

Information Handout

Professional Version | US English

Cognitive Behavioral Model Of Persistent Postural
Perceptual Dizziness (PPPD: Whalley, Cane, 2017)



Description

This is a *Cognitive Behavioral Model Of Persistent Postural Perceptual Dizziness* (PPPD: previously termed 'chronic subjective dizziness') adapted from Whalley & Cane (2017). PPPD is a form of persistent dizziness which is maintained by psychological factors. The model bears similarities to other models of health anxiety, and can be considered a specific implementation of such a model. It identifies key maintenance mechanisms which serve to prolong dizziness in PPPD.

Instructions

This is a Psychology Tools information handout.

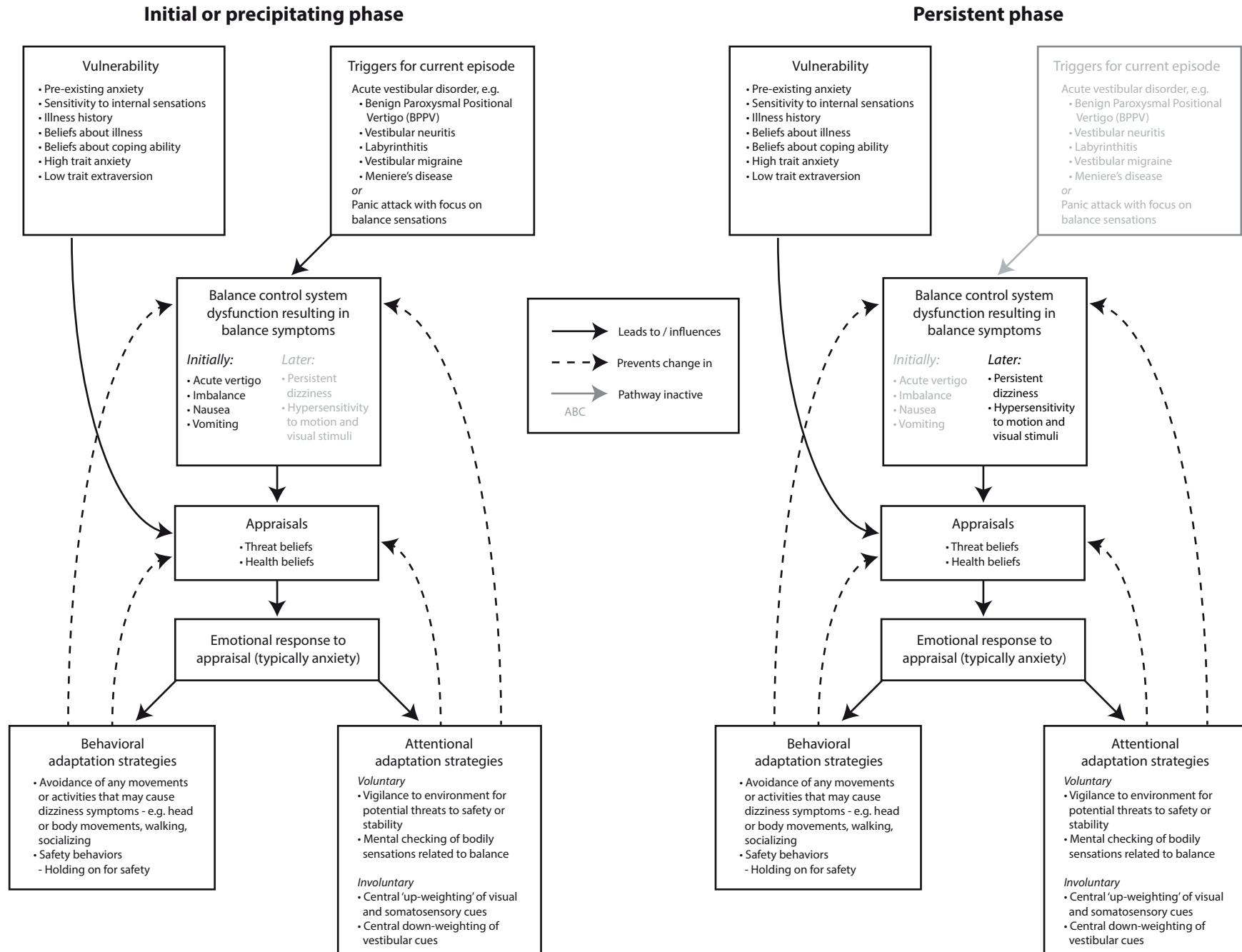
Suggested uses include:

- Client handout – use as a psychoeducation resource.
- Discussion point – use to provoke a discussion and explore client beliefs.
- Therapist learning tool – improve your familiarity with a psychological construct.
- Teaching resource – use as a learning tool during training.

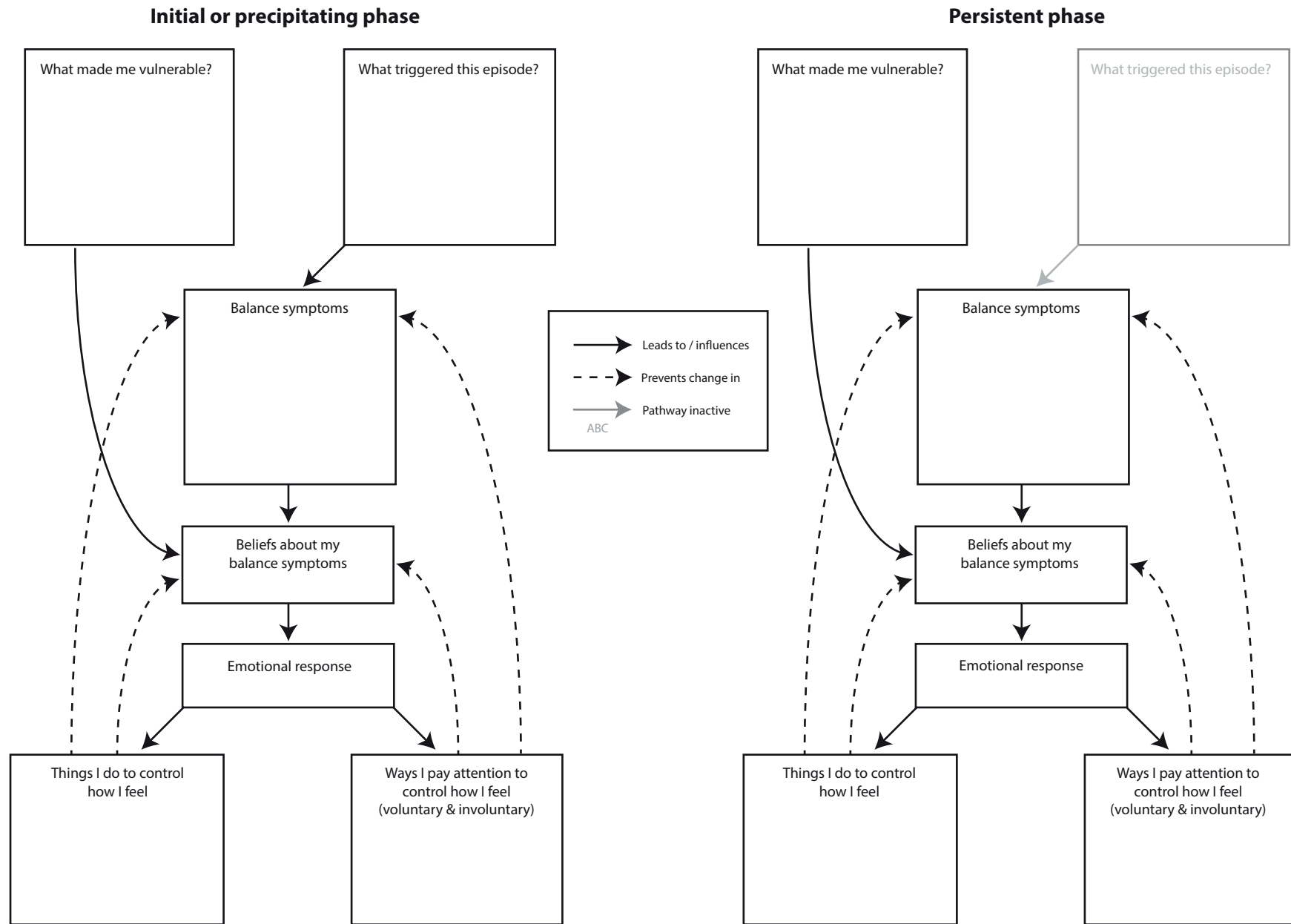
References

Whalley, M. G., & Cane, D. A. (2017). A cognitive-behavioral model of persistent postural-perceptual dizziness. *Cognitive and Behavioral Practice*, 24(1), 72-89.

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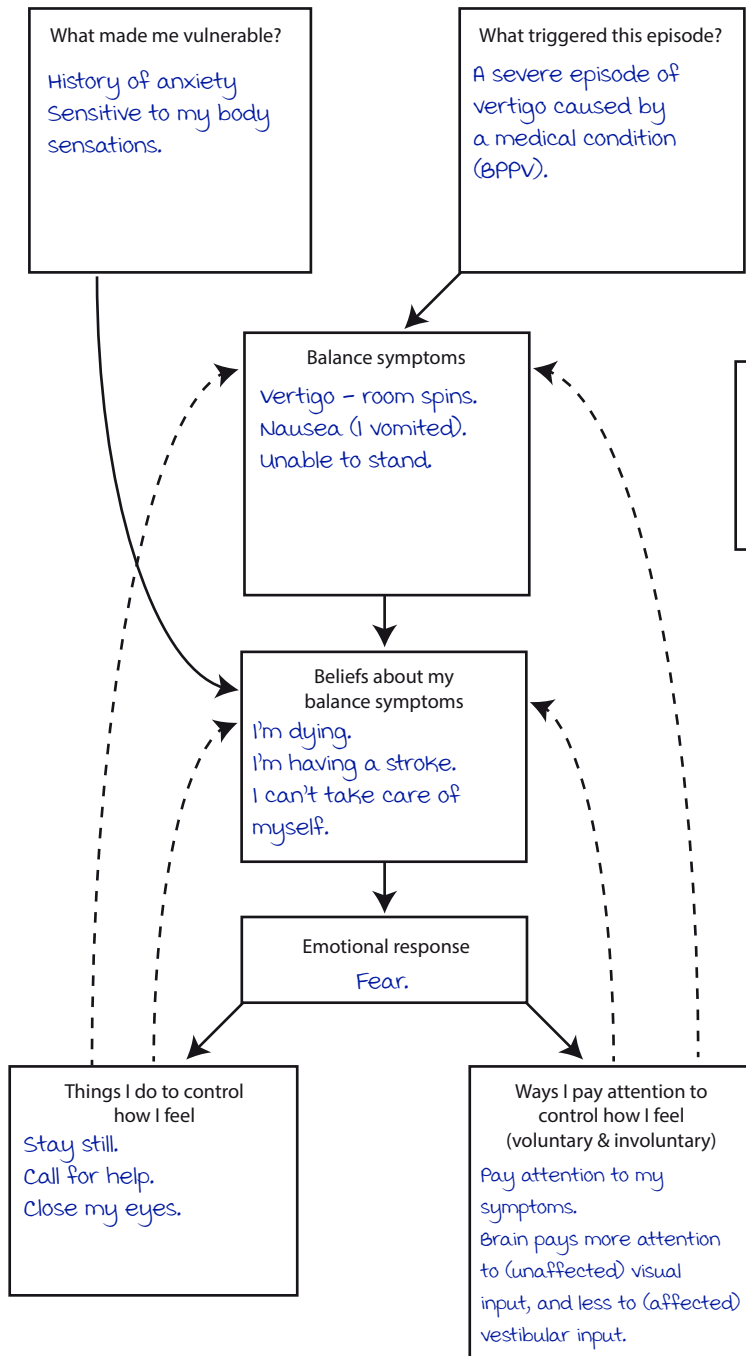


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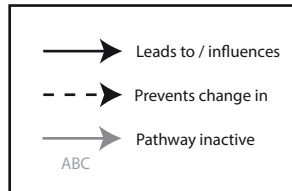
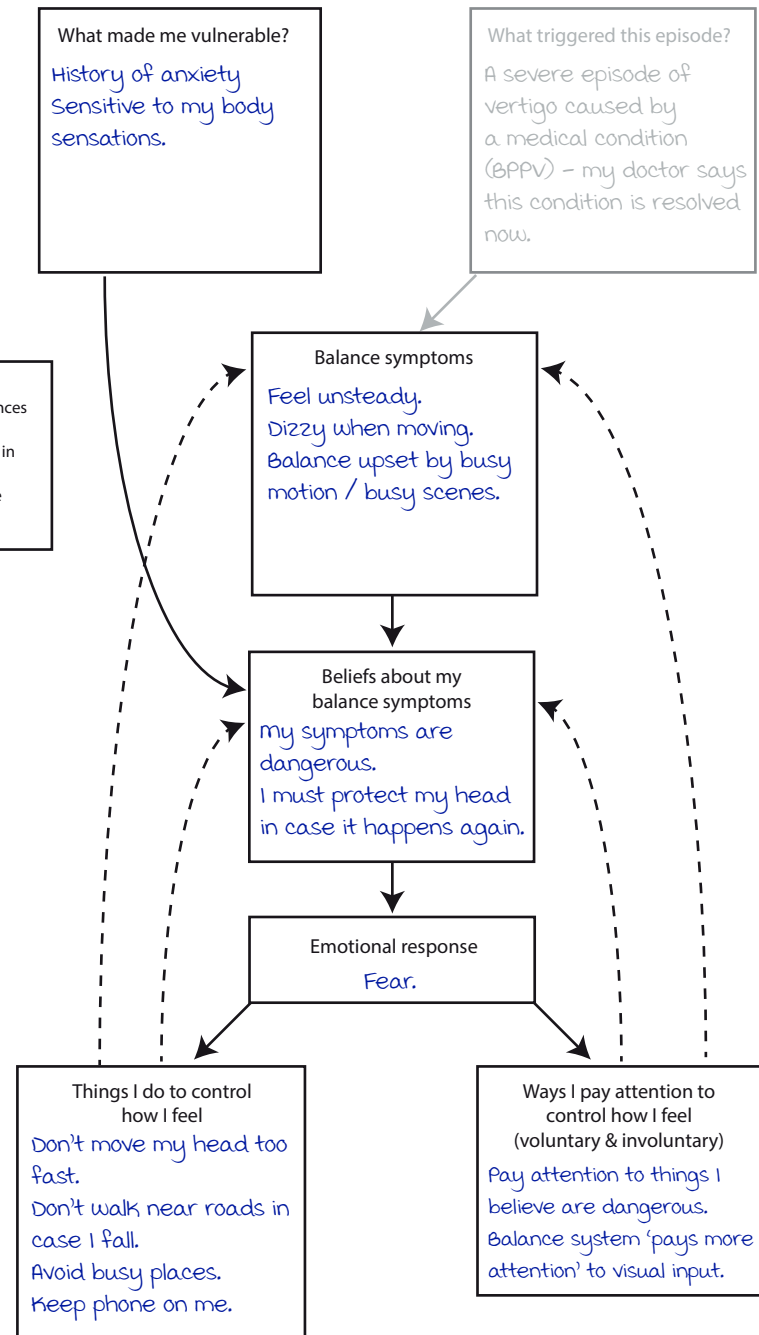


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Initial or precipitating phase



Persistent phase



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Resource details

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