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and Danuta Raj-Koziak, M.D., Ph.D.

Tinnitus and Hyperacusis

Compendium for patients and specialists

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World-renowned otosurgeon, researcher, otolaryngologist for adults and children, audiologist, and phoniatician. Author of innovative methods of hearing treatment and the Polish school of otosurgery. The creator of the Institute of Physiology and Pathology of Hearing and the World Hearing Centre. In 2015, following a competitive process, he was appointed by the Minister of Health to serve a fifth term as the director of the Institute of Physiology and Pathology of Hearing. Since 1994 he has been National Specialist in Audiology, National Consultant in Audiology and Phoniatics, and has recently become National Consultant in Otorhinolaryngology in Poland. He is the Chair of the Clinical Science Committee of the Polish Academy of Sciences. Since 2005 he has been a member of the Scientific Board of the Ministry of Health, of the Central Commission for Degrees and Titles, and of other prestigious international scientific organizations. He is Honorary Professor at Brigham Young University (USA), Nicolae Testemitanu State University of Medicine (Moldavia), and National Institute of Mother and Child in Bishkek (Kyrgyzstan). He is Doctor honoris causa of the University of Warsaw, Maria Curie-Skłodowska University in Lublin (Poland), and the Academy of Special Education in Warsaw (Poland). He has over 2500 publications and several patents, and is originator of over 150 new therapeutic programs in clinical practice.



Danuta Raj-Koziak, M.D., Ph.D.

Otolaryngologist, specialist in audiology and phoniatics, and head of the Tinnitus Department at the Institute of Physiology and Pathology of Hearing. Since 1998 she has been a specialist in the diagnosis and treatment of patients with tinnitus and low tolerance to sound. In 2013 she became a doctor of medicine with a dissertation entitled "Assessment of the Incidence of Tinnitus in Children of School Age". She is the author of 40 research articles on tinnitus published in Poland and abroad.

Cooperation



Małgorzata Fludra, M.A.

Psychologist and psychotherapist. After completing a psychotherapy degree, she undertook postgraduate studies in the field of psychological diagnosis, crisis intervention, and psychotraumatology. Since 2006 in the Institute of Physiology and Pathology of Hearing she has assisted patients cope with tinnitus and hyperacusis. Co-author of the Institute's psychological rehabilitation program for tinnitus.



Rafał Milner, Ph.D.

Neurophysiologist and therapist using EEG biofeedback. He conducts research on the use of modern technology as a therapeutic tool for hearing and speech disorders. Author of a method called Neurofeedback of Slow Cortical Potentials for the rehabilitation of tinnitus, which has been implemented at the Institute of Physiology and Pathology of Hearing.



Iwona Niedziałek, Ph.D.

Otolaryngologist and specialist in audiology. She works with patients experiencing tinnitus, and is the initiator and facilitator of support groups for patients with tinnitus. Organizer of conferences for patients with tinnitus.



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Izabela Sarnicka, M.A.

Psychologist. Co-author of the Institute's psychological rehabilitation program for tinnitus. She performs psychoeducation and helps patients cope with tinnitus. For several years she has conducted group courses at week-long hospitalizations at the International Rehabilitation Centre in Leba, Poland. She cooperates with the Tinnitus Club. She is a facilitator of support groups for people with tinnitus.



Piotr H. Skarżyński, M.D., Ph.D.

Specialist in otolaryngology. He is involved in clinical, research, and teaching activities at the Medical University of Warsaw, the Institute of Physiology and Pathology of Hearing, the Institute of Sensory Organs, and the Centre of Hearing and Speech "Medincus". A member of numerous national and international research societies and on the board of the International Society of Telemedicine and the International Society for Telemedicine and eHealth. Author and co-author of almost 300 publications and over 1000 research reports. Reviewer for 11 international journals.

Leaders of the Club Tinnitus



Waldemar Gawryś

Patient of the Institute of Physiology and Pathology of Hearing, active member of the Tinnitus Club, and leader of the Warsaw self-help group. Encouraging people with tinnitus to attend group meetings, he cites the words of German psychotherapist Michael Lucas Moeller: "Only you can help yourself, but you won't make it alone".



Dorota Miazga

Patient of the Institute of Physiology and Pathology of Hearing and cofounder of the Tinnitus Club which began in March 2009. "Some people need to be offered a hand to guide them; someone has to show them that it's possible to live a happy life regardless of any problems." This is the task she has set for the Tinnitus Club.

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The Institute of Physiology and Pathology of Hearing is the first in Poland research and clinical centre, which guarantee complex diagnostics and possibilities to benefit from cutting-edge therapeutic methods for patients who experience tinnitus and hyperacusis. Currently people suffering from those ailments can get effective care in the Tinnitus Department at the Institute. This is a unique facility with interdisciplinary team of doctors, psychologists, and other specialists with long experience. They prepared this book specially for patients with tinnitus and hyperacusis. It is edited by Professor Henryk Skarżyński, the Director of the Institute of Physiology and Pathology of Hearing and Doctor Danuta Raj-Koziak, head of the Tinnitus Department and in cooperation with the Institute of Sensory Organs. In this book you can find not only the newest knowledge on those increasingly frequent ailments, but also many valuable pieces of advice on how to cope with them.