

Seeing
 With the Heart:
 Emotion and
 The Art of
 Vision Therapy

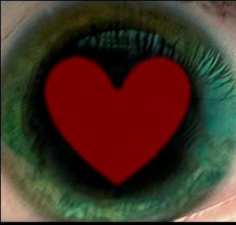
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VISION

"We are not neutral observers. We are affectively oriented to situations and things. Some things attract, absorb, and incite curiosity and desire, whereas other repel and resist. Every discrimination, every sensitivity, is a responsiveness to what matters. Every discernment is enfolded in caring."
 —Alva Noë. The Entanglement. P. 98.

2

The Eye bone Is Connected
 To the Heart Bone.




3

We see with our hearts ...
 not just our eyes!




4

We see with our hearts ...
 not just our eyes!



5

Light is the key ...
 that unlocks the heart of seeing.



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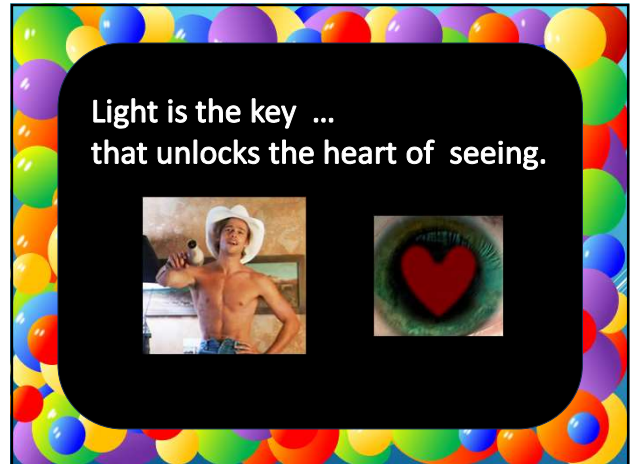
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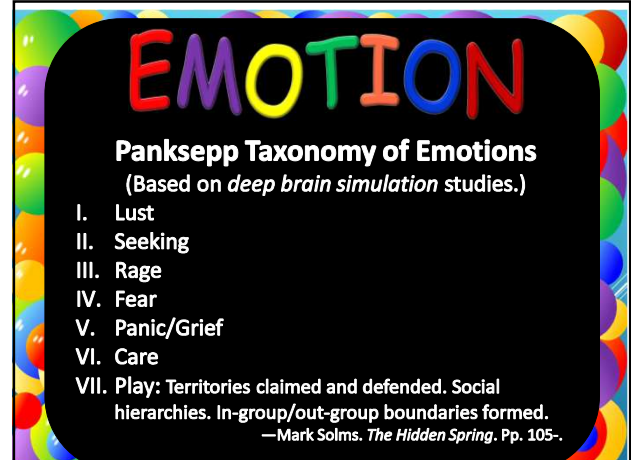
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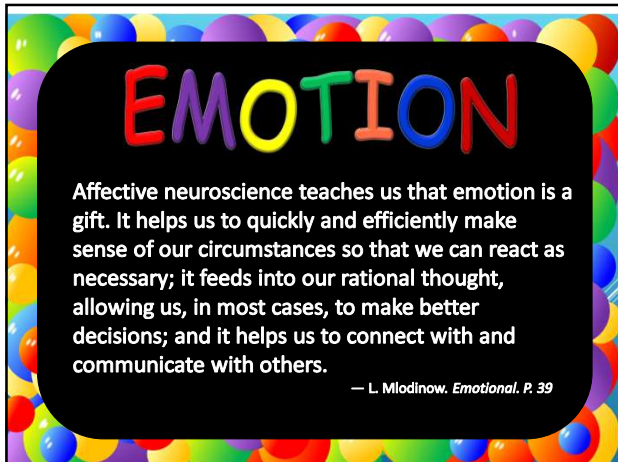
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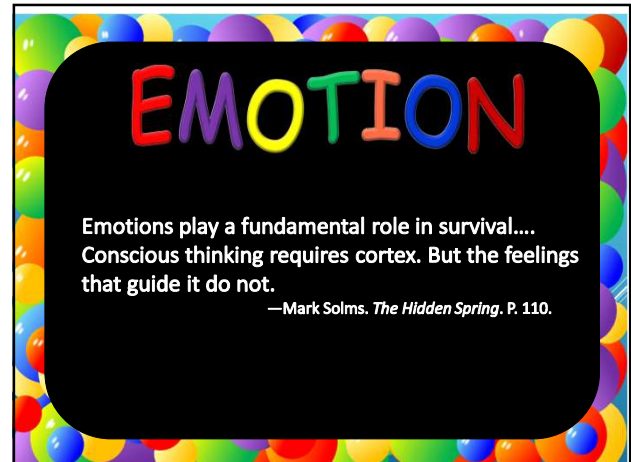
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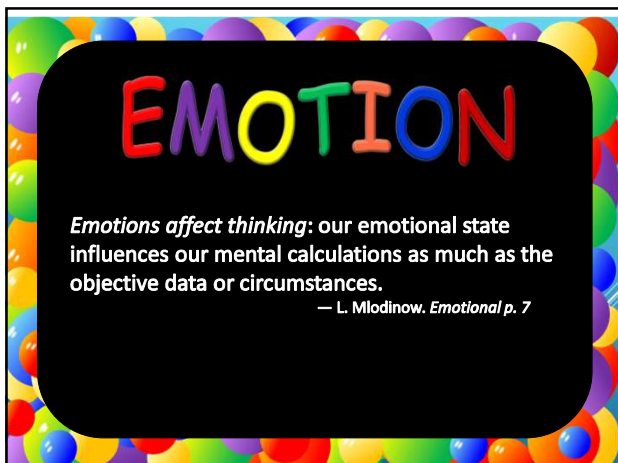
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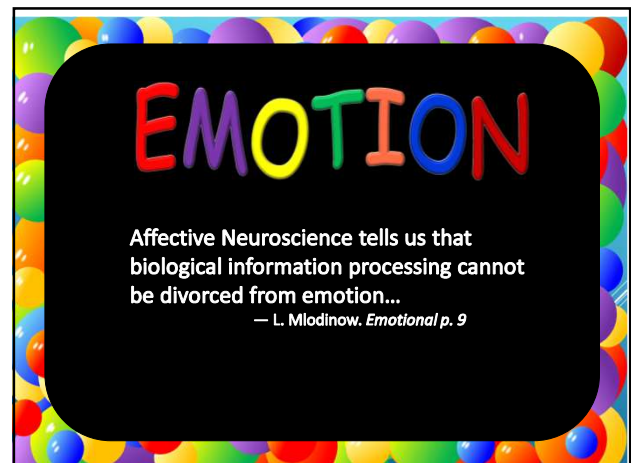
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16



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18

EMOTION



Action (and seeing) float on a sea of emotion:




19

EMOTION

Action (and seeing) float on a sea of emotion:


20

EMOTION

Parents, teachers, mentors, experts, authorities: all ride on emotion and shape our values—and seeing

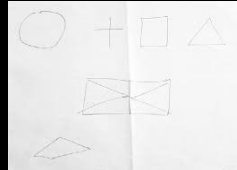





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EMOTION

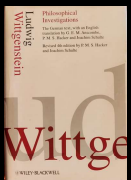

Action and seeing float on a sea of emotion.



- “Oh, Honey, you are so smart!”
- A+
- You could have done better!
- F

22

Emotion leads. Logic follows, directing new emotions.

“What a beautiful mind!”
 “What logical arguments!”
 Or: “He’s wrong BECAUSE!”

23

EMOTION

Action (and seeing) float on a sea of emotion:




24

EMOTION

Emotion is as important as reason in guiding our thoughts and decision.

— L. Mlodinow. *Emotional* p. xi

25

EMOTION

- To understand the purpose and function of emotions ... enables us to better understand what it means to be human.

— L. Mlodinow. *Emotional*, p. 39

26

EMOTION

Understanding is built on facts, reason, and emotion.

27

We use logic to refine understanding and action:

4 cans for a dollar or 27 cents each?



28

We use logic to refine understanding:

No sound, no smell, no taste, no touch: not a real dog.



29

We use logic to refine understanding:


No sound, smell, taste, or heat: not a real second candle.



30

We use logic to refine understanding:

It's larger. It must be closer.



31


EMOTION

While *UNDERSTANDING* is built on facts, reason, and emotion, *BELIEF* is emotion on steroids, all conflicting facts and reasons being distilled away.

32

EMOTION

Question an understanding, you'll get a discussion.
Question a belief, and you'll get a debate—or brawl.




33

EMOTION

We see what we value and are blind to what we do not. Value is emotion. Belief is emotion on steroids.

34


Seeing is believing. To doubt a patient's beliefs is to provoke *fight or flight* (and a constricted field).




"You're not looking at the bead. You're looking behind it where the strings cross."

35

To doubt a patient's beliefs is to provoke *fight or flight*.



"Look at the bead!"



"I AM looking at it!"

36



37



38



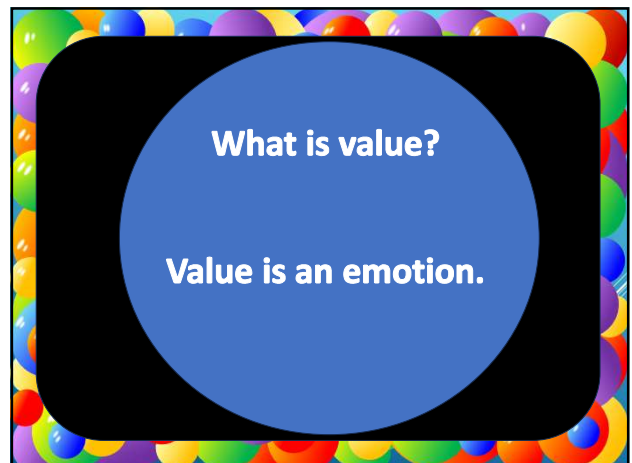
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40



41



42

Identification

Elliott Forrester: Arousal

[Arousal] matches Pavlov's "What is it?" or "What's that?" reaction.
—*Stress and Vision: on Karl Pribram*

Skeffington: Identification

"Identification is the process whereby one knows what things are."
— July, 1958; p.73; Series 30; # 10

43

Identification

Elliott Forrester: Arousal

"Matches the input with cortical representation based on past experience."
On Karl Pribram and Arousal in *Stress and Vision* p. 54-56

Skeffington: Identification

"Identification process — scanning by the organism for certain experiences within the stream of consciousness, that let it meet the demands of the immediate environment."
— Nov., 1963; p. 11; Series 36; # 2

44

Identification

- Physiologically, the process of arousal is viscer-autonomic and is controlled by the **amygdala** and related structures in the frontal cortex.
—Elliott Forrester, *Stress and Vision: on Karl Pribram*

45

Identification

Arousal is seen as primarily supporting emotion. Arousal may be primed to respond to events that are affectively interesting rather than just informationally novel.
—Elliott Forrester, *Stress and Vision: on Karl Pribram*

46

EMOTION

Emotions have value of some kind: they can be positive or negative, lead to approach or withdrawal, to feeling good or feeling bad.
— L. Mlodinow. *Emotional* p. 35

47

Identification

"Orthodox psychology asserts that we perceive ... *properties or qualities* ... I now suggest that what we perceive when we look at objects are the affordances, not their qualities. We can discriminate the dimensions of difference if required to do so in an experiment, but what the object affords us is what we normally pay attention to."
—James J. Gibson

48

Identification/ EMOTION

Action and seeing float on a sea of emotion:



49

Identification

We see what we value. We value: opportunities for Action



50

Identification

We see what we value. We value: opportunities for Action



51

Identification/ EMOTION

We value and perceive opportunities for action



52

Identification EMOTION

We see what we value; we value opportunities for Action:



- 1) Pass Geography Test
- 2) Pilot a plane over Brazil
- 3) Show off geography skills at a party.

53

Identification EMOTION

We see what we value. We value opportunities for action.



Eating Drawing Shooting

54

**EMOTION
PLACEBO**

We see what we value and are blind to what we do not. Value is emotion. To remove the emotion from seeing is to be blind. To disqualify placebo from vision therapy is blindness therapy not vision therapy.

55

PLACEBO

"The wonderful and powerful influence of the passions of the mind upon the body."
—1799

56

PLACEBO

OED: A drug, medicine, therapy, etc., prescribed more for the psychological benefit to the patient being given treatment than for any direct physiological effect; esp. one with no specific therapeutic effect on a patient's condition, but believed by the patient to be therapeutic (and sometimes therefore effective).

57

PLACEBO

"Placebo is little more than a euphemism for a mystery used to explain away a mystery created by an inadequate model of care."
—Cook, VDR 2023, 9 (2) p. 104

58

NEUROSIS

A symptom with no respect for a theory voted in by the consensus of a dominant group of healers.

59

PLACEBO

A cure with no respect for a theory voted in by the consensus of a dominant group of healers.

60

PLACEBO

- The cure for the wrong reason.
- A competing practitioner's cure.
- A doctor lying to make a patient feel better.
- A patient lying to make a doctor feel better.

61

PLACEBO

"I will please." In the 1300's, fake mourners, later called "placebos," were paid to pray at funerals: They chanted, "*Placebo Domino in regione virorum,*" I will please the lord in the land of the living. Placebo's have been denigrated as "fake" every since—especially when describing our competitors.

62

PLACEBO

Proposed mechanisms: 1) expectation, 2) motivation, 3) conditioning, 4) emotion, 5) desire, 6) positive feelings, 7) somatic focus, 8) distorted memory, 9) trust, 10) hope, 11) relationship, 12) imagination, 13) compassion, 14) meaning attributed by the patient to healing ritual, 15) clinician-patient encounter, 17) attention away from symptoms, 18) passive healing, 19) interpersonal healing, 20) activated self healing, 21) language, 22) social attitude, 23) interpersonal contact, 24) psychosocial context.

63

PLACEBO

"In truth we understand the mechanism of the placebo effect and how mind and body interact no better than we know how matter presumably got a pay raise to expand into life and visual consciousness."

—Cook, VDR 2023, 9 (2) p. 104

64

PLACEBO

"Rather than say, 'We really don't know why she got better' we say 'The placebo effect cured her!' Translation: 'We really don't know why she got better. Her cure is not specified by our theory.'"

—Cook, VDR 2023, 9 (2) p. 104

65

NOCEBO

- The negative influence of the mind on the body—voodoo.
- The word "placebo" is most often used to create a nocebo in the patients of competing practitioners—to eliminate Internet testimonials.
- Informed consent acts as nocebo.
- Patients can, and do, create their own noceboes.

66

Skeffington:

In all probability Bartley said it better than it has ever been said before, "Evidence suggests that the localized discomfort is a function of the organism as a whole, becoming thus localized when visual achievement becomes, for any reason, unsatisfactory."

—A Modern Concept of Vision

67

Skeffington:

"Vision is unique. No one knows from where it operates nor what its operation is ... yet we know the total organism is involved."

68

CENTERING

To do vision we select an area of space for meaning and action—which is to say that we select an area for value, an area for emotion. This selection is also known as *centering*.

69

Skeffington's Napkin

Emergent Vision

Centering

Identification

Antigravity

Speech
Auditory

70

ZONE of SIMULTANEOUS AWARENESS (ZOSA)

71

The ZOSA

The area of space selected for simultaneous viewing I have dubbed "Zone of Simultaneous Awareness (ZOSA)"

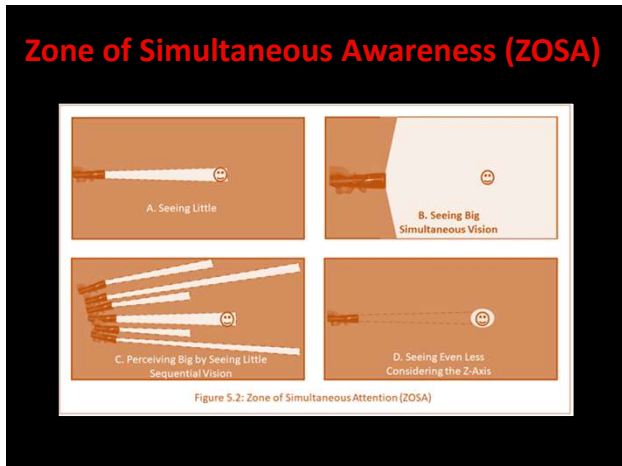
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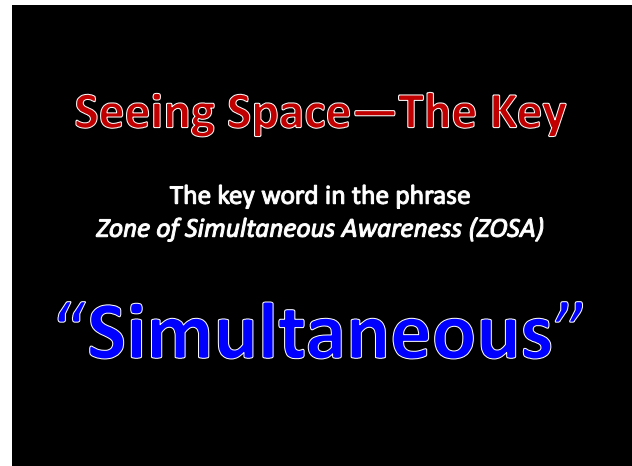
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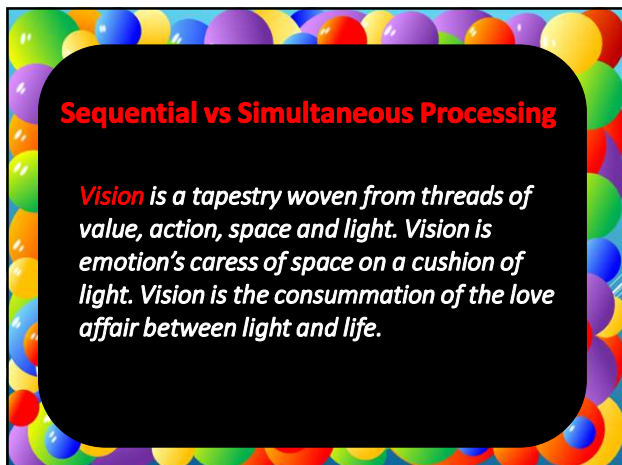
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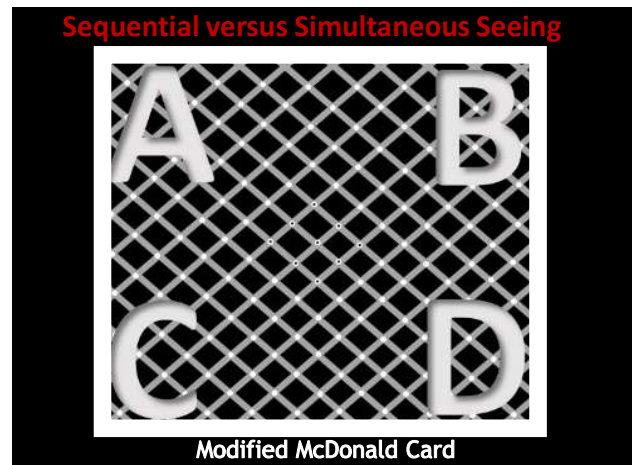
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Big versus Little Stereo



How much depth can you see?

79

ZOSA—Seeing Little (Sequentially)



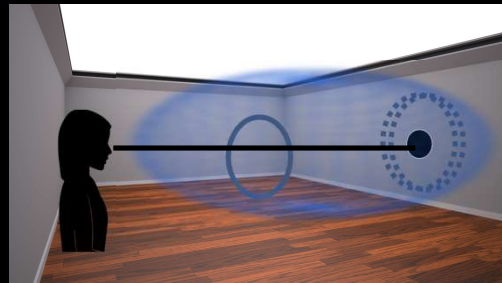
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ZOSA—Seeing Big (Simultaneously)



81

Egocentric Awareness



82

Advantages of an Expanded ZOSA

- Allows simultaneous awareness of not only what, but where: driving, sports, coordination.
- Necessary for big stereo (SILO).
- Reduces fixation disparity
- Reduces suppression
- Increases stereoacuity
- ***** **Reduces anxiety** *****
- Increases exploration/consciousness
- Increases a sense of being one with the shape of the sky (it begins with the touch of the eye).

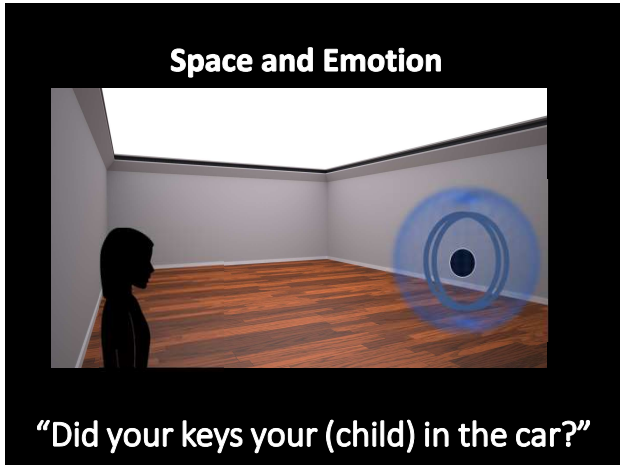
83

Space and Emotion



"See the space between you and the black dot."

84



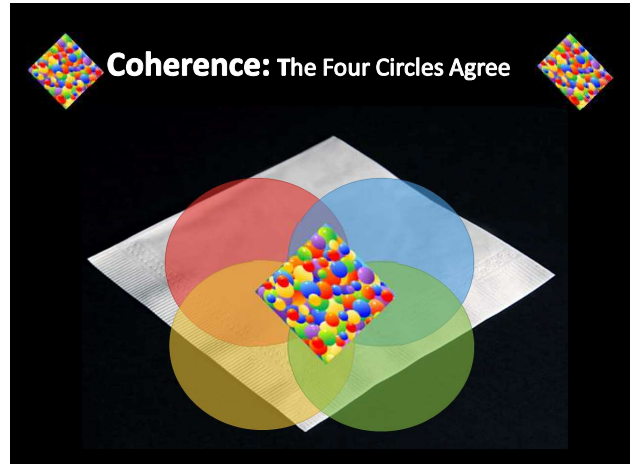
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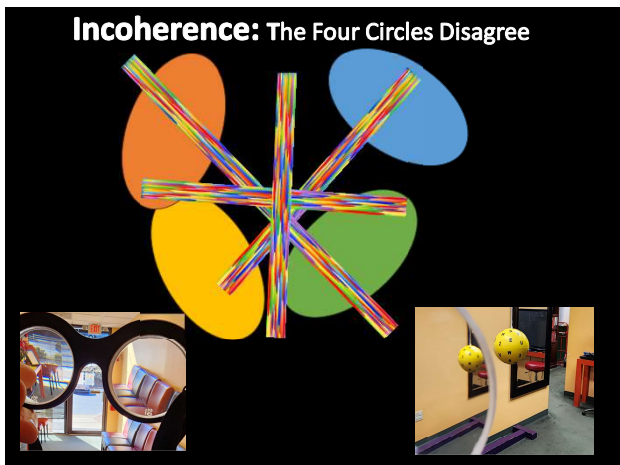
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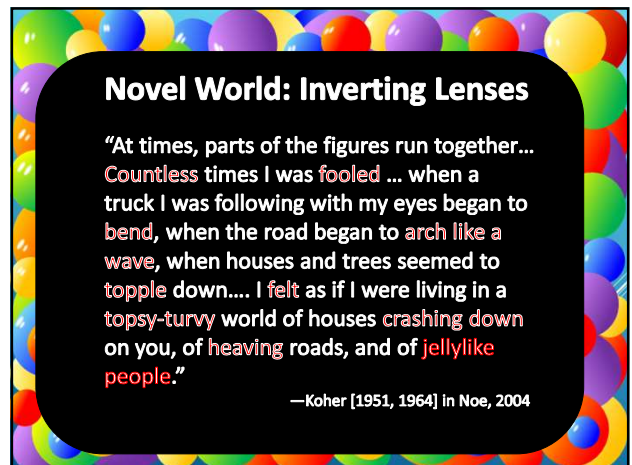
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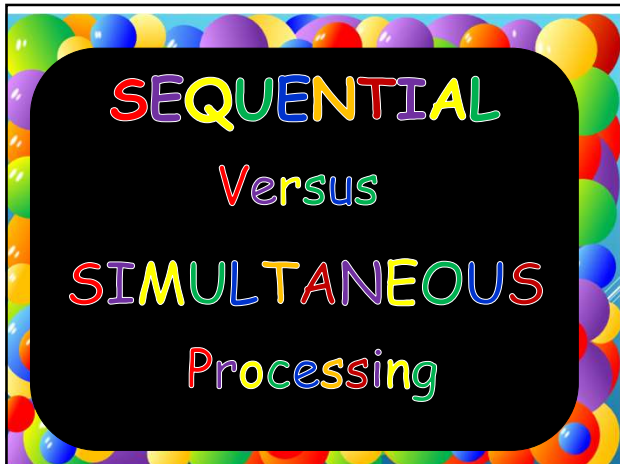
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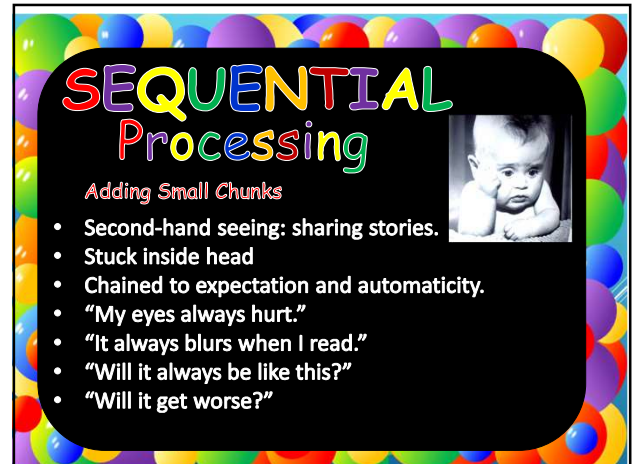
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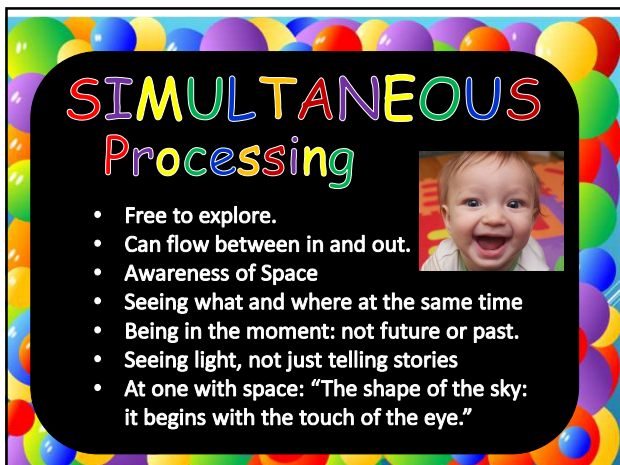
92



93



94



95



96

General

- Things are blurry for a moment when you look up from reading or computer work.
- You get headaches or eye strain when you use your eyes for careful seeing.
- It makes you nervous to search the crowded shelves in the grocery store.
- Your glasses keep getting stronger.
- You would like to be less dependent on glasses.
- You avoid books with smaller print.

97

Driving

You get eye strain or headaches when you drive.

You dislike driving at night.

You find parallel parking difficult

You have difficulty telling how fast other cars are moving

You have trouble reading road signs

98

Work & Play

Your productivity goes down as the day progresses

You have to check your work for errors because your eyes play tricks on you.

You bump into things.

You're clumsy.

You avoid ball sports.

99

Fred: 12-19--22

Hab: OD -1.50 -.50 X 180, 20/20; OS -1.75-50X170, 20/20. OU 20/15

Near: Plano-50X180; -25-50X 155

Refraction: NC

CT: D ortho, N 2 exo.

Motilities: Full, 4-

NPC: 3"

Stereo 25 local, 40 RD, 48 Distance

AN-9 exo 1-6

VTs4 RD 13

Phorometry

DV BI 8/3

BO 5/2

NV BI 20/16

BO 12/-4

PRA -1.50

NRA-2.00

100

Eyes moving in a more orderly and comfortable way. Fred: 2-7-23

No RX, OD 20/60, OS 20/60, OU 20/40 with winks. Hab: 20/20, 20/20, 20/10 -3.

Max plus to 20/20: OD -1.00-.50 X 180; OS -1.25-50x180,

Near: Plano-50X180; -25-50X 155

CT: D ortho, N 4 exo.

Stereo 20 local, 25 RD, 28 Distance

Phorometry

DV BI 8/3

BO 18/12

NV BI 24/18

BO 24/14

PRA -3.50 IP

NRA+ 1.25 IP

101

Moving word to word reading, Intermediate range harder, Fred: 4-4-23

trouble looking people in eyes.

Wearing +50 for reading.

Wearing RX as needed.

No RX, OD 20/100-, OS 20/100-, OU 20/30-1 with winks. 20/15 with OU -1.25.

RX -1.00 as needed.

CT: D ortho, N 4 exo.

Stereo 20 local, 25 RD, 28 Distance

"My numbers are getting better but I'm not."

Phorometry

DV BI 8/6

BO 24/18

NV BI 20/18

BO 24/16

PRA -2.00 IP

NRA+ 50 IP

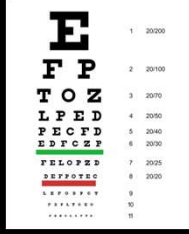
102

Home Therapy (no RX)

- HTS Jump Ductions, BI, Jump Ductions—all with SILO.
- Deep Winks with acuity chart.
- Mirror, Door Frame, Shape of the Sky,
- Cook Colors with rotations and SILO.

103

Deep Winks with Acuity Chart



104

Spirangle Responsibility and Control



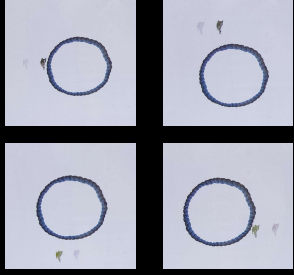
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Rotating Cat Large with SILO



106

Rotating Cat Small with SILO



107

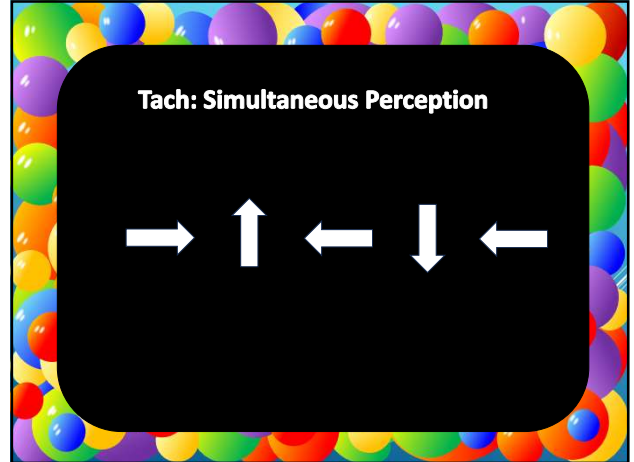
Wall Mirror Local



108



109



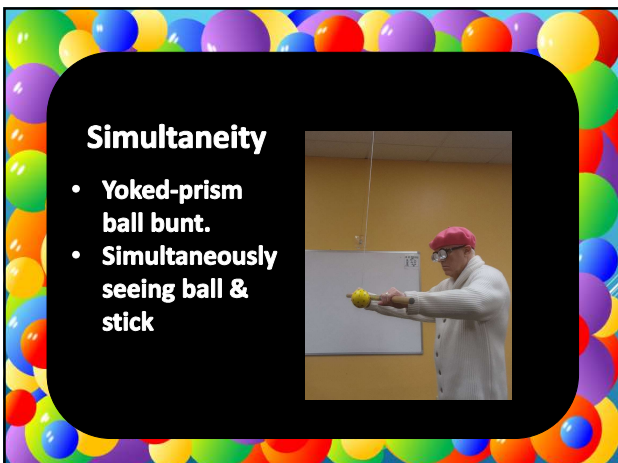
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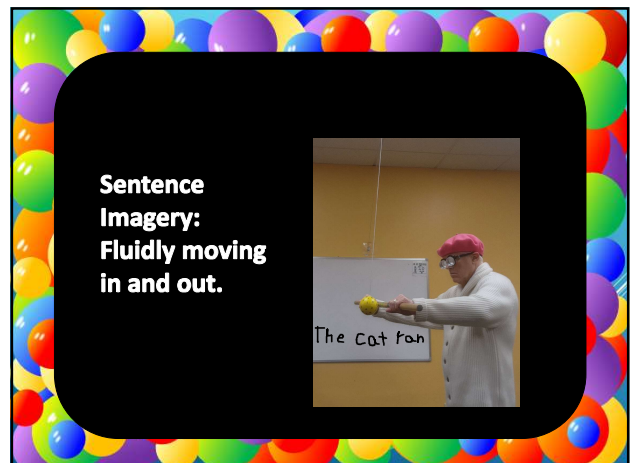
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112



113



114


Simultaneity

- Vectogram
- SILO




115

**Ranges only.
Sequential Seeing.
No SILO.**



116

SILO, Simultaneity, Seeing Outward



117

Orthoptic Fusion with SILO



118


Chiastopic Fusion with SILO



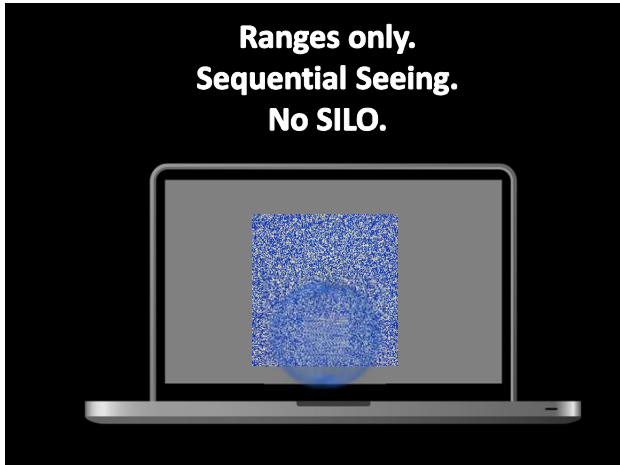
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Simultaneity

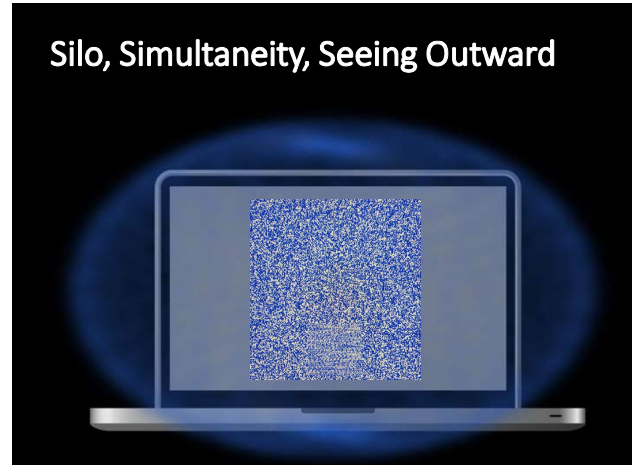
- Randot Jumps
- SILO
- Vestibular



120



121



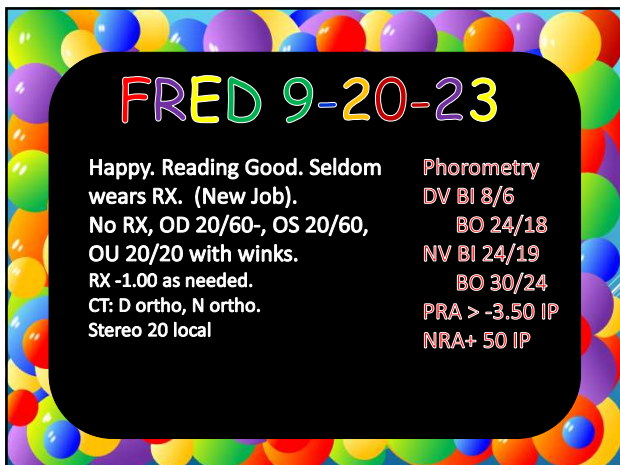
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124



125