

Follow-up to Concentration Session

Concentration Review 1

- This session is to be completed at the start of the follow-up appointment after the Concentration session.
- Ask the patient to bring their notes from activities completed during the Concentration session and review them together using these slides.

Activities

- Which of these strategies did you find helpful in improving concentration?

1. Eliminate distractions
2. Stay focused
3. Adjust work habits and consider task difficulty
4. Decrease prominence of tinnitus
5. Take control of your attention



Concentration Review 2

Recall a good start to improving concentration and learning to ignore tinnitus is to lessen its importance.

Ask which strategies were helpful in improving concentration.

For example,

1. Did a change in the environment by eliminating distractions (noise, lighting, eating to avoid hunger) facilitate better concentration?
2. Did more dedication to focus such as actively participating in conversation and taking notes during a meeting facilitate better concentration?
3. Did adjusting work habits, by taking breaks every 40 minutes, and chunking large projects into smaller tasks help? Did trying more challenging tasks rather than simple tasks help?
4. Did introducing low-level background sound into the environment or via a device help to decrease the prominence of tinnitus?
5. Did you take control of your attention, rather than concentrating on tinnitus, help?

Activities

- What background sounds were most helpful to make tinnitus less prominent?
- Describe how you practiced attention control exercises:
 1. Visual
 2. Sound
 3. Sound plus tinnitus
 4. Sound plus reading



Concentration Review 3

- For background sounds, which sound did you find most helpful in decreasing the prominence of tinnitus and reduce its distracting nature?
 - Recall that many patients enjoy rain, waves, wind noise, or music, but this is different for different people.
- Did you try different levels of sound and find that one level was more effective in masking your tinnitus?
- Recall there are many ways to control your attention, using visual stimuli, auditory stimuli or sound, sound plus a concentration to and from tinnitus, and sound plus reading.
 - Which exercises worked for you, and why?
 - Which of these exercises did not work?