

A Little History



I first began working in the field of [visual perceptual performance](#) in 1996. A moment's realisation gave me the answer to a problem that had been frustrating me for the preceding 6 years – why did so many clients with [neurological and cognitive conditions](#), struggle to perform relatively simple tasks. I had also wondered why so many clients never actually achieved the level of performance they seemed capable of.

It all came down to the complexity of the tasks traditionally used in rehabilitation. We may believe the tasks we ask people to perform are simple, but they are not. Walking, talking, getting dressed, meal preparation, eating, speaking, for example, are all highly refined and sophisticated tasks; but, even more than this, they contain vast amounts of [sensory information](#).

My moment of realisation opened my eyes to the fact that we were assuming our clients could actually perform the tasks we were giving them, without ever determining the level they were actually performing at. So much of what we do in the name of helping people who struggle, is based on some rather spectacular assumptions.

In reality, the complexity of a task is totally dependent upon the amount of sensory information it contains. There is no other magic formula here, only how much sensory information we have to process, in order to make sense of the task or situation, and respond appropriately to it. As this capacity decreases, so too does our [capacity](#) to perform more complicated tasks.

Interestingly, we tend to only ever hear what a person cannot do, what it is they are struggling with, and I realised that as therapists, we had absolutely no idea the level a client was actually performing at and are attempting to help them whilst having a rather limited understanding of their struggles. As such, we had no beginning point, hence we were defaulting to assuming the tasks we were using were simple and that a client **should** be able to perform them.



One of the main consequences of my epiphany was that I began to utilise simpler tasks with my clients. When I saw how they were still struggling at that level, it was immediately apparent why they could not perform more complex tasks. To this day, one of the most common remarks people make is, “Well, if they can’t do that, it’s no wonder they can’t do all these other things.” However, by comparison, the [Visual Perceptual Therapy](#) makes perfect sense to us all, and we are all able to see the rather obvious correlations between our performance, in the therapy and in everyday life. However, putting all of this into words is another story entirely, and it is a common occurrence for a parent to attempt to tell their partner about the therapy session, and end up telling them that they need to come to the next session and see for themselves. It turns out that putting the obvious and apparent into words is not so easy and it has taken me over 20 years to be able to convey this as I do.

Ultimately our performance always comes down to **how** we do what we do and we need to see and understand this experientially. Any intellectual analysis of a task or our performance always comes a poor second to knowing on an experiential level, how things work.

[The Visual Perceptual Therapy](#) has emerged from my 20-plus years of exploration of [visual perceptual performance](#), and it allows the struggles of so many people to be either totally resolved or substantially improved upon. In the early years I saw many elderly people go home and live independently, where it was apparent that, without this therapy, they would have been assigned to nursing home care for the rest of their lives.

In 2005 I began to work with children and, again, new vistas opened up. That work with the kids revealed how the capacity to perform all those amazing tasks we can, develops. It also revealed that children were in a prime phase of life to overcome these struggles and why this was. Again, it has everything to do with being able to be in the experience of life, which is something that kids are totally immersed in. I have consistently found that most children only need 3 or 4 therapy sessions, and their struggles resolve.



Recently, in working with elite athletes, I developed The Advanced Program, which I now also use with children who need a little bit more than the Visual Perceptual Therapy alone. It allows children with more severe issues to overcome these as well. As I write this, I have to say that I have no idea what the limitations of this therapy and associated programs are. It certainly seems that most childhood struggles can be resolved and that we can improve upon the performance of anyone, even elite athletes.

I have often felt that the day we stop inquiring into life, and begin to think we know all there is to know, would be a rather sad day. The world of visual perceptual performance is an amazing dynamic, and it challenges so much of established thinking around how we do what we do. I have had people try and tell me that I cannot possibly get the outcomes that I do, because the research doesn’t support this. I can only say that I have no idea about this ‘research’ as none of these researchers have ever spoken with me, and they certainly have not observed the Visual Perceptual Therapy in action. However, I am aware that new things, such as the therapy, typically challenge the established order of things, especially where other’s identities and incomes are dependent upon the old order of things.



The world of visual perceptual performance is totally captivating to me and I doubt I could leave it alone, if I had to. It brings insight and illumination into why people struggle with [neurological cognitive based disorders](#), and it gives us a means of correcting these struggles in a way and at a level that was not previously possible. A door has now been opened into understanding human performance in an entirely new way.....at the quantum level....., and even after over 20 years of work in this area, I still feel like I have only just touched the tip of the iceberg.



This is an exciting new time for anyone interested in why people struggle to perform relatively simple tasks, including why kids struggle with literacy and numeracy. We now have the answers to truly be able to help, because it is now possible to go beneath the historic superficial understanding and approaches, and actually improve upon performance in some truly amazing ways.

And with that I would like to welcome you to my world, the world of visual perceptual performance

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