

# Treating Chronic Dizziness (3PD) with Cognitive Behavioral Therapy

Chronic dizziness can be caused by a condition called **persistent postural perceptual dizziness**, or 3PD. 3PD is not a psychological condition. It is an inner ear disorder that needs specialized vestibular or inner ear physical therapy. However, studies show that these therapies are most effective when combined with medication and behavioral therapy.

## How can behavioral therapy help my dizziness?

There are many different types of counseling. Research shows that **cognitive behavioral therapy** (CBT) is a specific type of counseling that can help you heal chronic dizziness. CBT works by helping you to adjust how you act, think, and feel. Specifically, it can help you:

- Learn new ways to do the activities you did before.
- Identify thoughts and behaviors that might make you avoid trying things that are needed to get better.
- Understand and manage fear or other emotions.
- Reduce worst-case thinking.
- Create more balanced thoughts.
- Improve self-worth and control.
- Provide a safe space for feeling.
- Increase your readiness for tough battles.

## How can I find a therapist to help with my dizziness?

Taking time to find the right therapist is important. When you call to schedule a consultation, share your:

- Need for support in managing a long-term medical condition.
- Struggle with dizziness and how it affects your life. This might include:
  - Frustration and stress.
  - Changes in your activities.
  - Anxiety, worry, or fear.



When you contact your insurance company, ask for:

- A list of covered (in-network) behavioral health therapists.
- An explanation of your behavioral health therapist coverage benefits.
- An estimate of cost and how much you will need to pay.

### Other ways to find a therapist:

- psychologytoday.com. This website can sort by:
  - Zip code
  - Insurance
  - Type of therapy (CBT)
  - Conditions to treat
- Numerous Online programs, such as:
  - Rooted Behavioral Education  
([rootedbehavioraleducation.com/](http://rootedbehavioraleducation.com/))
  - The Steady Coach  
([thesteadycoach.com](http://thesteadycoach.com))
  - Juva for Migraines  
([iPhone app](#))

This education content was developed in partnership with the Department of Neurology at the University of Utah Health. Check out the [Dizzy School](#) for more information.



## Notes

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