



Tinnitus: Psychosomatic Aspects of Complex Chronic Tinnitus

Gerhard Goebel

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This text is intended as an introduction to the treatment of complex chronic tinnitus. Practice orientated techniques for the various psycho-therapeutic concepts given are described for the psycho-therapist, whilst comprehensive information about medical problems should enable the physician to develop a deeper understanding of the psychological problems of patients and the psychotherapy which is available to them. The contributors seek to provide an impetus to understanding health and disease, not only from the point of view of technical failure but also of understanding thoughts and feelings as an important factor in psychosomatic disturbance - the cooperation which is necessary between medicine and psychology to aid patients suffering from tinnitus. The book should be of interest to otolaryngologists in clinics and private practice, neurologists, psychiatrists, psychotherapists, psychologists and audiologists.

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