

## **TWO DAY SEMINAR PROGRAM: Beyond Refraction**

This two day presentation will initially focus on the perceptual aspects of the refractive examination and how this information may help the clinician to understand the more subtle aspects of the vision problem that extend beyond the refractive error. This process begins with the case history. If at the end of the case history, one does not have a clinical diagnosis or multiple diagnoses in mind, one should continue with the case history. Emphasis will, during this time, be placed on the evaluation of just noticeable differences and the severity of the binocular and accommodative vision problems. Emphasis will also be placed on the efficiency of the examination procedure that will allow the diagnosis to be made with a minimum of the clinician's time. This aspect is anticipated to be approximately 4 hours.

The remaining time of the two days will specifically be directed at non refractive examination procedures that allow the clinician to program a vision therapy case. This evaluation not only will include the evaluation of symptoms unique to particular vision problems but will also include specific tests that will allow the clinician to specifically diagnose the nature of the vision problem. At the conclusion of this two day course, the participant should be familiar but not proficient in performing a broad range of diagnoses that will include but not be limited to: ocular motor dysfunctions, strabismic and non strabismic binocular dysfunctions, accommodative dysfunctions and perceptual/cognitive dysfunctions. Basic vision therapy techniques will be covered for each of the discussed conditions. This lecture time will be followed by at least 5 hands-on workshops where various aspects of these tests will be demonstrated and practiced by the participants.

### **WORKSHOPS:**

Each of 5 workshops will be 1.5 days and will include, for each group, a short classroom review and demonstration, in a clinical setting, the procedures to be covered during the particular workshop. The remaining time will be used to allow the participants, in a small group, to practice each of the demonstrated activities. The goal is that after the first of these workshops, the participant will be able to introduce vision therapy into their optometric practice. The time between workshop sessions will allow the clinician to practice these examination and therapeutic techniques in their own offices. The subsequent workshops will build on one another so that each workshop will be at a more advanced level of understanding. At the completion of the final workshop, each practitioner should have the knowledge to begin the process to become board certified in vision therapy by the College of Optometrists in Vision Development.

## SPECIFICS OF EACH WORKSHOP

1. The chief complaint and the case history, refractive examination and lens/prism prescribing will initiate this first workshop. This will be followed by aspects of the vision therapy examination that emphasize vision development testing procedures and therapeutic techniques to remediate these problems. Conditions that will be encountered in this area will be the developmentally delayed or abnormally developed visual system. Potential diagnoses here will be infantile strabismus, poor eye hand development, clumsiness, dizziness, postural abnormalities, attention deficits, traumatic brain injury, stroke and the autism spectrum.
2. This session will emphasize strabismus. It will include both concomitant and non-concomitant strabismus, eccentric fixation, anisometropic amblyopia and abnormal fixation skills. Along with the testing for these conditions, we will also cover therapies to assist in remediating these conditions.
3. This session will emphasize evaluation of the visual system will continue with ocular motor dysfunctions of saccadic, pursuit and accommodative function. Again testing will include both the testing/diagnosis and therapeutic procedures, with emphasis on academic and occupational skills that can be hampered by these conditions.
4. This session will emphasize suppressions, suspensions, diplopia, anomalous correspondence and other binocular conditions both of a strabismic and non strabismic nature. The participant, during this session will be made comfortable in the treatment of the above mentioned conditions as well as knowing when vision therapy might be helpful and when to consult with other professionals such as surgeons and physicians.
5. This last session will emphasize basic perceptual and cognitive tests that will be helpful in the diagnosis of both developmental and acquired deficits in visual information processing. Therapeutic techniques will emphasize a step-wise progression from the very basic to advanced procedures.

## EQUIPMENT FOR OPTIMAL PERFORMANCE OF VISION THERAPY EXAMINATION AND THERAPY

I know that many will not have all of these tests or equipment but these will be the eventual ideal for each office.

Retinoscope, Ophthalmoscope, Penlight, Cheiroscope suitable to perform Van Orden (VO) Star and other stereoscope procedures, Basic VO Star Patterns and Base In/Base Out

Patterns, Basic Balance Board, Chalkboard or Whiteboard with chalk/markers and eraser, COVD checklist, After image generator, Macular Integrity Tester (MIT), Trial Lens Case and appropriate Trial Frame, Stereo Test, Wolff Wands, Fixation Wands, MEM Cards, Centimeter ruler of at least 15 cm length, Howell Card or Modified Thorington Card for both far and near, +/- flippers of various powers, BI/BO flippers of various powers, Dual Polachrome Orthopter with at least 2 sets of Quojis slides, Berry Test of Visual Motor Perception, Basic Motor Free Test, Developmental Eye Movement Test and/or King-Devick Ocular Motor Test, Lowry Developmental Handbook for the Optometrist.