

A More In-Depth Look at Brain Integration Therapy

Most humans are born with the potential for good eyesight. Starting in birth, the ability to identify, interpret and understand what is seen, is learned and developed in the brain. We know that the fetus, four weeks old, "is literally of brain budding eyeballs." Suzan Dalle`, founder of Brain Integration Training (BIT), also observes that, "the eyes are the brain piercing the skin."

A child begins by creeping, crawling, standing, walking with assistance, and finally, walking unaided. Vision develops in a congruent process, gross and fine motor control, through integration within the brain.

Brain integration skills build one on another, step-by-step, as we grow. However, many people miss or do not complete a step because of emotional stress or environmental conditions. Then, for an acceptable don't they shouldn't is in place, they must begin to form school or other visually demanding tasks.

Science indicates that we do not "see" with our eyes, rather, vision is the reception and processing of visual information by the whole brain. It's most information we receive is visual, it becomes clear that efficient visual skills are a critical part of learning, working and recreation. Athletes, for example, are learning that brain integration skills improve the performance of their sport.

Learning to use both eyes simultaneously is the brain integration skill. How your eyes move, align, fixate, and focus as a team enhances your ability to interpret and understand all potential visual information available to you.

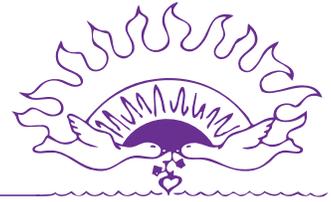
Even with poor visual posture, persons who are highly motivated can be good achievers, but this requires unnecessary effort and increased stress. For those who are less motivated, even one or two deficient visual skills can produce enough stress and frustration to create a non-achiever.

Visual skills needed for all life activities:

Tracking: The ability to follow a moving object Wesley and accurately with both eyes, such as a ball in flight or moving vehicles in traffic.

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Fixation: The ability to quickly and accurately locate and inspect, with both eyes, a series of stationary objects, one after another, such as moving from word to word while reading a book.

Focus Change: The ability to look quickly from far to near and vice versa, with momentary blur, such as looking from the dashboard of your car to the cars in the street, or from a chalkboard to a book and back.

Depth Perception: The ability to judge relative distances of objects and to see and move accurately in three-dimensional space, such as when hitting the ball or parking the car.

Binocularity: The ability to use both eyes together, smoothly, equally, accurately, and simultaneously, such as reading and understanding what you read.

Near Vision Acuity: The ability to see, inspect, identify and understand objects at near distances, and within arms length.

Distance Acuity: The ability to clearly see, inspect, identify and understand objects at a distance. People with 20/20 distance may still have severe visual challenges.

Visualization: The ability to form mental images in your "mind's eye", retain or store them for future recall for synthesis into new mental images, beyond your current or past direct experience.

WHAT HAPPENS WHEN BOTH SIDES OF YOUR BRAIN,

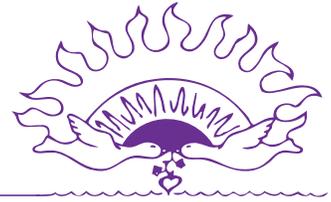
OR BOTH EYES, AREN'T WORKING TOGETHER?

If a person's visual skills are not adequately developed for a person fails to coordinate vision with other senses, vision problems they occur. With poor binocularity, for example, one I may locate an object in one place, while the other by locates it in another place. These confusing signals could possibly result in:

Double Vision - Two objects seen when only one exists.

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Reduced Performance - Losing your place while reading, rereading words or lines, difficulty with understanding or recalling what you read, or reading slowly.

Suppression - Information from one eye may be blocked or ignored to avoid seeing double.

Attention Disorder - The inability of both eyes to function as a team or limited for referral vision are linked to attention disorders.

Near-point visual stress - The result of sustained visual activities done at less than arms length or for prolonged periods of time.

BRAIN INTEGRATION TRAINING HAS PROVEN TO BE A HIGHLY EFFECTIVE TOOL IN ASSISTING PEOPLE WITH STROKES, LEARNING DIFFICULTIES, SPEECH PROBLEMS,

TRY TO ACHIEVE EFFECTIVE COMMUNICATION, SPORTS COORDINATION AND ALL THAT YOU DO IN LIFE THAT REQUIRES AN INTEGRATIVE PROCESS.