



2026 INTERVIEW SUMMARY SHEET

SPEAKER

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TOPIC

A Whole-Person Approach to Overcoming Chronic Dizziness & Vertigo

TITLE & ORGANIZATION

Founder, Audiologist & Coach
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KEY TAKEAWAYS

- Vestibular migraine is a multi-sensory issue involving the brain's inability to correctly integrate information from the eyes, ears, and touch.
- The stress bucket concept illustrates how lifestyle, past trauma, and current stressors can push the brain into a state of chronic threat appraisal that amplifies symptoms.
- Neuroplasticity allows the brain to be retrained at any age, but this requires moving away from symptom-checking and isolated symptom management.
- Somatic tracking is a vital tool for responding to acute attacks by relaxing into the sensation rather than reacting with fear.
- Recovery is a gradual process that typically requires at least six to eight weeks of consistent practice to see shifts in how the brain processes sensory input.

KEY TREATMENTS

- Acceptance and commitment therapy (ACT)
- Behavioral/lifestyle factors
- Biopsychosocial approach
- Cognitive behavioral therapy (CBT)
- Medication
- Somatic tracking
- Vestibular rehabilitation therapy (VRT)

NOTABLE QUOTES

"The reason vestibular migraines ... result in such high impacts on people's lives is that the symptoms of dizziness aren't really just one symptom. They're many symptoms that affect multiple sensory systems."

"Brains are always plastic from the day we're born until the day we die. It doesn't matter how old you are or how long you've had symptoms."

PRACTICAL STEPS

- Maintain consistent sleep, regular movement, and social connection to lower baseline stress.
- Pause detailed symptom tracking to reduce focus on "threat" signals.
- Practice observing sensations during calm moments to apply during vertigo episodes.
- Seek biopsychosocial-trained providers, including those affiliated with Association for Treatment of Neuroplastic Symptoms (ATNS) or Stress Illness Recovery Practitioners Association (SIRPA), if conventional care hasn't helped.
- Use reputable free educational resources to better understand neuroplasticity and chronic dizziness.