

CBT4T Enrolment

View all enrolments here: <https://courses.tinnituseprogram.org/cbt4t-enrolments>

Choosing the enrolment that suits you – and your wallet!

Two types of CBT4T Enrolment: Subscription or Open-ended

SUBSCRIPTION	OPEN-ENDED
Access to CBT4T for as long as your subscription remains ACTIVE	Access to CBT4T for as long as you like
No appointments included (Choose to add later) Add appointment (£125) after Stage 4: https://www.tinnituseprogram.org/initial-appointment.html	No appointments included (Choose to add later) - Add appointment (£125) after Stage 4: https://www.tinnituseprogram.org/initial-appointment.html Included appointments – rule of thumb: - Include ONE appointment when your Tinnitus Functional Index (TFI) is Category 3 (40-53%) - Include TWO appointments when your Tinnitus Functional Index (TFI) is Category 4 (54-72%) - Include THREE appointments when your Tinnitus Functional Index (TFI) is Category 5 (73-100%) - First appointment due after Stage 4: https://www.tinnituseprogram.org/initial-appointment.html
Cost £20/month 1st appointment £125 – total cost with ONE appointment during a 6-month period £120 (6 x £20/month) + £125 = £245 - Additional appointment(s) £95 – total cost with TWO appointments during a 6-month period £120 (6 x £20/month) + £125 + £95 = £340	Cost - NO appointments included £150 1st appointment £125 – total cost with ONE appointment £275; with TWO appointments £125 + £95 = £370 - ONE appointment included £190 or payment plan 3 x £65/month - TWO appointments included £325 or payment plan 3 x £110/month - THREE appointments included £425 or payment plan 4 x £110/month
About appointments During 2025/26, 80% of all enrolments used only ONE appointment	About appointments During 2025/26, 80% of all enrolments used only ONE appointment (including some enrolling with TWO or THREE appointments included)

Advantages of Subscription • Low-initial outlay, £20/month subscription • You can cancel your subscription at any time	Advantages of open-ended • Access to CBT4T for as long as you like, even long after you finish the programme – a safety net knowing access is still there if you want it • Priority is given to pre-paid appointments (included in your enrolment) for the week following your request to book • Additional appointments to those included in enrolment can be booked (£95) It is rare to need more than 3 appointments. The only time this may happen would be if extra input was needed for help beyond tinnitus, hyperacusis, anxiety or stress. This has occurred in less than 3% of enrolments in 6 years (2020-2026)
Disadvantages of Subscription • If you miss a monthly payment, you lose access to the programme • Should you cancel your subscription and later decide to re-subscribe, it would be a new enrolment by subscription • There is no way of knowing how long you may need to use CBT4T for, so you risk spending more with a subscription than open-ended • You may feel pressured to complete CBT4T too quickly to reduce your costs rather than use CBT4T as recommended – at a pace that suits your needs and responsibilities • Subscription is more expensive than open-ended beyond 3 months (3 x £20/month + £125 for first appointment). Average time people take to complete CBT4T is 6-8 months • You may feel pressured not to add appointment(s) due to additional cost • After 3 months, subscription is more expensive than open-ended when appointments are added • Appointments are booked according to availability. Open-ended (pre-paid) appointments are given priority	Disadvantages of open-ended • Higher initial outlay than by subscription • *When you enrol with more appointments than you need or use, you would have paid for more than you need *Recommendation to mitigate: enrol with ONE appointment included and only add appointments when you need them. Note: Additional appointments booked do not carry the same priority (booked for the following week) so you may have to wait longer than a week.