



European Tinnitus Course

15 to 17 October 2026

Park Plaza Nottingham

Delivered by:

Don McFerran, Laurence McKenna, Marc Fagelson, Rachel Knappett, Laure Jacquemin

Hosted by:

Tinnitus UK

Thursday 15 October

Registration

08.00-09.00

Definitions, basic science and clinical assessment

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| 1. Welcome to the course and Tinnitus UK presentation | 09.00-09.30 |
| <i>Laurence McKenna</i> | |
| 2. Definitions of tinnitus | 09.30-09.50 |
| <i>Marc Fagelson</i> | |
| 3. Basic sciences (A&P) and theories of pathophysiology | 09.50-10.30 |
| <i>Marc Fagelson</i> | |

Coffee 10.30-10.50

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| 4. Epidemiology of tinnitus | 10.50-11.35 |
| <i>Don McFerran</i> | |
| 5. Impaired sound tolerance (hyperacusis) | 11.35-12.15 |
| a. Definitions | |
| b. Epidemiology | |
| c. Theories of pathophysiology | |
| <i>Laure Jacquemin</i> | |
| 6. Psychology: impact of tinnitus | 12.15-13.05 |
| <i>Laurence McKenna</i> | |

Lunch 13.05-13.50

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| 7. Medical aspects of non-pulsatile tinnitus | 13.50-14.35 |
| <i>Don McFerran</i> | |
| 8. Audiological assessment | 14.35-15.05 |
| <i>Rachel Knappett</i> | |
| 9. Measures | 15.05-15.50 |
| <i>Laure Jacquemin</i> | |

Coffee 15.50-16.05

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| 10. Rhythmical tinnitus, non-pulse-synchronous | 16.05-16.30 |
| <i>Don McFerran</i> | |
| 11. Practical session: Relaxation exercise | 16.30-17.00 |
| <i>Laurence McKenna</i> | |

Friday 16 October

Mainstream Treatments

12. Treatment general: Professional boundaries <i>Laure Jacquemin</i>	08.30-08.45
13. Treatment general: Methods of care delivery a. Individual vs group b. In person vs telemedicine <i>Rachel Knappett</i>	08.45-09.10
14. Rhythmical tinnitus, pulse-synchronous (pulsatile) <i>Don McFerran</i>	09.10-09.50
Coffee	09.50-10.10
15. Treatment, audiological 1: Explanation and counselling <i>Marc Fagelson</i>	10.10-10.40
16. Treatment, audiological 2: Sound therapy <i>Rachel Knappett</i>	10.40-11.05
17. Treatment: psychological 1: CBT <i>Laurence McKenna</i>	11.05-11.55
18. Treatment, audiological 3: Hearing aids <i>Rachel Knappett</i>	11.55-12.40
19. Treatment, audiological 4: Cochlear implantation <i>Laure Jacquemin</i>	12.40-13.00
Lunch	13.00-13.40
20. Treatment, psychological 2 a. Relaxation b. Mindfulness c. ACT <i>Laurence McKenna</i>	13.40-14.25
21. Treatment: audiological 5 a. Impaired sound tolerance specific issues <i>Laure Jacquemin</i>	14.25-14.55
22. Sleep and its management <i>Laurence McKenna</i>	14.55-15.40
Coffee	15.40-15.55
23. Somatic tinnitus <i>Laure Jacquemin</i>	15.55-16.15
24. Somatic tinnitus, the UK experience and case studies <i>Rachel Knappett</i>	16.15-16.30
25. Practical session: Mindfulness exercise <i>Laurence McKenna</i>	16.30-17.00

Saturday 17 October

Special Populations and Other Treatment Modalities

- 26. Special populations and variants of tinnitus**
- a. Armed forces and PTSD** 08.30-08.50
Marc Fagelson
 - b. Acoustic shock** 08.50-09.10
Don McFerran
 - c. Low frequency noise complaint** 09.10-09.30
Don McFerran
 - d. Children** 09.30-10.15
Rachel Knappett
 - e. Musical hallucinations** 10.15-10.30
Marc Fagelson

Coffee 10.30-10.50

- f. Sudden onset hearing loss and single sided deafness** 10.50-11.10
Rachel Knappett
 - g. Musicians and tinnitus** 11.10-11.30
Marc Fagelson
- 27. Other treatment modalities**
- a. rTMS and other brain stimulation** 11.30-11.50
Laure Jacquemin
 - b. Portable devices** 11.50-12.15
 - i. Lasers**
 - ii. Ultrasound***Don McFerran*
 - c. Drugs** 12.15-12.40
Don McFerran
 - d. Novel sound therapies and bimodal therapies** 12.40-13.10
Marc Fagelson

Lunch 13.10-14.00

Miscellaneous

- 28. Food and drink** 14.00-14.20
Don McFerran
- 29. Complementary / alternative therapies for tinnitus** 14.20-14.50
Don McFerran
- 30. Individual management plans** 14.50-15.10
Rachel Knappett

Finish

- 31. Q&A round table** 15.10-15.40
All: Chair Laurence McKenna
- 32. Conclusions and farewell** 15.40-15.45
Laurence McKenna