

# Rotherham Tinnitus Conference June 15<sup>th</sup> 2020

## Meadowhall Conference Centre, Sheffield

### External Speakers

#### **Sandy Grimes**

Sandy has spent her career in audiology, hearing therapy and tinnitus management and is highly respected across the country. She has taught many times on various British Tinnitus Association (BTA) courses and events, as well as at many other such events both locally and nationally. Her style of running a tinnitus clinic is more counselling-based than technical/audiology based, but there are few people who can match her abilities and experience in this. She brings a vast amount of knowledge and experience to any course.

#### **Dr James Jackson**

Dr James Jackson is a Senior Lecturer in Psychology at Leeds Trinity University. He is a Chartered Psychologist, a Senior Fellow of the Higher Education Academy, and an Associate Fellow of the British Psychological Society. He has tinnitus, hearing loss, and a professional interest in tinnitus distress and its measurement.

#### **Dr Magdalena Sereda**

Magdalena is a Senior Research Fellow at the NIHR Nottingham Biomedical Research Centre; University of Nottingham where she leads a programme of research focusing on assessing the effectiveness of NHS contracted sound therapy options for tinnitus, including hearing aids, combination hearing aids and mobile applications as well as brain stimulation methods for the treatment of tinnitus. Magdalena graduated from Warsaw University in Biology and obtained a PhD in Neuropsychology from the Institute of Experimental Biology, Warsaw. Over the years Magdalena's research has concentrated on several aspects of the functioning of the auditory system, including cochlear implant technology and tinnitus. She has 18 years' experience of working with people with different hearing disorders including tinnitus sufferers, cochlear implant users and deaf adolescents. She has gained experience in various audiological, neuropsychological and psychophysiological techniques as well as in-vitro animal electrophysiology and brain imaging methods (MEG).

#### **Mrs Susan Douglas**

"I work as a consultant Ear Nose and Throat surgeon, treating both adults and children. I completed my medical training with an honours degree in 1995. I completed my ENT specialist training in the South Trent region and worked in the University Hospitals of Nottingham, Leicester and Derby. I then developed a subspecialist interest in Otolaryngology (diseases and surgery of the ear). I was awarded the Graham Fraser fellowship in Otolaryngology and Cochlear Implantation to work in

Sydney in 2006 and after completing that fellowship; I began working as a consultant at the University Hospitals Bristol and the Bristol Royal Hospital for Children in 2008. I moved to Rotherham NHS Foundation Trust in 2013.

I have presented nationally and internationally and published peer-reviewed articles in ENT and worked with the British Medical Journal group to publish articles on Dizziness and Cholesteatoma. I receive referrals from other ENT consultants in the NHS for adults and children with hearing problems, vertigo and ear discharge. I teach medical students and GPs about general ENT disorders and ear complaints.”

## Lynn Kiers

Lynn is an HCPC registered Occupational Therapist & a member of the Royal College of Occupational Therapists. She has worked in the health, housing & social care sector for over 40 years rising to Strategic Therapy Lead in the NHS. Since leaving the NHS in 2015 Lynn trained as a Mindfulness Teacher & launched **Openly Mindful Yorkshire**, delivering Mindfulness Based Stress Reduction programmes & Mindfulness workshops to a variety of audiences. Lynn is passionate about promoting the benefits of mindfulness & how it can help to alleviate a wide range of stress related symptoms including chronic anxiety, depression, insomnia & chronic pain leading to improved health & well-being.

## David Stockdale

David was appointed Chief Executive of the BTA in February 2010. He is responsible for the day to day running of the charity, and implements the strategy, as set by the Board of Trustees. He sees the BTA's priorities as: supporting the tinnitus community, ensuring that a preventative message targets those at risk and increased research into tinnitus.

## Dr Laura Mantle

Dr Laura Mantle, HCPC Registered Practitioner Psychologist, Chartered Clinical Psychologist, Cognitive Analytic Therapy Practitioner

“I have over ten years of working with people with mental health difficulties and I currently specialise in supporting people to manage the psychological distress associated with living with long term physical health problems. My work involves providing individual therapy to patients, but I also offer clinical supervision, consultation and training to non-psychology colleagues.”

## Claire Benton

Claire is a very experienced and well respected paediatric audiologist and audiology clinical scientist. She has previously published on subjects such as paediatric tinnitus and sound intolerance in children.