

To Whom it May Concern

I would like to attest to the effectiveness of Maria Holl's Tinnitus Alleviation Therapy.

On 30 May 2013, I attended Maria Holl's workshop at the International Institute for Bioenergetic Analysis (IIBA) Conference in Palermo, Sicily.

I went to the workshop out of general interest, not because I had heard anything about Maria's work, but because I had suffered from tinnitus since about 1987, a period of about 25 years. I did not have any expectations of the workshop, apart from educating myself about tinnitus. My tinnitus was something I thought was a function of aging and that nothing could be done about it. I just had to live with it. Normally I am able to ignore it and get on with my life, but just occasionally, perhaps once or twice a year, it would intrude into my consciousness and nearly drive me crazy.

To my complete surprise, near the end of the workshop, after doing the exercises that Maria introduced, ably assisted by Walter, her husband, I noticed that my tinnitus had completely disappeared. The silence in my ears was profound and I was able to hear people speak clearly and hear birds singing in the trees outside the room, as if for the first time. It was a wonderfully pleasant and completely unexpected experience that I was then able to share with the group and with Walter and Maria.

I did notice a few sceptical looks from some workshop attendees, but that did not detract from the reality of what I was experiencing – the complete absence of an orchestra of crickets and cicadas in my ears, and a crystal clear silence in which I could hear the sounds of the outside world.

This improved state lasted unabated for about four months, but more recently I have noticed that at times of stress the tinnitus has returned. I kept doing several of Maria's exercises for a month or so after returning home to New Zealand, following the IIBA Conference, and the recent return of the tinnitus can be attributed solely to my personal failure to continue doing the exercises. The tinnitus is still much less severe than before I attended Maria's workshop in Sicily, and the occasion of writing this attestation is a reminder that the answer is in my own hands now that I have the tools to relieve myself of tinnitus.

I am happy to share my experience, and hope that other tinnitus sufferers can find relief by following the method and exercises that Maria Holl has developed.

Yours faithfully

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About the writer: Garry Cockburn is in private practice as a bioenergetic psychotherapist in Wellington, New Zealand. He holds an Advanced Certificate of

Practice for the New Zealand Association of Psychotherapists, is a Certified Bioenergetic Therapist, and has been a consultant on child abuse and children's mental health in a NZ government agency. He has published several articles in the Clinical Journal of the International Institute for Bioenergetic Analysis, and in the European Journal of Bioenergetic Analysis and Psychotherapy. He was back in 2013 a member of the Board of Trustees for the IIBA.