

Joey Remenyi of Seeking Balance International (April 2018)

Anne: You are the founder and Director of Seeking Balance International, a vestibular audiologist, registered senior yoga teacher, mindfulness educator and neuroplasticity therapist.

You have said that you would like to see more health professionals consider the holistic aspect of recovery. I am interested to hear why you have chosen this path of healing?

I fell into it! I started yoga for my own health at age 15. I had chronic asthma and a hormonal imbalance that the doctors could not treat so I started yoga to better support my health. I learnt a lot about neuroplasticity and mindfulness in this process over a period of 18 years and ongoing. We are always learning about the complexity of the human body and mind-its capacity to heal is amazing.

At university I studied psychology and then did my Masters in Vestibular Audiology (University of Melbourne). I interned at The Royal Victorian Eye and Ear Hospital in Melbourne.

During this time I saw thousands of people with chronic dizziness and tinnitus, including Meniere's. I noticed that they were often distressed and sent home without answers to their questions.

I knew that there were modern ways to help address uncertainty and help educate people on neuroplasticity healing and rewiring the neural pathways for both balance and tinnitus.

I noticed that the medical world is not trained in this process.

I felt that more emphasis was needed on education for neuroplasticity for healing rather than only focusing on hearing aid devices and medications. I knew that the power of neuroplasticity was personal and required a custom daily practice that could address aspects of our physical, mental, emotional health. It needed to be more than generic home exercises.

Talking about it doesn't heal it either.

So I began to create these educational resources and programs. I also began to collect inspirational recovery stories and develop a YouTube channel to support people around the world with these symptoms.

You use an integrative medicine approach to vertigo and tinnitus. Can you explain what this means?

IM is where we use the best of modern medicine AND the best of evidence based alternative practices. The therapist works as an equal partner with the client to develop a customised program that supports their healing and their individual goals. This is different to the expert model, where an expert prescribes a 'fix'.

With IM, the client becomes the expert in their own healing and the therapist supports them to better understand how to build that expertise so they can return to normal and get on with living!

The client becomes self-reliant and does not rely on others to fix them.

Most of the support group members have Meniere's disease. How can Seeking Balance International add to a Meniere's sufferer's day-to-day management?

I help people with unwanted sensations; rewire their neural pathways so that they can feel at ease in their body again. I work with any human, regardless of their diagnosis.

It is important to not over identify with the diagnosis you are given but rather to look at: what am I feeling? And what do I want to feel? And how can I re-set my body neural pathways to make that happen? How can I cultivate the feelings that I want in my daily life?

Common goals for clients in the ROCK STEADY Program are to feel: calm, peaceful, steady, balanced, confident, connected, empowered, capable of returning to work and well rested.

Notice how these goals are not specific to Meniere's but rather they are specific goals for what a person wants to feel. This program is for people rather than 'diagnoses'. This is the IM way of looking at healing. We go beyond the Meniere's and look at healing as a whole person process.

As you are based in Victoria, how can we in Sydney work with Seeking Balance International? Is the connection through podcasts, online course or support via phone/email?

Yes, I have many clients in Sydney but also scattered around the world. My private clients do video therapy on their computer, iPad or smart phone. This is recorded so that they can keep it and listen again. This is really helpful for information overload. The video therapy has many advantages- no parking and you can do it in your pyjamas!

I also have a free Podcast and You Tube channel that people can use at any time of day or night! There are plenty of inspirational recovery stories that are highly recommended to anyone who needs support or motivation to begin a neuroplasticity focused recovery. We need to start by believing that it is possible and worth the investment.

I also offer ROCK STEADY a self-study (in-home therapy) program that has 12-weeks of professional guidance via videos, audios and written material. This is suitable for anyone with Meniere's and covers all the major aspects of healing physically, mentally, emotionally and spiritually. By 'spiritual' I mean, the relationship we have to ourselves and the trust we have in our body. Our spiritual connection cannot be overlooked as it is a very important part of believing that healing is possible. If we don't believe it is possible and feel stuck with Meniere's problems forever, then we won't heal. We need to believe first, and then heal second.

In order to heal, we don't need to get rid of Meniere's, we simply need to be able to return to daily functions without the worry associated with it. To feel normal again.

The attacks are out of our control, but we can heal the symptoms, better understand our triggers and remove the worry between attacks. This gives us our lives back and enables us to focus on chasing joy rather than avoiding symptoms. During the attacks we can develop a custom plan that helps to ensure the healing occurs both naturally and rapidly. There are

various things that delay recovery and can lead to persistent symptoms. So it is important to address those aspects.

Can you tell us a little more about self-study courses and podcasts?

The Podcasts are freely available. On a huge range of topics associated with healing. Anyone can click play and listen!

The Self-study program involves learning at home, at your own pace. You click on videos, audios and read material that is delivered to you each week or two so that you are not overwhelmed by information. You learn incrementally, step-by-step, and develop and 15-minute daily practice that is custom designed just for you. You do what you want, when you want and you track your progress with clinical symptoms questionnaires. It is very easy to use and I have many clients over the age of 70 doing the full ROCK STEADY program from their iPad.

This program includes skills for soothing anxiety, understanding panic, releasing muscle tension, vestibular exercises, proprioceptive exercises and sleep skills. It is very comprehensive and is focused on using neuroplasticity to heal unwanted sensations such as dizziness or tinnitus. Some clients also report reduced pain when practising the program exercises.

Are your fees covered by a medical fund?

Some health funds offer rebates. Most of my private therapy clients pay up front and save their Medicare allied health referral rebates for other therapy sessions (as we are only allowed 5 per year). My Private therapy 'Beautiful Balance' Program is a 6-month commitment. I offer personal email support as well as video therapy each two weeks. I only work with a small number of people, as this is a highly supportive and intensive program that sees some incredible results. People are welcome to apply to work with me privately if they feel this will benefit them. There is a 'Beautiful Balance' application they can fill out on my website.

The free resources on my site are quite comprehensive. For people with mild concerns, this will be all that they need.

For anyone with worry associated with their Meniere's, I highly recommend the ROCK STEADY program to get 24/7 support You can click on play any time of day and receive reassurance and guidance.

See the case studies to hear from other participants about how they found it:

<https://www.seekingbalance.com.au/case-studies/>

Thanks for interviewing me. I am passionate to help people with vertigo or tinnitus to find the support that they need ;-)

Reach out! To book an initial consultation with me use this link:

<https://www.seekingbalance.com.au/30-min-call/>