



Tinnitus Masterclass

A Comprehensive and Advanced
Neuro-Psycho-Audiological
Cognitive Behavioural Therapy Training Course for
Tinnitus and Sound Intolerance Rehabilitation

Student Guide 2025



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Welcome to Tinnitus Masterclass!



For over a decade, Tinnitus Masterclass (face-to-face or online) has trained over a thousand audiologists and psychologists as advanced practitioners in providing a specialised rehabilitation programme based on Cognitive Behavioural Therapy (CBT) for children and adults experiencing tinnitus disorder, hyperacusis and misophonia.

In 2025, for the first time, the Tinnitus Masterclass will be delivered as a hybrid event. It starts with 3 days face-to-face lectures on 10-12 March 2025 at Birkbeck college, University of London, followed by 12-month online training course and clinical supervision. This hybrid event is our most comprehensive and advanced neuro-psycho-audiological cognitive behavioural therapy training course for tinnitus and sound intolerance rehabilitation. I look forward welcoming to London!

Dr Hashir Aazh *Course Director*



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Faculty

Course Director



Dr Hashir Aazh (UK)

Hashir is a pioneer in audiologist-delivered cognitive behavioural therapy (CBT) for management of misophonia, tinnitus and hyperacusis and a recent independent ranking of biomedical experts recognised him as the number one expert in hyperacusis in Europe between 2014-2024.

Guest Speakers



Prof. Brian C. J. Moore (UK)



Prof. Marlies Knipper (Germany)



Prof. Tobias Kleinjung (Switzerland)



Prof. Bart Vinck (Belgium)



Course Aims



This course is designed for those who wish to pursue a career as an advanced practitioner in providing a specialised rehabilitation programme based on Cognitive Behaviour Therapy (CBT) for children and adults experiencing tinnitus disorder, hyperacusis and misophonia.

In addition to learning the clinical application of specialist CBT in tinnitus, hyperacusis & misophonia rehabilitation, students will gain a wider spectrum of theoretical knowledge and clinical skills with regard to tinnitus and hyperacusis/misophonia rehabilitation.

This course will outline 6-session and 14-session specialist CBT clinical protocols for tinnitus, hyperacusis & misophonia management, psychoacoustic and audiological measures of tinnitus and hyperacusis, neurobiological mechanism of tinnitus and hyperacusis, underlying otological and neuro-otological disorders giving rise to tinnitus and hyperacusis, patient education, psychometric assessment, appropriate referrals to ENT and mental health, evidence-based practice, service development, and telehealth.



Timeline of people at Tinnitus Masterclass



Course Highlights

- ✓ Following the 3 days of face-to-face lectures in London, students will have immediate access to 12 online modules comprising recorded lectures, multiple demonstrations of therapy sessions (recorded role plays) plus open access to handouts, worksheets, assessment and clinical management tools.
- ✓ Students will benefit from 12-month of live group clinical supervision sessions (via zoom with Dr Hashir Aazh and his team) which are planned for the first Wednesday of each month (6 pm UK time).
- ✓ Throughout this 12-month training course, students will attend 18 hours of lectures in London, see 26 hours of recorded lectures and clinical demonstrations, take part in 18 hours of live group supervision sessions, practice in small groups of peers, complete multiple-choice tests, and submit their assessment portfolio.
- ✓ On completion of the course, students will be awarded with a Certificate for Specialised Rehabilitation Programme for Management of Tinnitus, Hyperacusis and Misophonia based on CBT.



Continuing Professional Development (CPD) points



This hybrid masterclass has **168 hours of CPD points**. Certified by the CPD Certification Service as compatible with global continuing professional development principles.

- ✓ 18 hours of face-to-face lectures
- ✓ 26 hours of online lectures
- ✓ 18 hours of online clinical supervision/ case study sessions
- ✓ 1 hour of CPD points for multiple choice test
- ✓ 85 hours of directed self-study (reading and working through the provided/ recommended course materials to complete the case studies, and written assignments)
- ✓ 20 hours of self-directed study (general reading around the subject, contributing to online discussion forum)



CPD
CERTIFIED
The CPD Certification
Service

Our Research

Hashir International Institute leads research on **audiologist-delivered cognitive behavioural therapy (CBT)** for management of misophonia, tinnitus and hyperacusis, **audiological investigations** among patients with tinnitus and sound intolerance, **psychometric assessment** of symptom severity and impact of tinnitus and sound intolerance on patient's life, screening for **psychiatric disorders and suicidal ideations**, insomnia and tinnitus, hearing loss and tinnitus, pain hyperacusis and telehealth.

Click on the “images” below to see relevant studies.



14 sessions
CBT



6 sessions
CBT



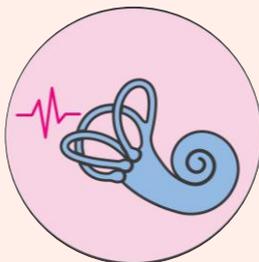
Tinnitus
Assessment



Hyperacusis
Assessment



Misophonia
Assessment



Audiological
Assessment
for Tinnitus &
Hyperacusis



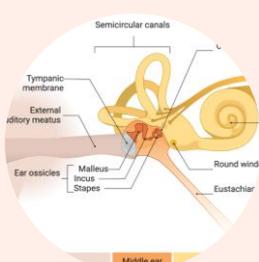
Audiological
Assessment
for Misophonia



Tinnitus and
Insomnia



Suicide and
Tinnitus



Hearing loss
and Tinnitus



Screening
for mental
illness



Internet CBT
for Tinnitus

Student Feedback!



Maria Morrison

17 reviews • 2 photos

★★★★★ 3 Feb 2021

Well thought out course with so much information. I am looking forward to the monthly meetings to learn even more and improve on my own skills!



Marni Novick

3 reviews • 0 photos

★★★★★ 3 Feb 2021

Hashir delivered the most excellent CBT course for tinnitus, hyperacusis really appreciate the time he invested in creating this course and his expertise shows fantastically in this course. I am looking forward to the year long journey with him on learning more about CBT and how I can help my patients on a deeper level. Most Excellent!!

Positive

Quality, Professionalism



Charlotte Stringer

4 reviews • 0 photos

★★★★★ 8 Feb 2022

This masterclass was the best thing I have done in my time as an audiologist. The detail in which we are taught how to do CBT is excellent and the ease of access is by far one of the best points. I was able to fit it around my busy schedule as a full time clinician very easily, and the tools we are given online are very helpful and accessible at any time.





More Student Feedback!



Laure Jacquemin

7 reviews • 0 photos

★★★★★ 1 Feb 2021

Great masterclass on CBT principles in theory and practice for patients with tinnitus, hyperacusis or misophonia. I look forward to start applying this in the hospital!

Positive

Communication, Quality



Sylvia Kewish

9 reviews • 0 photos

★★★★★ 14 Jul 2019

This is an ideal masterclass for practitioners willing to offer their services to patients with tinnitus and hyperacusis. Hashir and his team were very dedicated and helped with many questions from the audience. I found the recordings from the actual CBT sessions very valuable, the practical approach was well balanced with the theoretical background. All notes and pre-course reading materials were very well organised, every session concluded with a short summary of the learned outcomes. Last but not least, professionals from several countries attended and I believe all of us enjoyed networking and sharing cases from our practices.



Fernhurst Lodge Audiology Services

1 review • 0 photos

★★★★★ 4 Feb 2022

Hashir's CBT course is brilliant! The material, support, monthly clinical meetings and the huge number of professionals on the course means you learn a lot in an interesting, fun environment. The WhatsApp group means you can ask questions to hundreds of clinicians at any time.

I have been able to support my patients with tinnitus, hyperacusis and misophonia to a much higher more sophisticated level.

Thanks Hashir and your team 😊

Olwyn Morris



For more information contact us:

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