

# Tinnitus and Hyperacusis Center

Since 1910, the Center for Hearing and Communication has provided high-quality, comprehensive services to empower people affected by hearing loss, deafness or listening challenges.

Services for all ages include:

- Free tinnitus phone consultation
- Tinnitus and hyperacusis therapy
- Free hearing screenings
- Comprehensive hearing evaluation
- Hearing aid evaluation, sales and repairs
- Speech, language and APD services
- Psychotherapy

(917) 305-7751

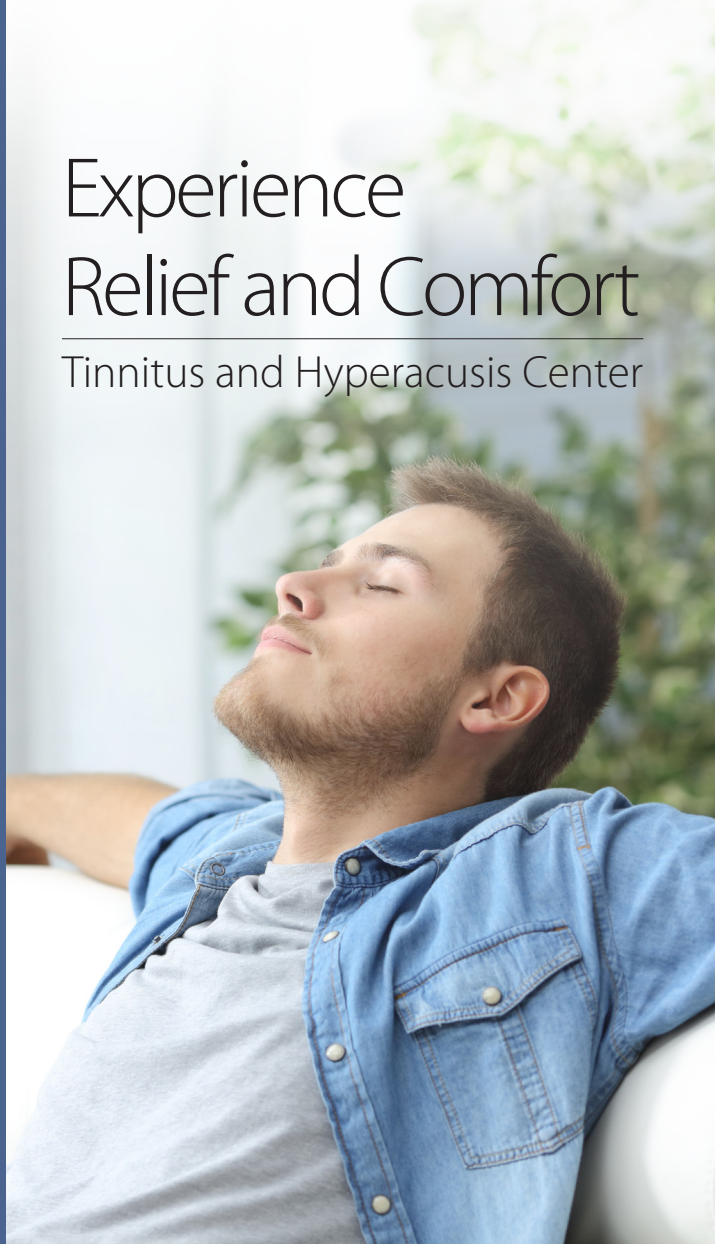
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## Experience Relief and Comfort

Tinnitus and Hyperacusis Center



Center for  
Hearing and  
Communication

*Connect to Life®*

## Are You 1 of 50 Million Americans with Tinnitus or Hyperacusis?

### Do you have ringing in your ears?

If you answered yes, you may have tinnitus, a “phantom auditory perception” when no external sound is present. People with tinnitus hear ringing, buzzing, or the sound of steam or crickets in their ears or head when none of these sounds is actually occurring in the environment.

### Are everyday sounds uncomfortably loud?

If you answered yes, you may have hyperacusis, a heightened sensitivity to sound. Those experiencing this condition often report pain or discomfort from sounds easily tolerated by others, such as a door closing or keys dropping on a table.



**For many, these conditions are so severe and debilitating they impact every aspect of every day. Fortunately, relief is possible.**



# It's Time to Regain Your Life

Since 1997, the Tinnitus and Hyperacusis Center at the Center for Hearing and Communication (CHC) has helped over a thousand people overcome the debilitating symptoms of tinnitus and hyperacusis.

Experienced audiologists with expertise in Tinnitus Retraining Therapy (TRT) have a proven success rate of 80%.

**Our goal is not simply to help you tolerate sound. We work with you to restore pleasure to the perception of sound.**

## CHC's Program has an 80% Success Rate

Tinnitus Retraining Therapy (TRT), based on a habituation model, teaches the brain to use its own "tricks" to learn to ignore the sounds of tinnitus. A CHC audiologist explains: "You don't know that the refrigerator is on until it shuts off because your brain has learned to ignore the sound of the refrigerator. In the same way, TRT teaches the brain to ignore, or habituate, to the 'phantom sounds' of tinnitus so that the condition is no longer on your mind."

TRT is comprised of two components that work together to retrain the brain to ignore the sounds it doesn't need.

**Directive Counseling** and education provides individuals with the tools to understand and demystify tinnitus and hyperacusis. This new knowledge helps to reduce the fear often associated with these conditions.

**Sound Therapy** provides low level sound, making it harder for the brain to keep track of the sound of tinnitus. For individuals with hyperacusis, the use of low sound level helps the brain reset its interpretation of loudness to normal levels.

**"My tinnitus is now a non-issue in my life."**

*CHC client*



**TRT is effective.  
It works  
and provides  
lasting results.**

**Find out if TRT is right for you.**

**Call (917) 305-7751 to schedule a free 15-minute phone consultation.**