

Vision Therapy Club Sessions Overview

Vision therapy, also known as **vision training**, is used to improve vision skills such as eye movement control and eye coordination. It involves a series of procedures carried out in both home and office settings, usually under professional supervision by an orthoptist or optometrist.

The emphasis is on practical hands-on learning, designed to give a better understanding of how a camera works and to demonstrate how pupils can easily improve their images by following some basic principles. The approach will be informal and fun.

Vision therapy can be prescribed when a comprehensive eye examination indicates that it is an appropriate treatment option for the patient. The specific program of therapy is based on the results of standardized tests, the needs of the patient, and the patient's signs and symptoms. Programs typically involve eye exercises and the use of lenses, prisms, filters, occluders, specialized instruments, and / or computer programs. The course of therapy may last weeks to several years, with intermittent monitoring by the eye doctor.

Vision Therapy encompasses a wide variety of methods and these are included in the delivery of the workshops:

- **Orthoptic Vision Therapy**, also known as orthoptics
- **Behavioral Vision Therapy**
- **Visual Integration Vision Therapy**
- **Orthoptic Visual Therapy**
- **Behavioral Visual Therapy**
- **Eye Exercises**