

Brief description of tinnitus therapy Neuroplastic Programming

Brief description:

In internal and external therapy, stimuli are set which increase the activity in the client's brain (hearing, sight and touch center, etc.).

By listening to certain frequencies, an attempt is made to weaken the tinnitus frequencies (phantom sound) or to transform them into another area.

Duration:

7 days (Monday to Sunday)

Sequence:

1 session per day (morning or late afternoon)

1 session

= 60 min application through self-therapy

= 60 min application by external therapy

Self therapy

- With the help of a stimulation device (VIBONY), vibrations and red light are introduced into the ear;
- This causes a higher blood flow in the ear and its surrounding area;
- After this stimulation, acoustic frequencies (noise-white noise) are heard through headphones;
- These frequencies are processed in the program or filtered and adapted to the client;
- While listening to these frequencies, the vagus nerve (10 cranial nerve) is activated with an electrical stimulation device;
- After this unit, acoustic frequencies are heard through the headphones in the first part (adjusted frequencies (swapping));
- These frequencies are processed in the program or filtered and adapted to the client;
- While hearing these frequencies, the client receives visual stimuli (eye training) in the first part and has to perform certain tasks that affect the sense of touch;
- In the second part the client has to solve cognitive tasks (memory training);
- Then there is a short break.

External therapy

- At the beginning a short relaxation exercise (cab driver posture while sitting) is carried out;
- This is followed by a so-called energy balance while lying down;
- Here energy centers are harmonized from head to toe by activating the client's own energy;
- During the treatment special music is heard, the frequencies of which are adapted to the tinnitus tone of the client;

Follow-up treatment:

- Listening to frequency-modulated / filtered music for 1 hour per day (self-therapy)
- 2-monthly follow-up care (hearing test, checking the tinnitus frequency, possibly adaptation of frequency-modulated / -filtered music) in the first year
- Annual follow-up after the first year (hearing test, checking the tinnitus frequency, possibly adaptation of frequency-modulated / -filtered music) for 3 years

Costs:**Basic treatment:**

Anamnesis: approx. 120 minutes = 120 €

Self therapy / external therapy:

7 days of 60 minutes self-therapy = 20 €

7 days of 60 minutes external therapy = 420 €

Follow-up treatment:

2-monthly follow-up care according to the time required:

per minute = € 1 (approx. 6 * 60 min = 360 min = 360 €)

Annual follow-up care after the first year according to the time required:

per minute = € 1 (approx. 3 * 60 min = 180 min = 180 €)

Total cost: approx. 1100 € depending on the effort