

Dr. Alan L. Sikes

DEVELOPMENTAL-BEHAVIORAL OPTOMETRIST

BURKE PROFESSIONAL CENTER
9002 FERN PARK DRIVE

www.dralansikes.com

BURKE, VIRGINIA 22015
TEL- (703) 978-5010 FAX- (703) 978-5011

“REPLAY” THE VISION TRAINING THERAPY (VTT) SESSIONS

Many studies have shown that, if you **picture** something, **think** and **interact** with it **mentally on many levels**, the **brain/mind CAN** and **WILL** make **neural changes AS IF** you actually had the **same experience physically**. I utilize this principle by asking those in my Vision Training Therapy programs to **“replay”** their VTT session **in their head**, while **on their way home** after the office session is over. I also ask them to do this **after** each **home VTT session** is done.

They are to **verbalize** to their trainers the **order** of things done, their **feelings** and **awareness** while doing the procedures, **etc**. By doing this, they keep practicing the **vision** skills, processes, and intersensory connections with vision, that they need for better functioning. It extends the time for their brain/mind to “embed” these enhanced vision processes.

I have included the write-up of this procedure which I give to them.

Presented at the Kraskin International Skeffington Symposium on Vision, January 24-26, 2009, at the Hyatt Regency Bethesda, Bethesda, Maryland, USA.

Dr. Alan L. Sikes

DEVELOPMENTAL-BEHAVIORAL OPTOMETRIST

BURKE PROFESSIONAL CENTER
9002 FERN PARK DRIVE

www.dralansikes.com

BURKE, VIRGINIA 22015
TEL- (703) 978-5010 FAX- (703) 978-5011

“REPLAY” THE VISION TRAINING THERAPY (VTT) SESSIONS

PURPOSE:

Many studies have shown that, if you **picture** something, **think** and **interact** with it **mentally on many levels**, the **brain/mind CAN** and **WILL** make **neural changes AS IF** you actually had the **same experience physically**.

APPARATUS:

None needed! **EXCEPT YOU DOING THE PROCEDURE!**

METHOD:

Be **relaxed**, breathing with the **diaphragm**, and **mentally picture** what **went on during** the VTT session. **What** did you **do first**, then **second**, *etc*? What did you **sense** while doing the procedure, both **WITHIN YOURSELF** and **EXTERNALLY**?

In other words, how did **YOU** feel? Did you **feel stress**? If so, **where** did you sense the stress? Were you getting **dizzy**, almost having a **headache**, **upset stomach**, *etc*? **Externally** what were you **AWARE** of while doing the procedure? For example, what **sounds** were you aware of: **smells**, **temperature changes**, **peripheral visual objects**, and **other things** that the body can **sense** from its receptors?

1. Do this “replay” **while driving home** after the in-office VTT session. Describe the session **verbally** to your trainer as you **picture** the session. **REMEMBER** to describe the session in the **ORDER** of procedures, talks *etc.*, **AS BEST YOU CAN**. The trainer can help you along through **QUESTIONS** such as: “Do you remember what you did next?” or “Did you do the walking rail procedure before or after doing finger fixations?” Have **FUN**, don’t make it a **STRESSFULL EVENT!**
2. Do the same “**Replay**” after each **home VTT session** is done.