

A Little History



VisualPerceptual has its origins in the collaboration between myself, Natoya Rose, Occupational Therapist, and Gary Carroll, Integrated Performance Coach. Gary brings a wealth of experience as a personal coach and athlete, and my background is in occupational therapy and the development of a comprehensive understanding of the subtle realms of human performance. Joining forces allows us to offer a premium service to all comers, by which anyone can gain some very deep and personal insights into how they interact with life, what truly motivates them and determines the outcomes they achieve.

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, for example, are all highly refined and sophisticated tasks but, even more than this, they contain vast amounts of sensory information. That moment of realisation opened my eyes to the fact that, the complexity of a task is dependent upon the amount of sensory information contained within it. I saw that therapists in general were always able to say what these clients could not do and that this was pretty much the entire focus. I quickly realised that these clients were capable of regaining a substantial amount of their prior function, if not all of it but we first had to establish their baseline level of performance and work from there. That was the beginning, to begin where the client was at.

I began giving my clients simpler tasks and **how** they performed the task was revealed in a rather stunning simplicity. I was hooked and what has followed is over 20 years of exploration of the world of visual perceptual performance.

A therapy has emerged, which 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 children revealed how we develop the capacities to perform all those amazing tasks we can and the reality of life for so many kids. Despite the struggles of so many children in our society, I have consistently found that most children can have their struggles fully dissolved and resolved with only 3 or 4 therapy sessions and, children with more severe difficulties, can have their struggles substantially improved upon.

Toward the end of 2015 I was contacted by someone who introduced me to Gary. I was experiencing a moment of 'pause' in my life and I knew I needed to change direction, but I had no idea what that was. Gary posed a very interesting question of: What would happen if people who were not struggling were exposed to the Visual Perceptual Therapy or a derivative of it?

Gary knew many coaches, athletes and people who generally want to improve upon their life in some way or other and we began to work with some of these people and I found myself vistas expanding once again.

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, which challenges so much of established thinking around how we do what we do. Working with Gary has upset the apple cart once again and revealed that the term 'function' is a rather nebulous term. It has become apparent that anyone can refine their performance in some rather interesting, profound and substantial ways, and that ideas of function or dysfunction need to be abandoned, because they tend to draw rather harsh comparisons, rather than highlighting what is possible for every individual. And, it's not just the clients who find their performance forever being refined, but I get to experience this too. I continue to say that anyone who comes into contact with the world of visual perceptual performance will be changed forever, and there appear to be no exceptions to this rule. I continue to walk away from sessions going "WOW," because the changes I see in our clients are just so incredibly transformative and profound, and new aspects of visual perceptual performance are continually being revealed.

As I enter into a new chapter of my life, I can only wonder what else is in store for me. There is certainly no reason to believe that I have even now, discovered all there is to discover about how we do what we do and how we can do it even better. For you, the readers, the opportunity exists to enter into the quantum realm of human performance with us and to discover how you can go further than you may have ever thought possible. There is a magic here, for anyone who wants it.

Welcome to my world, the world of visual perceptual performance

Natoya Rose
Occupational Therapist

