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Communication: A Crucial Link To Successful Vision Therapy

“Learning Theory and the Socratic Method”

Learning Theory

Motivation, enthusiasm, and effort ***follow*** success. Skill development is nurtured from successfully overcoming a challenge. Therefore, we want to create a challenge and arrange for success at the same time!

With any given home therapy activity, arrange conditions so that the challenge allows for 80% to 100% success. This can be done either by reducing the demand or “loading” the activity. Routine 100% success provides no opportunity for growth, however, routine performance less than 80% success results in frustration.

To reduce the demand, consider decreasing the number of times an activity is to be performed, or find some way to make it easier without changing the therapeutic purpose behind the activity. Attempt to maintain an 80% to 100% success level.

To add to the demand or to “load” an activity, you can increase the “duration” or “range” (such as reading a chart more times or standing farther from the chart). Another way to increase the demand is to add an additional challenge. Various types of “loading” techniques should be used: sound (talking, noise), balance, thinking, and movement. For example, you could do the activity standing on one foot, being asked questions, putting music on, or walking while performing the activity.

Do what it takes to “load” the system; yet do not reduce the success to below the 80% level. The type of “load” that is most challenging may be what is most needed. It may also be the one you have to be most careful with when applying it. Utilizing learning theory in vision therapy will enable the acquired visual skills to transfer to life goals.

-REMEMBER-

Always relate home vision therapy activities to the personal goals established.