

Misophonia Guide for Clinicians



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The
International Misophonia Foundation

What is misophonia?

Misophonia is most likely a neurophysiological condition where otherwise normal auditory stimuli cause an aversive response. For persons with misophonia, sounds like chewing, whistling, coughing, sneezing (and more) cause a fight-flight-freeze reaction which manifests as an extreme emotional response. Persons with misophonia experience numerous symptoms such as: discomfort, irritability, anger, sadness, depression, physical sensations of pain, heart palpitations and racing, and other physiological symptoms. The emotional response for misophonia comes after the physiological response and is not a cognitive/psychological reaction. This means that persons with misophonia are not afraid of sounds or having a phobic response, but rather their physical sensory systems/brain are not responding appropriately to the sensory input.



Is misophonia a behavioural issue?

While some clinicians have tried to classify misophonia as a behavioural issue, research (Kumar 2018) points to a brain basis for misophonia. Persons with misophonia are experiencing a physical difference in how they process sensory stimuli. This means that persons with misophonia (whether they are a child, teen, or adult) are not choosing to be triggered and are instead having a physiological response which then leads to an emotional response. Persons with misophonia may display adaptive behaviours such as avoiding triggers, lying to get the sound to stop (ie. saying that they dislike a certain song, etc), among other protective behaviours, but these are responses to the physiological impact, and not the root cause. Negotiations and communication as well as accommodation for misophonia can help alleviate the impact of misophonia.

Find the study:

Kumar S, Tansley-Hancock O, Sedley W, Winston JS, Callaghan MF, Allen M, Cope TE, Gander PE, Bamiou DE, Griffiths TD. The Brain Basis for Misophonia. *Curr Biol*. 2017 Feb 20;27(4):527-533. doi: 10.1016/j.cub.2016.12.048. Epub 2017 Feb 2. PMID: 28162895; PMCID: PMC5321671.

Misophonia class for clinicians

This course provides clinicians who wish to understand misophonia an overview of the disorder, current understandings of the disorder, and will introduce you to the Misophonia Matters Approach. This will also include worksheets which can be downloaded and used in your clinical practice. Those who wish to afterwards, may apply to be a part of our Clinician Directory. Membership for the provider directory is separate to this course, and can be purchased without attending this course, however, you will not be able to display your "Verified" badge unless you have taken this course.

This course includes both video and text content and you must pass the exam at the end in order to pass the course (60%). Those who pass this course will be able to display a badge on their websites (as well as the clinician directory) indicating that they have taken this course and have the basic understanding of Misophonia.

Clinician class:

<https://misophoniafoundation.com/courses/an-introduction-to-misophonia-for-clinicians/>

Provider map:

<https://misophoniafoundation.com/clinicians/>



Is there treatment for misophonia?

There is no formal diagnosis or treatment for misophonia. Providers such as audiologists, psychologists, psychotherapists, occupational therapists, and neurologists offer support for persons with misophonia in various ways such as: sound masking devices, accommodations, cognitive and sensory based skills and therapies, communication skills and more. Since there is no formal diagnosis or treatment for misophonia it is important to have an empathetic and understanding approach to persons suffering from the disorder. The International Misophonia Foundation does not support exposure therapy or treatments which aim to desensitize misophonia as all current signs point to a disorder that is not inherently cognitive in nature.



What is the Misophonia Matters approach?

Misophonia Matters is an advocacy-based coping skills approach including a class, book, and workbook for adults, teens, and clinicians by long-time advocate Shaylynn Hayes-Raymond. Shaylynn has been advocating for misophonia since 2015 and moved to a career in counselling based on her experiences as a misophonia advocate and sufferer of the disorder. The Misophonia Matters approach includes advocacy, psychoeducation, sensory-based skills, and cognitive and psychological skills. Worksheets are presented throughout the program. Central to Misophonia Matters is the idea that while we cannot treat and prevent misophonia, we can learn to navigate and adapt to our world through accommodation, coping skills, and an empathetic advocacy-based approach.

On demand class for parents and teens:

<https://misophoniafoundation.com/shop/misophonia-matters-class-on-demand/>

Misophonia Matters book:

<https://books2read.com/MisophoniaMatters>

Misophonia Matters workbook: <https://a.co/d/blcBvXH>

Misophonia Matters clinician class:

<https://misophoniafoundation.com/courses/an-introduction-to-misophonia-for-clinicians/>

Misophonia Matters teen group classes:

<https://misophoniafoundation.com/teen-class/>

Misophonia Matters 1 on 1 sessions:

<https://shaylynnraymond.com/coaching>



What is The International Misophonia Foundation?

The International Misophonia Foundation is a 501 (c) (3) non profit dedicated to serving the needs of individuals and families impacted by Misophonia through increasing ethical, accurate, and educational resources for researchers, institutions, policy makers, and individuals and families impacted by Misophonia. The International Misophonia Foundation seeks to increase the development of research that respects the needs and dignity of those suffering with Misophonia by facilitating and publishing original research as well as offering institutions and individuals researchers consultation services, publication assistance, funding opportunities, and ethical oversight. The International Misophonia Foundation also seeks to increase awareness and understanding of Misophonia through providing resources to educate sufferers, researchers, clinicians, and the public about how this disorder effects individuals and families as well as best practices for increasing inclusion of individuals and families living with Misophonia.

Learn more: <https://misophoniafoundation.com/>