


I'm not robot  reCAPTCHA

Continue

Dr nancy torgerson alderwood vision therapy

Do vision problems interfere with your child's learning? Dr. Nancy Torgerson is an optometrist in the Seattle area. Her practice, Alderwood Vision Therapy Center, treats the full spectrum of optometric problems, but has a special focus on testing, diagnosing and treating learning-related vision problems. 2e Newsletter asked Dr. Torgerson about these types of problems, the effect they have on learning, and how to deal with problems. She shared her answers in this edited interview. 2e Newsletter: Why do parents bring their children to see you? What problems do they have at school and/or at home? Nancy Torgerson: The performance of the child is below his or her potential. The brighter the children, the more frustrated they usually are. They compare themselves to their classmates and see what they need to do and know they are unable to do so, even when they are trying the hardest. A lot of times kids feel stupid. Some give up the experience; others may become behavioural problems. Question: Are parents willing to bring their child to you first, or have they been to other healthcare professionals and received other diagnoses? A: I usually see children after they have other diagnoses. I hope this will change dramatically in my life. I dream that problems with the processing of visual information will be a standard part of assessing the child's learning. Visual skills will be assessed before a child enters school and will be assessed throughout the child's academic career. Many schools require dental evaluation before children start school, but do not expect students to have their visual skills. Schools are set up for visual examination. Q: By visual examination, I assume you mean the vision test at school. If school results show that a child has normal 20/20 vision, how confident can parents feel that their child does not have any vision problems? A: If I had a magic wand, I would get rid of all the Snow Eye cards used in school screenings in the US. The test originated in the 1800s and is great for watching a small, static symbol 20 feet away; but this is by no means a reliable measurement of your child's visual needs for learning, life, and sport. 20/20 doesn't tell you if your child: You can see nearby, Which is crucial for reading, writing, desk work, working with computers, and video games There are eyes that aim, move, and work as a coordinated team (If not, a child may have double vision and poor depth perception.) There are adequate eye movements to allow the eyes to quickly and accurately shift on a printed page Can maintain clear visibility at different distances, or quickly adjust the focus to copy from the board, or watch the ball When preparing for bat in baseball Gets headaches from eye strain There is a bad visual motor motor that affects the printing or writing of Has properly functioning visual memory and visual integration skills 20/20 gives a false sense of security. Vision is much more than vision! A: What are the most common visual processing problems you find in children? Occulomol dysfunction or tracking problems in which people cannot effectively follow a moving object or quickly move their eyes from one point to another, as when reading. Another common problem is convergence failure, a type of eye-pooling problem in which the eyes have a strong tendency to stray outwards when reading or doing close work. This is the leading cause of the eyes, blurred vision, double vision (diplopia) and headache. Question: Problems with the processing of visual information tend to coexist with other LD? A: Yes, of course. Up to 25 per cent of children are thought to have visual problems. People with learning disabilities would have an even higher percentage of visual problems, be it tracking, eye work, focus, in-depth perception and/or difficulty processing visual information. C: How are visual processing problems treated? Are there therapies to correct them, or should children learn ways to compensate them? A: Some visual conditions can be treated adequately with glasses, contact lenses and/or patch. Others are best solved through a program of vision therapy (also called visual therapy). Vision therapy is an individualized, controlled treatment program designed to correct defects of visual and/or visual information processing. Our goal is for the child to get rid of visual problems, instead of having to use compensation skills. We begin with an assessment of the patient to determine his visual, visual processing of information, and visual motor skills levels. Next, we create a vision therapy program to meet the specific needs of the patient. Vision therapy sessions include procedures designed to improve the brain's ability to control: Eye and eye tracking with eye-focusing abilities Eye movements Visual perception Q Is there research on vision therapy effectiveness? A: There are numerous studies of vision optometric therapy that corresponds to or exceeds the quality of research in all therapeutic areas. A good database of research for review is available at: www.visiontherapy.org/vision-therapy/vision-therapy-studies.html. For example, in October, 2008, the Mayo Clinic reported to the National Institutes of Health study comparing the three most common treatment options for convergence failure. They found that vision therapy in the doctor's office, along with home reinforcement, is the best treatment option far away. to see the NIH's presentation of this remarkable study, visit www.brighteyesnews.com/2009/07/29/nih-video-on-convergence-insufficiency. Q: All All diagnosing and treating visual processing problems? A: No. You want your child to be tested for both vision and vision to determine not only eye health, but also how their visual system works effectively. Ask if your eye care specialist is an optometrist for development and whether he or she appreciates the following visual skills: Eye tracking (eye movement control) Focusing near far Keeping clear focus upclose eye team abilities Depth perception Visual perception Visual perception Visual memory. Also ask if your eye specialist offers vision therapy. If not, does the doctor provide guidance to someone who does? If the answers are no, find an evolving optometrist in your area that offers these services. You can visit the website of the College of Optometrists in Vision Development (COVD) www.covd.org to find one. COVD certifies one through rigorous tests. COVD serves as an information and educational resource for the public. professional competence in vision therapy by providing a scholarship to doctors who have undergone rigorous tests. COVD serves as an information and educational resource for the public. For more information about visual processing dysfunction see these articles from September, 2009, issue of 2e:Twice-Exceptional Newsletter: Vision Processing Dysfunction and Visual Therapy Resources for Visual Processing Dysfunction Return to Top Return to Article Previews Positive, Energetic and Compassionate, Dr. Nancy Torgerson's passion is to help those who unnecessarily struggle at school, work, sports and/or life due to visual difficulties. Works extensively with children and adults who have challenges in processing learning or vision information, special needs and/or brain injuries. In 2009, her Alderwood Vision Therapeutic Center practice celebrated its 25th year of patient service in the Seattle area. With an emphasis on behavioral optometry and vision therapy, her practice strives to live up to her motto Transforming life through vision. Her team of therapists, patient care coordinators and physicians love the challenges that come with treating children and adults with training related to vision problems and special needs. He is chairman of the State Board of Optometry in Washington and the National Chairman of the Regional Clinical Seminars of the Optometric Program Expansion Program. She has won numerous awards for her work, including the COVD Award and the Extremely Young Woman award in America. A lecturer at the Pacific University of Optometry, she is a frequent lecturer consultant to educators, rehabilitation and therapy providers, sports teams and other eye care specialists. Click here to read more about Dr. Nancy G. TorgersonMate

