

Tinnitus: Just the Facts

Date: Wednesday, February 4, 2026

Time: 7:00 PM - 8:00 PM ET

Via Zoom - visit

<https://us02web.zoom.us/meeting/register/WndQIrRvRTSTd3Lz0ZcppA>

to register or scan QR code

ASL Interpreters and CART provided

If you need other accommodations, please let us know.



Description:

Tinnitus is one of the most misunderstood body symptoms, often surrounded by fear, misinformation, and unnecessary medicalization. In this talk, Dr. Jennifer Gans presents a clear, science-based understanding of what tinnitus actually is - and what is not.

Drawing on neuroscience, clinical psychology, and years of working with patients whose tinnitus began after stress, trauma, illness, and/or noise exposure, Dr. Gans will explain:

- how tinnitus is a benign brain-based perception that becomes distressing when it is linked to anxiety, hypervigilance, and threat learning
- why the brain sometimes fails to filter internal sound
- how fear and monitoring behaviors keep tinnitus stuck
- why reassurance and accurate education are the most powerful first steps toward relief

Meet the Presenter:

Dr. Jennifer Gans graduated from Gallaudet University with a Masters in Deaf Education before moving on to complete a doctorate in psychology specializing in working with Deaf and hard of hearing individuals. She is a San Francisco-based clinical psychologist recognized internationally for her expertise in the psychological impact of tinnitus and hyperacusis on well-being. She is the CEO/Founder of MindfulTinnitusRelief.com, the first-ever self-administered 8-week online skill-building course of its kind for learning how to shift tinnitus from 'bothersome' to 'non-bothersome'. With both a Cognitive Behavioral and Mindfulness Meditation approach, Dr. Gans presents globally to physicians, researchers, patients, and audiologists on her research and tinnitus patient education, a critical piece of the tinnitus management puzzle.



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