

Student Realizes His Potential

V.3 Visual Processing – Visualization & Memory

Karen knows it's not easy. It will be a tough road ahead for her and her son Aaron if he is to overcome his learning and vision difficulties, but she feels the effort on the parts of herself, her family and her son are well worth it if it means increasing Aaron's self-esteem and learning potential.



Aaron is 12, but reads at the first grade level, Karen says. She knew he had some visual processing problems, but didn't know how to help. "He needed something to help him feel better about himself and I just hadn't found it," she says.

In the meantime, his attitude toward school, as well as his self-esteem, was plummeting. Aaron had delayed language development as a small child, and seemed to have behavioral problems from day one, says Karen, and the learning difficulties which developed later on only seemed to make it worse.

She heard about the program at Options Center through her hairdresser, says Karen. Her hairdresser had a client who had taken her child there, and she told Karen, "It sounds like they're really helping kids over there."

So Karen tried it. Initial tests at Options found that Aaron did indeed have severe vision problems, along with a severe case of dyslexia.

"When I did the Skills Assessment," says Helen Cox, Director, "I realized that he was perhaps the worst case we had ever had. I knew he needed visual processing, but he wasn't even ready for some of the more advanced techniques. I recommended Brain Gym® first to be followed by vision therapy."

So Aaron was enrolled in Whole Brain and Body Integration, and began the slow work of clearing the blockages he had to learning. At the end of that class, Karen saw some improvement in Aaron's attitude and self-esteem.

The course is designed to help the student integrate the brain hemispheres so that a more balanced approach to



learning can be achieved. Students are taught Brain Gym®, a series of exercises. These are used as tools for balance and stress reduction as well as to increase comprehension and concentration.

Next, Aaron took Thinking Skills which further emphasizes balancing and stress reduction in learning. After this class, Karen saw even more improvement in Aaron's attitude and self-esteem. "He has matured in his thinking," she says. "He has at least started thinking about his responsibility for his education."

"It's a long way from reading for Aaron," says Karen, "but he has progressed far beyond what they thought he would. He's now ready for vision therapy."

"Aaron is not an overnight success story," admits Karen, who has noted the changes in Aaron have come in increments, rather than in leaps and bounds. "You shouldn't go into an education program such as Options thinking it's a quick fix. As with any education program, you've got to believe in what they're doing. It's a totally different way of learning. You have to realize it's not going to happen overnight and that parents need to be involved."

"Spending 15 minutes out of a day helping the child doesn't seem like a lot to ask, she says. "And Options gives the parents a lot of support. It's a lot of work, although it gets easier," says Karen, who's younger son is about to begin a program at Options. "It's been well worth it."



***If you would like to communicate with Options,
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