



Psychologist Sam Trychin to be HLAA Featured Speaker

Dr. Sam Trychin, a psychologist specializing in improving communication strategies for people with hearing loss, is the Featured Speaker at the Tuesday, May 1 meeting sponsored by Hearing Loss Association of America Rochester Chapter. His talk, "Hearing Loss and Emotional Regulation: Building Resilience," takes place at the Rochester Academy of Medicine, 1441 East Avenue, Rochester 14610. Doors open at 5:00pm; the program starts at 6:00. Light refreshments will be served. The program is free. Anyone interested in hearing loss is welcome.

If confronted with difficult hearing situations, people with hearing loss often react with negative emotions like frustration, fear, anxiety or anger when not understanding, says Trychin. He feels that such emotional effects arise when the listener unexpectedly confronts or anticipates a scenario where it is important to understand but misses or misinterprets what is being said. He notes that "Emotional arousal often interferes with clear thinking, resulting in failure to undertake helpful actions in preventing or resolving communication difficulties." His presentation will illustrate "building resilience" : ways to prevent or reduce such emotional reactions and improve hearing and understanding.

Trychin is a psychologist in private practice in Erie, PA. He focuses on psycho social interventions for people with hearing loss and their communication partners. He also deals with training for individuals with stress-related disorders.

He is the Mental Health and Rehabilitation Advisor to Hearing Loss Association of America and serves on the PA. Governor's Council on Aging. The author of 15 books and several professional book chapters and journal articles, Trychin has produced DVD's targeting skills for living better with hearing loss. He and his wife, Janet, an audiologist, frequently conduct workshops and training programs together. Sam is an engaging speaker, interacting humorously with his audiences.

Enhancing hearing accessibility at the talk will be an inductive hearing loop donated by HLAA Rochester Chapter, open captions and ASL interpreting.

For more information please see telephone 585 266 7890