



Welcome to the Veterans Across America Virtual Chapter Meeting October 20, 2020

- 1. Welcome**
- 2. Minutes of Last Meeting**
- 3. Committee Reports**
- 4. Please send all email communication directly to me and/or other officers:**
Don Doherty, President - dondoherty46@gmail.com
David Schible, Vice-President - david.schible@gmail.com
Martin Collinsworth, Secretary - deserthawiian@cox.net
- 5. New Outreach Activity**
- 6. New Business**
- 7. Next Meeting – November 17, 2020**
- 8. Speaker – Don Doherty, President VAAVC**

Captions are on the purple bar. No need to enable subtitles. Use Raise Hand option to ask a Question after presentation.

The Psychological Effects of Hearing Loss



Presenter:

Don Doherty, MA, Ed.S.

President - Veterans Across America Virtual Chapter

Biopschosocial Model

- Hearing Loss has three primary areas of response
 - Biological – Physiological Processes
 - Psychological – Mental and Behavioral Processes
 - Social – Communication and Social Processes

Biological Processes

- Includes how we hear and physical structures of the Ear
- Sensory and Perceptual Processing
- Cognitive Abilities
- Language Development
- Can identify degree and type of hearing loss by the Audiogram

Psychological Aspects of Hearing Loss

- Primarily deals with the mind and behavior
- Coping Skills
- Emotions
- Identity Formation
- Unique Experiences interacting with the world

Social Aspects

- Relating to others
- Recognition of Similarities and Differences with Others with Normal Hearing
- Communication
- Group and Individual functioning

Idiosyncratic Aspects

- Experience of Hearing Loss different for everyone
- Different by Type of Loss
- Age at Hearing Loss
- Changes in adaption to hearing loss
- Personality

Hearing Loss in Children - Behavioral Issues

- Increased incidents of Behavioral Problems for children who are Deaf or Hard of Hearing especially Hyperactivity or Aggression
- Above may be symptoms of internal problems such as depression, anxiety or learning difficulties
- When treating or teaching these children
 - Set Limits
 - Speak Simply
 - Avoid overstimulating or distracting environments

Child Development

- Family
- Support from others/Community/Coach
- Individual Child
 - Temperament
 - Personality
 - Putting it all together/Adolescence

Language Development

- Communication Needs Change with Age
 - Common Events
 - Desire to Fully Express Oneself
 - Frustration when Discrimination is lessened
- Ability to Communicate Influences Self-Esteem
 - Being Special/Unique
 - Being Different/Unusual

Children Rarely See Being Different as a Virtue

- Hearing Loss same as being overweight, wearing glasses or being Different
 - Introversion (shy, quiet, sensitive)
 - Withdrawal from Peer Interactions (inner focus & extra effort required to communicate)
 - Self-expression reduced
 - Parents and Teachers need to be extra-sensitive
 - Teach Children that they have strengths and weaknesses and to explore who they are by pursuing tasks they like and do well

Developmental Challenges

- Basic Needs (Maslow)
- Development of Self (Erikson)
- Issues of Grief and Loss (Kubler-Ross)
- Education and Learning (Vygotsky)
- Positive Psychology (Seligman)
- Positive Psychology and Hearing Loss (Szarkowski)

Maslow's Heirarchy of Needs

- Self Actualization
- Self Esteem
- Belonging and Love
- Safety
- Food, Water, Shelter

Erik Erikson's Formation of Self Concept

- No Self
- Emerging Self Awareness
- Factual Self Concept
- Egocentric View of Self Concept
- Comparative
- Peer Pressure
- Individualization

Kubler-Ross model of Grief and Loss

- Denial and Isolation
- Anger
- Bargaining
- Depression
- Acceptance

Vygotsky's Education & Learning Theory

- Scaffolding
 - Providing the Structure to reach the Next Level of Learning
- Proximal Development
 - Teach just above what child can do on his/her own
 - With Deaf or Hard of Hearing Children, the appropriate learning Level may be Unclear

Seligman's Positive Psychology Theory

- Ideas of Learned Helplessness
 - Rat being shocked on platform with a net
 - Elephants on a Chain – Resembles many people's stories who remain Chained to Bad Past Experiences. They don't try again because their holding on to Negative Experiences which holds them back from Real Possibilities of the Present
- Lay a Positive Foundation
- Thoughts can be more Detrimental than Actions But also can Help a Person Overcome Obstacles (Believe in Me!)

Szarkowski's Positive Psychology and Hearing Loss

- Parent's Level of Acceptance
- Difficulties and Improvements in Communication
- Focusing on the Positive fosters ability to see the positive
- Parenting a Deaf or Hard of Hearing Child may:
 - Truly appreciate milestones
 - Expand your Social Circle of Support
 - Allow you to Set Priorities, Change Goals, Alter aspects of Life for the Better

Veteran Hearing Loss

- Hearing Loss and Tinnitus are the most prevalent auditory conditions
- Blast injuries and IED related injuries reflect increase in claims
- Age is a factor – 45% of adults over 65 have a hearing loss
- Most common type of loss is sensorineural – High Frequency
 - Difficulty distinguishing sounds or understanding speech
 - High Frequency Loss is below the Speech Banana
- Hearing Aids and now Cochlear Implants are primary Rx
- Other Devices: FM Systems; Bone Anchored Hearing Aids; Tinnitus Maskers/Sound Generators; Hearing Assistive Technologies

Veterans' Health Conditions/Stressors

- Limb Loss from IED's
- Paralysis
- Traumatic Brain Injury
- PTSD
 - 150,000 Vets from Iraq/Afghanistan
 - 113,000 with Depression
 - Veteran Suicide – Both active Duty and after Return
- Stress on Military Families
- Trauma, Grief and Loss

Veteran Hearing Loss Challenges

- Transition to Civilian Life
- Loss of Military Culture
- Veterans' relationship with Self – Identity, Purpose & Self Worth
- Reassessment of Life Goals & Ambitions
- Coping with Starting Over – “After Hearing Loss”
- Psychological Effects of Traumatic Experiences
 - May Inhibit Personal & Professional Growth
 - Survivor Guilt, PTSD, Substance Abuse
- Physical Handicaps in addition to Hearing Loss

Positive Psychology & Post Traumatic Growth

- Hearing Loss is one aspect of a person. It may be more than that, but it need not be all the time
- Hearing status impacts Development; Understanding the “Normality” of a child/teen can help in Parenting/Teaching
- Post Traumatic Growth
 - The study of the Positive Changes that result from life’s challenges
 - Even traumatic experiences can lead to Traumatic Growth
 - Finding one’s own strength
 - Support Systems

Skills Needed to Thrive with Hearing Loss

- Advocacy Skills
- Closeness between Parent/Child or with Adult Support Group
- Understanding Development
- Enhanced Communication with Hearing Assistive Technologies
- Flexibility of Roles and Expectations
- Appreciation

Hearing Loss in Adults

- Hearing loss in Adulthood presents a different psychological picture
- Differences between psychological symptoms of early and late onset hearing loss: Both groups can suffer anger, denial, isolation, fatigue & depression.
- Early Onset Hearing Loss may include clinical aspects of their childhood development – poor self esteem, learning difficulties, & underachievement
- In Late Onset Hearing Loss – Personality and language has already been developed that does not incorporate hearing loss. They have families and jobs but may struggle with their new Hearing Loss Identity.

Hearing Loss in Adults

- Late deafened adults may mourn their hearing loss as they go through various stages of grief (Remember Kubler-Ross).
- How long did it take each of you to accept your Hearing Loss?
- Denial, Anger, Isolation, Withdrawal from Social Situations and Resist Hearing Aid amplification
 - Family Members and Audiologists are the greatest help
- Need to Learn new ways to interact with the world to increase involvement

Hearing Loss in Adults

- Bargaining - "I know I can't hear, but at least my health is good."
- Devaluing – "Who cares if I cannot hear, I never liked music"
- Depression – Tearfulness, Slowed Responses, Changes in Weight/Sleep
 - Depression precedes Acceptance (First awareness of need for help)
 - Need for Support Group at this time

The Psychology of Cochlear Implants

- Personality and Psychological Factors can affect Surgical Outcome
 - Great deal of Variation in Satisfaction & Performance with Implants
 - Speech Recognition Ability can be affected by:
 - Length of Hearing Loss/Deafness
 - IQ
 - Speech Reading Ability
 - Hearing Ability before Implant
 - Pessimism/Optimism
 - Expectations (Realistic/Unrealistic)
 - Type of Support System to include Speech Therapy

The Psychology of Cochlear Implants

- Very little literature on the relationship between Personality and Cochlear Implant Surgery Outcome
- Personality is the Complex Total of Who we are, How we think, How we perceive information and How we interact with the world.
- Cochlear Implant surgery is a Life Event that will Interact and be Shaped by a Person's Personality (It is also very Stressful – Life Change Index Scale)
- The way an individual responds to Stressful Situations, Illness, and Physical Stress in General can be Predictive of how an individual responds to an Implant

The Psychology of Cochlear Implants

- A person who is Rigid and Pessimistic may look for and comment on all the Bad Things about an Implant no matter how well it functions
- It is very Difficult to change how a person views the world . Most people adapt in their own way over time
- Society values Perfection and Beauty. They often show a Subtle and Unconscious Bias toward people who wear Hearing Aids or Cochlear Implants.
- Many people with Hearing Loss don't like to be with people who don't understand (Remember our Play)

Physical Consequences of Hearing Loss

- Tiredness/Exhaustion
- Headache/Vertigo
- Stress/Tense Muscles
- Eating/Sleeping Problems
- Stomach Problems
- Increased Blood Pressure
- Intimacy Problems

Social Consequences of Hearing Loss

- Isolation and Withdrawal
- Inattentiveness/Bluffing
- Distraction/Lack of Concentration
- Problems at Work/May have to Retire
- Problems Participating in Social Events
- Problems Communicating
- Loss of Intimacy

Psychological Consequences of Hearing Loss

- Shame, Guilt and Anger
- Embarrassment
- Problems Concentrating, Sadness, Depression
- Worry, Frustration, Anxiety, Suspiciousness
- Insecurity
- Self Criticism, Low Self Esteem/Self Confidence

There is a Solution

- Hearing Loss Association of America
 - Founded in 1979 by Rocky Stone, the Hearing Loss Association of America (HLAA) is the Nation's leading organization representing consumers with hearing loss.
 - HLAA strives to give people the tools they need to live more successfully with hearing loss and to show them **they do not have to face hearing loss alone**
 - **THE MISSION OF HLAA IS TO OPEN THE WORLD OF COMMUNICATION TO PEOPLE WITH HEARING LOSS BY PROVIDING INFORMATION, EDUCATION, SUPPORT AND ADVOCACY. SEE WWW.HEARINGLOSS.ORG**
 - **Veterans Helping Veterans – “Buddy Check Often”**

Time for Questions

Use Raise Hand on Participants Icon
to ask a question



If you have questions, please contact:

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Thank you for joining us!

Please join us again **November 17** for the next meeting
of the **Veterans Across America Virtual Chapter**.