 (24.26)		.99
Tinnitus Awareness	60 (33.7)	41.25 (32.49)		.64
FFMQ				
• Non-Judge	28 (5.09)	32.25 (6.94)		-1.29
• Observing	30.13 (5.64)	31.75 (3.92)		- .46
• Non-Reactivity	20.38 (4.81)	23 (9.44)		- .52
• Describe	29.75 (5.78)	32.38 (5.53)		- .57
• Acting with Awareness	28 (6.57)	27.75 (4.4)		- .05
SF-36				
• Social Functioning	39.5 (10.35)	49 (46.3)		- .70
• Mental Health	44.78 (11.21)	49.33 (9.32)		- .62
• Vitality	50.83 (9.1)	53.78 (6.94)		- .46
HADS	15.5 (6.46)	13.38 (7.23)		.30
SCL-90-R				
• Depression	66.5 (12.3)	56.38 (24.44)		.52
• Phobic Anxiety	65.38 (13.31)	50.39 (21.77)		.62
• Somatization	60.13 (14.75)	49.89 (23.5)		.58
• Anxiety	63.38 (12.57)	54.88 (23.95)		.41

* Effect Size (ES)
rather than levels
of significance
were reported due
to a small sample
size.

Tinnitus Handicap Inventory (THI)

Figure 1.

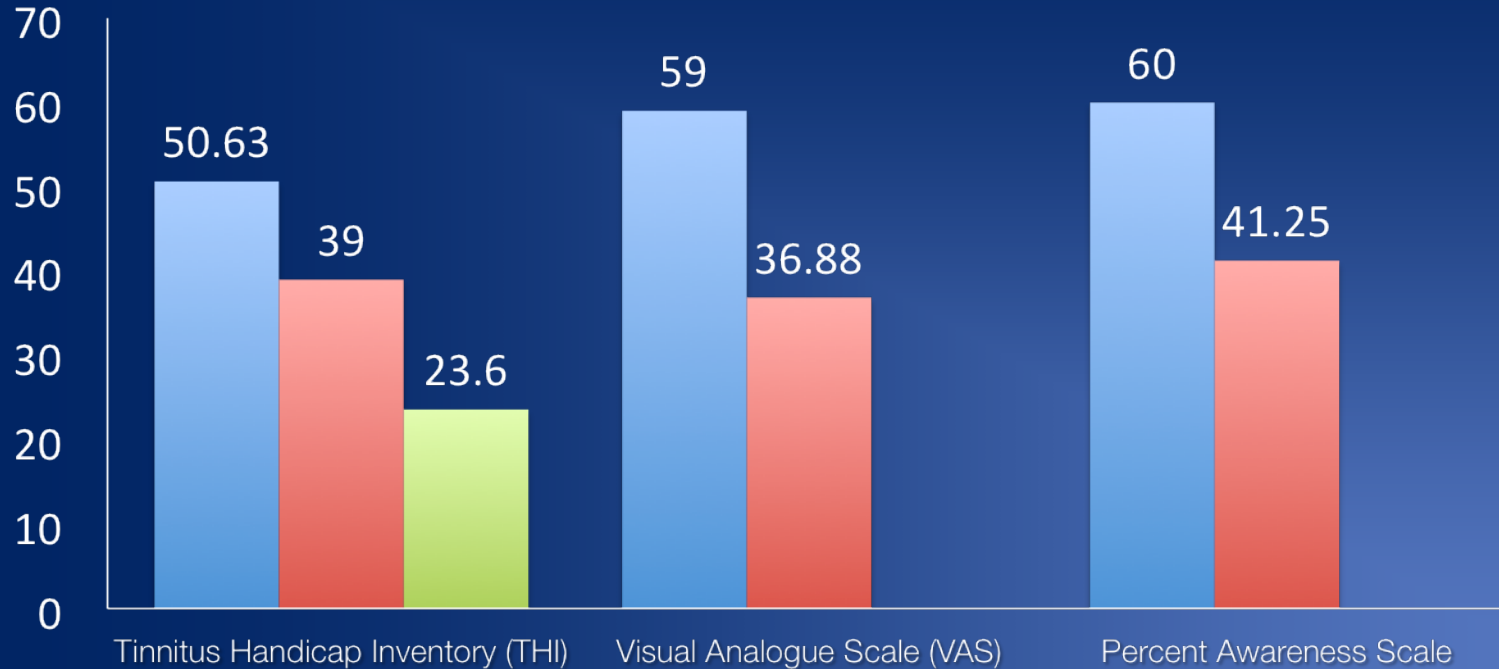


n=7



Tinnitus Symptom Severity & Awareness

Pre-, Post-, and 12-Month Follow-Up Mean Scores



■ Pre- ■ Post- ■ 12 mo Follow-Up



Tinnitus Handicap Inventory (THI)

Table 2

12-Month Follow-Up Tinnitus Handicap Inventory (THI) scores observed across all subjects (n=7)

Participant

3

66



Summary of Findings (Gans et al., 2013)

- Decreased Tinnitus Handicap & Bother
- Decreased Depression
- Decreased Anxiety
- Increased Mindfulness
- Increased Quality of Life



What Participants Are Saying: Qualitative Findings

Overall Perception Shift:

- *“Tinnitus doesn’t seem like a terrible curse anymore. It’s sometimes annoying now but not insurmountable.”*
- *“I have come to see it (tinnitus) now as just another sensation, typically unpleasant, rarely neutral, never pleasant but I try to be aware without judging.”*



What Participants Are Saying: Qualitative Findings

Changes in Sleep:

- *“I am sleeping in a more regular pattern now. When I take medication to sleep, I’m taking half instead of the full dose.”*



What Participants Are Saying: Qualitative Findings

Changes in Symptoms of Depression:

- *“I can go into the ringing without going towards depression.”*



What Participants Are Saying: Qualitative Findings

Improved General Functioning:

- *“I am adapting the mindfulness process into my daily life. It has greatly helped me, not only to cope with the tinnitus but also with my relationships, communication, patience and anger-management. Yes, it has been a big commitment time-wise, but so worth it.”*



MindfulTinnitusRelief.com



Mindfulness Based Tinnitus Stress Reduction
Part II

jg@MindfulTinnitusRelief.com

MindfulTinnitusRelief.com

The screenshot shows the website's homepage for the Mindfulness Based Tinnitus Stress Reduction (MBTSR) program. The browser address bar displays "www.mindfultinnitusrelief.com". The page features a dark blue header with the MBTSR logo and a quote: "Tinnitus doesn't seem like a terrible curse anymore." ~ Sasha L. Below this is a button for "Returning MBTSR Participants Log In HERE". The main content area is titled "Mindfulness Based Tinnitus Stress Reduction" and includes a "MBTSR: Welcome" section. This section describes the program as an 8-week course using deep breathing, yoga, relaxation, and awareness to help users reframe their relationship with tinnitus. It also states that users will develop skills to restore balance and comfort in their everyday lives. A quote from Victor Frankl is featured: "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. The page includes social media icons for Facebook and YouTube. A sidebar on the left contains navigation links: Welcome, About Dr. Gans, Perspective, Free Introduction, The Program, Register, Login, Resources, The Science, FAQ, Donations, and Contact.

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

MindfulTinnitusRelief.com



MindfulTinnitusRelief.com: What Is Included

- **Eight 2-Hour Weekly Online Instructional Classes**
- **Daily (30-minute) Guided Home-Practice Mindfulness Skill Building Exercises**
- **A 7-Hour All-Day Online Mindfulness Retreat**
- **Advanced and Up-to-Date Tinnitus Information and Education**
- **Mindful Movement and Yoga Video Instruction**
- **More than 7 hours of downloadable mindfulness “awareness building” (meditation) exercises**
- **Weekly Discussion Questions to stimulate class forum communication & community**
- **Downloadable activities, calendars, and readings with links to additional resources about tinnitus and mindfulness**
- **Online Discussion Board Forum to connect and share experiences with other participants**



**Let's take a look
inside the course . . .**



Mindfulness Based Tinnitus Stress Reduction

🏠 Welcome

About Dr. Gans

Perspective

Free Introduction

The Program

Register

👤 Login

Resources

The Science

FAQ

Donations

✉ Contact

☰ The Course

Pre-Assessments

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

DOM Introduction

Day of Mindfulness

Week 7

Week 8

Post-Assessments

Meditations

Week 3: Non-Clinging to Judgments



▶ 🔊 0:04 / 1:41

Before we begin Week 3, please have your yoga mat available for practicing gentle and easy yoga postures later in this class.

MindfulTinnitusRelief.com:

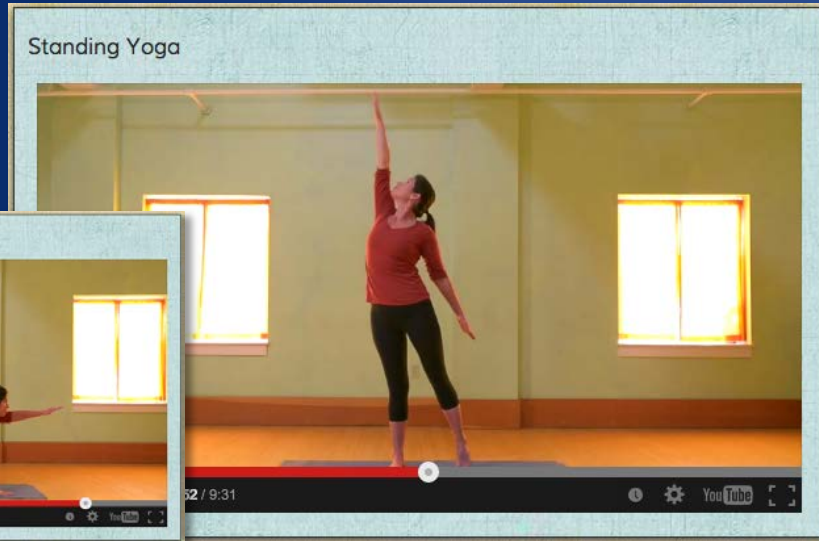
Links to Resources

Down-Loadable Audio Links

Tinnitus Education



Yoga Video Instruction



The mindfulness-based stress reduction (MBSR) program used in medical centers worldwide

FULL CATASTROPHE LIVING

REVISED
AND
UPDATED
EDITION

Using the Wisdom of
Your Body and Mind to Face
Stress, Pain, and Illness



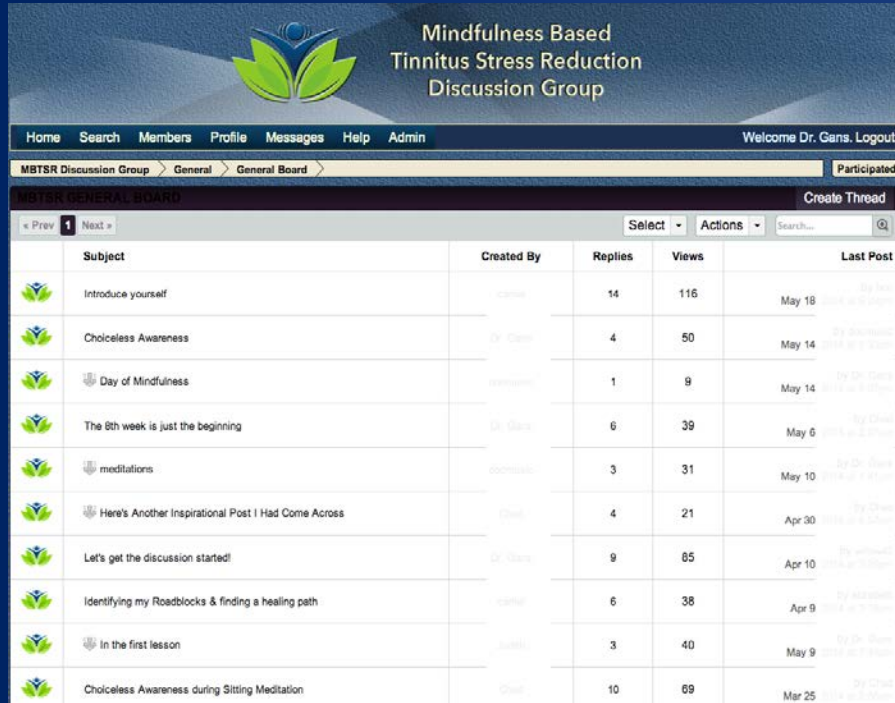
JON KABAT-ZINN, PH.D.
PREFACE BY THICH NHAT HANH

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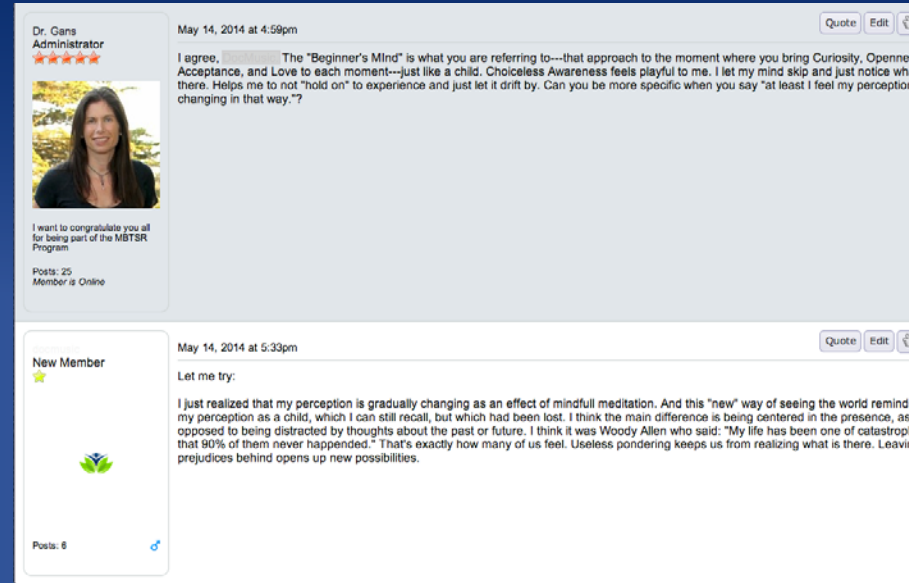
MindfulTinnitusRelief.com: Community Building

- Online Discussion Board Forum to connect and share your experiences with other participants
- Community Building



The screenshot shows the forum's header with the logo and title "Mindfulness Based Tinnitus Stress Reduction Discussion Group". Below the header is a navigation menu with links for Home, Search, Members, Profile, Messages, Help, and Admin. A user status bar indicates "Welcome Dr. Gans. Logout". The forum is categorized under "MBTSR Discussion Group" and "General" > "General Board". A "Participated" button is visible. The main content area displays a table of forum threads with columns for Subject, Created By, Replies, Views, and Last Post.

Subject	Created By	Replies	Views	Last Post
Introduce yourself	comer	14	116	May 18
Choiceless Awareness	Dr. Gans	4	50	May 14
Day of Mindfulness	comer	1	9	May 14
The 8th week is just the beginning	Dr. Gans	6	39	May 6
meditations	comer	3	31	May 10
Here's Another Inspirational Post I Had Come Across	comer	4	21	Apr 30
Let's get the discussion started!	Dr. Gans	9	85	Apr 10
Identifying my Roadblocks & finding a healing path	comer	6	38	Apr 9
In the first lesson	comer	3	40	May 9
Choiceless Awareness: during Sitting Meditation	comer	10	69	Mar 25



The screenshot shows a forum post by Dr. Gans, Administrator, dated May 14, 2014 at 4:59pm. The post includes a profile picture of Dr. Gans and a congratulatory message. The main text of the post discusses the "Beginner's Mind" concept. Below the post is a "New Member" section with a star icon and a quote from a user.

Dr. Gans
Administrator
★★★★★

May 14, 2014 at 4:59pm

I agree, [redacted] The "Beginner's Mind" is what you are referring to—that approach to the moment where you bring Curiosity, Openness, Acceptance, and Love to each moment—just like a child. Choiceless Awareness feels playful to me. I let my mind skip and just notice what there. Helps me to not "hold on" to experience and just let it drift by. Can you be more specific when you say "at least I feel my perception changing in that way.?"

I want to congratulate you all for being part of the MBTSR Program.

Posts: 25
Member is Online

May 14, 2014 at 5:33pm

New Member
★

Let me try:

I just realized that my perception is gradually changing as an effect of mindful meditation. And this "new" way of seeing the world reminds my perception as a child, which I can still recall, but which had been lost. I think the main difference is being centered in the presence, as opposed to being distracted by thoughts about the past or future. I think it was Woody Allen who said: "My life has been one of catastrophe that 90% of them never happened." That's exactly how many of us feel. Useless pondering keeps us from realizing what is there. Leaving prejudices behind opens up new possibilities.

Posts: 8

MindfulTinnitusRelief.com Online Version Benefits

- **MBTSR World-Wide with Online Access (Desktop, laptop, Tablet, smartphone)**
- **Weekly classes at participant's convenience**
- **Evidence-based: Based on MBTSR**
- **Cost Effective & Affordable \$425**
- **Accessible & Time-Saving**
- **Fully Supported**
- **Created & Moderated by a Qualified & Experienced Psychologist and Tinnitus Specialist**
- **Private, Secure, & Confidential**
- **Tracking of Progress**
- **Adjunct to Good Audiologist Tinnitus Care**



Education Partnership Program (EPP):

How YOU, the Audiologist, Can Get Involved



Educational Partnership Program (EPP)



The Mindfulness Based Tinnitus Stress Reduction Education Partnership Program

We are very pleased to announce the launch of the MBTSR Education Partnership Program, administered in conjunction with our eight-week MindfulTinnitusRelief.com online course.



This initiative assists those with tinnitus to achieve a better quality of life, with a focus on community.

Qualified audiologist and therapist run local group sessions designed to provide a “missing link” that will augment and deepen the MindfulTinnitusRelief.com experience, while helping connect fellow tinnitus patients/clients in ways the online program cannot.

MBTSR's Education Partnership Program brings an ever-growing opportunity to empower those with tinnitus to attain, maintain, and increase their quality of life.



We warmly invite you to join this burgeoning community.
Visit mbtsr.com for more information and to register.

Audiologist-Run In-Person MBTSR Groups in Your Clinic

Go to:
MBTSR.com

MindfulTinnitusRelief.com



The MBTSR Education Partnership Program (EPP)

- **Online Handbook for Practitioners**
- **Instruction on How to Run MBTSR Courses in Your Clinic**
- **You run In-Person Local Group Sessions**
- **You Augment, Complement, Personalize the Online Experience**
- **Build a Tinnitus Community**
- **Educational Incentives for Practitioner Referrals**

Go to:
MBTSR.com







Why Mindfulness Based Tinnitus Stress Reduction (MBTSR) Benefits Not Only the Patient But Also the Audiologist

"A Mentally Healthier Tinnitus Patient is a Better Device User;
User;
A Better Device User is a Mentally Healthier Patient"



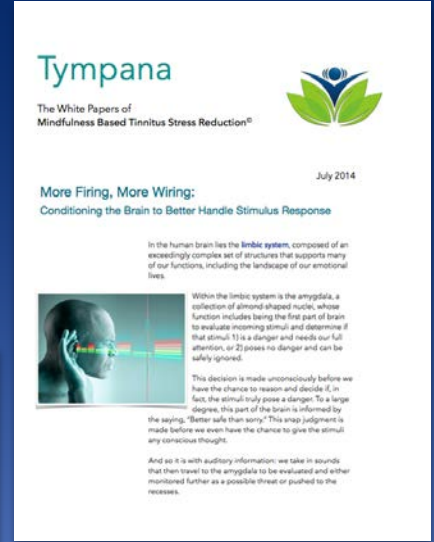
MindfulTinnitusRelief.com: Staying in Touch

- jg@MindfulTinnitusRelief.com
- Tympana White Paper Series 
- The MBTSR Blog (MBTSRBlog.com)
- YouTube Channel 

 [LinkedIn](#)
 [Google Plus](#)

 [Facebook](#)

 [Twitter](#)



Links to additional MBTSR resources:

[MBTSR YouTube Videos](#)

[The MBTSR Blog](#)

[The Tympana White Paper Archive](#)

[PBS NewsHour Profile on Tinnitus](#)

[Mindfulness Based Tinnitus Stress Reduction Pilot Study](#)

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Simply log on to
MindfulTinnitusRelief.com and teach your
patients how to heal today . . .

Thank You

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