



Nov 2014 CE

HKSPPO and SO would like to cordially invite you to our November 2014 CE.

Title: **Presbyopia, Attention and Memory Training with Syntonic Optometry**

Speaker: **Dr. Ray Gottlieb OD, PhD, FCOVD, FCSO**

Date: **Wednesday, 19 November 2014**

Time: **7:30pm to 9:30pm**

Venue: **PolyU N115**

CPD: **2.0 points**

Limited Seats available. Register today!

For members, please register either on-line (www.hkspo.org.hk) or by fax (3126 9980) or email (secretariat@hkspo.org.hk).

Fax Registration (3126 9980)

Name: _____

Membership No: _____

OP _____

Note: Late arrival or early leavers may not be entitled to CPD points.

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SPEAKER

Ray Gottlieb, O.D., Ph.D., FCOVD, FCSO, graduated from the U.C. Berkeley, School of Optometry in 1964 with highest honors. He practiced optometry for many years, specializing in behavioral optometric training, syntonics phototherapy, neuro-optometric rehabilitation and low vision. Dr. Gottlieb is the Dean of the College of Syntonics Optometry. He taught on the academic faculty of the U. Houston, College of Optometry, on the clinical faculty of two universities, two psychiatric hospitals, a low vision center, and on the faculty of music festivals training advanced piano students' attention, memory and learning skills. He eliminated his myopia using Bates eye exercises and prevented his presbyopia using a method he invented (now available as a DVD package called *The Read Without Glasses Method*). His writings include *Attention and Memory Training: Stress-Point learning on the Trampoline* (OEP 2005), *A Neuropsychology of Nearsightedness* (PhD dissertation, 1977) and many journal articles and book chapters. Dr. Gottlieb lectures about vision to optometrists, educators, health professionals and the general public in the U.S. and abroad. He is an honored recipient of CSO's H. Riley Spittler Award and NORA's Advancement of Science Award. Now retired from optometric practice, he lives in Florida where he researches, writes, swims, and invents and practices eye/brain/body exercises on a sunny Gulf of Mexico beach.

ABSTRACT

VISION THERAPY FOR PRESBYOPIA?

Dr. Gottlieb's presbyopia reduction exercise was conceived in 1976. It employs convergence-driven accommodation to improve near vision using charts that permit the eyes to converge twice as close as the target distance without double vision. Even presbyopes can see with more contrast and clarity at near while converging this chart and this exercise can lead to increase near acuity with reduced or no near Rx with normal convergence. Attendees will learn to do the exercise to experience its dynamic effects on their own vision and will receive the presbyopia reduction chart to help their patients delay or reduce their presbyopia.

INTRODUCING ATTENTION AND MEMORY TRAINING: STRESS-POINT TRAINING ON THE TRAMPOLINE

This presentation will introduce and demonstrate stress-point learning principles and training tasks developed by Robert Pepper, OD. Behavioral vision training/therapy is more than developing efficient visual-motor skills. The ultimate goal is to improve each patient's ability to plan, predict, perform and perfect ongoing actions necessary for successful goal achievement in daily life. Stress-point training teaches patients how to make that extra effort to succeed when challenged at the limits of their ability. They learn to expand rather than constrict their visual/motor/cognitive capacities under stress. As the patient learns to succeed with ease at their present stress-point level, the task difficulty is increased to their new stress point threshold. This process is at the central core of behavioral optometric training. Stress-point training improves children and adults with learning deficits including post stroke and traumatic brain and body trauma. It also works for improving sports and other high-level performance skills. It improves gross motor, visual motor, fluency, attention, working memory, emotional and motivational flexibility and self-control, and communication skills. Patients become better and happier, therapists become better and happier and the world becomes a better place. Various stress-point charts and exercises that can be used for office and home therapy (with or without a trampoline) will be given out and taught to attendees.

INTRODUCING SYNTONIC OPTOMETRY

Syntonics optometry was founded 80+ years ago. Syntonics protocol includes special case history and optometric tests that determine the syntonics prescription. Syntonics phototherapy uses colored light delivered through the eyes. The light stimulates changes in light sensitive components of the blood as it passes through the retina as well as non-visual pathways that travel from the neuroretina to hypothalamic and other brain centers. This input works to rebalance and resynchronize poorly functioning homeostatic, autonomic and circadian causes of visual weakness. Syntonics is especially successful in cases of strabismus, amblyopia, asthenopia/fatigue and learning deficits, especially those related to toxicity, hypoxia and post head trauma and neonatal injury syndromes. Syntonics reduces the time needed for successful optometric vision therapy. The goal of this presentation is to introduce general aspects of phototherapy and syntonics optometry. Attendees will learn two basic evaluation tests, kinetic visual field and "weak" pupil tests that can and should be immediately applied in the office. These optometric tests are helpful in judging the prognosis and progress of behavioral optometric training and can explain why, for some patients, vision therapy is not working as well as expected.