

# CBT-Hear Training and Certification Programme

## A Structured Pathway for Modern Tinnitus Care



CBT-Hear is a comprehensive, multi-level training and certification framework designed to expand access to safe, evidence-based psychological care for tinnitus, hyperacusis, and misophonia. Rooted in contemporary research and delivered through a progressive, competency-based pathway, the programme equips clinicians with the skills to assess, educate, counsel, and deliver focused CBT within defined professional boundaries. Its structure acknowledges a core clinical principle: tinnitus-related distress rarely reflects sound alone, but emerges from ongoing interpretation, prediction, and behavioural responses. At the same time, patients often present with multidimensional and interacting profiles, including otological, medical, somatic, or psychological comorbidities. CBT-Hear therefore provides a clear and ethical framework for addressing these processes in clinical practice, while recognising the wider complexity of real-world tinnitus care.



**CBT-  
Hear**

Cognitive Behavioural Therapy  
for Hearing Disorders

# A three-stage pathway for specialist competency

The CBT-Hear pathway begins with the entry-level CBT-Hear Certified programme, an 18-hour masterclass that introduces foundational CBT principles, structured assessment, psychologically informed education, somatic awareness, and holistic support strategies. This stage enables clinicians to communicate effectively, reduce distress through education, and identify when specialist involvement is required.

Stage 2, CBT-Hear Certified Practitioner, offers 135 hours of structured learning and supervised clinical work. Practitioners learn to deliver full CBT-Hear interventions to individuals whose distress is driven by tinnitus or sound intolerance without underlying psychiatric comorbidity. Training focuses on case formulation, behavioural experiments, cognitive restructuring, attention strategies, relapse prevention, and the integration of digital CBT tools within stepped-care pathways.

Stage 3, CBT-Hear Certified Advanced Clinician, provides 66 hours of advanced supervision and case-based reflection. Clinicians learn to distinguish tinnitus- and sound-intolerance-related distress from distress arising from wider medical or psychological conditions. They learn to apply CBT-Hear to the former and refer to appropriate medical or psychological services for the latter. The programme develops advanced formulation, boundary management, and collaboration skills, preparing clinicians for senior roles within multidisciplinary care. Graduates may progress to CBT-Hear Certified Supervisor, and beyond that to Clinical Fellow, Faculty Fellow, or Honorary Fellow, recognising excellence in clinical practice, leadership, supervision, and contribution to the wider field.





## A model designed for integrated, person-centred care

CBT-Hear is built around three clinical pillars: comprehensive assessment, psychologically informed education with holistic support, and targeted CBT for tinnitus and sound intolerance. The model integrates audiological expertise with psychological techniques, and aligns with contributions from physiotherapy, osteopathy, ENT, general medicine, and mental health disciplines. This creates a coherent, stepped-care pathway where each clinician operates safely within scope while contributing to a unified patient journey.

## A forward-looking framework for modern tinnitus services

The CBT-Hear programme supports the ongoing evolution of tinnitus care toward stratified, multimodal, and personalised services. It offers a clear training route for clinicians across disciplines, builds workforce capacity, and ensures that psychological support is delivered safely, consistently, and with clinical depth. CBT-Hear brings mechanism and meaning together, helping clinicians understand how tinnitus works, how it affects people, and how thoughtful intervention can restore confidence, coping, and wellbeing.

[www.hyperacusisresearch.com](http://www.hyperacusisresearch.com)

# Certification Pathway



*“Provides specialist assessment, education, and support for tinnitus and sound intolerance within multidisciplinary care.”*



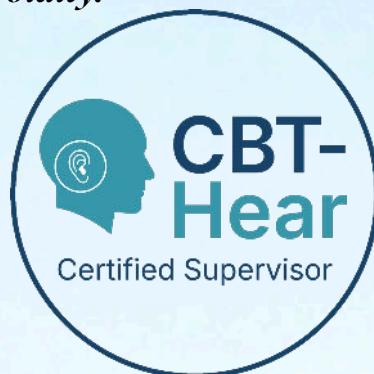
*“Distinguishes primary sound-related distress from psychological comorbidity; applies CBT-Hear to the former, coordinates care for the latter.”*



*“Recognised for advanced clinical experience and meaningful contributions to service delivery, innovation, or complex casework.”*



*“Delivers full CBT-Hear interventions for tinnitus, hyperacusis, and misophonia without significant psychological comorbidity.”*



*“Provides structured clinical supervision to CBT-Hear clinicians, supporting reflective practice, case management, and ethical standards.”*



*“Awarded for excellence in supervision, training, research, or curriculum development within the CBT-Hear framework.”*

**Cognitive Behaviourial  
Therapy Programme  
for Tinnitus Hyperacusis  
& Misophonia**

# CBT-Hear



**Designed for Audiologists,  
Psychologists and  
Allied Health Professionals**

**Ghent, Belgium**

**22-24 MARCH 2027**

**Course Directors**



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