

# THE MINDFUL SILENCE TINNITUS PROGRAM

An Integrative Hypnotherapy Approach to Tinnitus–Related  
Distress



Reducing perceived loudness •  
Calming the nervous system •  
Restoring quality of life

WENDIE PHILLIPS,  
BCHT, MES

---

# Tinnitus: A Growing and Often Overlooked Challenge



*Sound familiar?*

“It’s not just the sound. It’s how it takes over everything.”

- Over 15% of adults experience tinnitus
    - Higher rates among veterans, older adults, post-concussion and post-accident patients
    - Strongly associated with:
      - Intrusive sound perception
      - Anxiety, emotional distress, hypervigilance
      - Sleep disruption and cognitive fatigue
      - Reduced quality of life and vitality
-

# What We Know from Research

1. Neuroplasticity & maladaptive gain: When hearing input is lost, the auditory system increases “gain,” creating phantom sound
2. Stress and limbic system activation: The emotional centers of the brain become hyperactive and reinforce perception
3. HRV and sleep disruption: Poor sleep and low HRV correlate with tinnitus severity.
4. Hypnotherapy’s impact: Meta-analyses show hypnosis produces medium-to-large effect sizes in distress reduction, emotional regulation, and sleep.

## Study Highlights:

- Marks et al., 1985 — Hypnosis improved tinnitus tolerance
  - Yazici et al., 2012 — Significant THI score improvements
  - Lam et al., 2018 — Hypnosis improved sleep and daytime function
  - Rosendahl et al., 2024 — Meta-analytic evidence supports hypnosis for somatic and mental health outcomes
-



*important*

***Goal: Reduce perceived loudness, reframe the brain's response to sound, calm the nervous system, and restore clarity, sleep, and quality of life.***

## A Personalized 4—6 Session Protocol

- Begins with THI assessment and nervous system baseline
- Tailored plan addresses
  - Perceived loudness
  - Emotional distress
  - Sleep disruption

Techniques Used: Clinical hypnotherapy • NLP • CBT • HeartMath-based coherence training • Mindfulness

---

# Real-World Outcomes

1.

## **Case: Veteran**

Age: 62

Presentation: Severe chronic tinnitus

THI: 68 → 28 after 6 sessions

Outcomes: Sound now 'farther away,' sleeping 6+ hours, lowered anxiety and irritability

2.

## **Case: Post-Auto Accident**

Age: 41

Presentation: Sudden-onset tinnitus + severe sleep disruption

THI: 56 → 14 after 5 sessions

Outcomes: Sound now 'background,' emotional distress resolved, back to full work

3.

## **Case: Retired Professional**

Age: 70

Presentation: Mild-moderate tinnitus + high emotional distress

THI: 44 → 16 after 4 sessions

Outcomes: Sleeping through the night, sound less noticeable, mood and focus improved

4.

## **Case: High School Athlete**

Age: 17

Presentation: Sudden-onset tinnitus + general anxiousness

THI: 36 → 10 after 4 sessions

Outcomes: Sound is unnoticed for long periods, restored feelings of calm, improved emotional balance



“

Healing begins where  
science and compassion

meet.” – W. Leighton Phillips

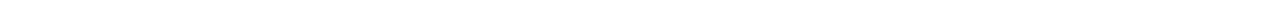
## A Collaborative, Evidence– Informed Approach

- Provided as an adjunct intervention
- Clients remain under their primary medical care
- Outcome tracking via THI scores and client self-report
- Supports patients in reducing distress and improving quality of life



W. Leighton Phillips  
hello@WendiePhillips.com  
321.233.6900

Referral form available upon request  
HIPAA–safe communications





# Meet Wendie Phillips

- Board-Certified Clinical & Transpersonal Hypnotherapist
- Certified Medical Exercise Physiologist & Corrective Exercise Specialist
- Veteran-Informed Care provider
- Over a decade of experience in integrative mind-body care
- Specializes in tinnitus-related distress, anxiety, and sleep disruption



*"Relief begins when we stop trying to silence the sound — and start bringing silence to the system that fears it."*

—W. Leighton Phillips



[hello@WendiePhillips.com](mailto:hello@WendiePhillips.com)

[www.WendiePhillips.com](http://www.WendiePhillips.com)

*Thank you!*