



INVITATION TO ICRA MEMBERS TO A FREE ON-LINE PROFESSIONAL DEVELOPMENT WORKSHOP

Date **Saturday 19th September 2020**

Course Presenter **Julian Cowan Hill**
Core Process Psychotherapist MA UKCP

Title **Introduction to tinnitus**

Time **10am – 12am**

Programme	
9.30am	Registration
10.00 -10.30am	Introduction to tinnitus and its link to the fight or flight/freeze response. 10 mins Q&A
10.30am – 11am	How to treat people with CST and the best holds including 10 mins Q&A
11am – 11:15am	Break
11:15am – 11:45am	Current management of Tinnitus and why CSTs can make a huge difference.
11:45am – 12:00am	Do's & Don'ts with tinnitus

	Workshop concludes.

Please contact Carole Smith directly on

cesmith255@btinternet.com

Include your:

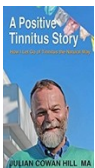
1. Name

2. Email address

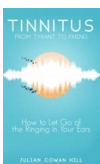


Julian Cowan Hill got back to silence after 20 years of bad tinnitus and has helped over 800 people improve their symptoms. Two decades of clinical practice as a psychotherapist, craniosacral therapist and tinnitus consultant have helped him consolidate techniques, approaches and practices to help tinnitus people on their journey to recovery.

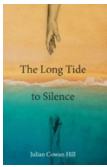
Julian has written three books available on Amazon:



A Positive Tinnitus Story – a short overview of how to get better.



Tinnitus, From Tyrant to Friend: How To Let Go of the Ringing in Your Ears – an in-depth, practical self-help book.



The Long Tide to Silence – the story of his painful and ultimately successful journey back to silence.



He has also created a highly successful You Tube channel and an App called Quieten which provides on-line support and help for tinnitus people.

Julian Cowan Hill works as a Craniosacral Therapist, Core Process Psychotherapist and Tinnitus Consultant in Paddington, London, and provides skype sessions for clients worldwide.

<https://juliancowanhill.co.uk/>