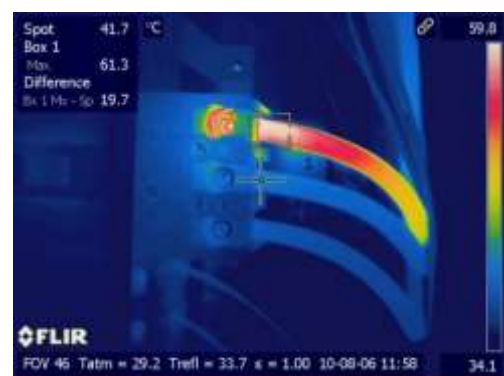


Re-wiring the Brain

The brain is essentially a mass of organic wiring. When any of those wires are severed, the capacity of the brain to carry information, is reduced leading to the loss of function we see.



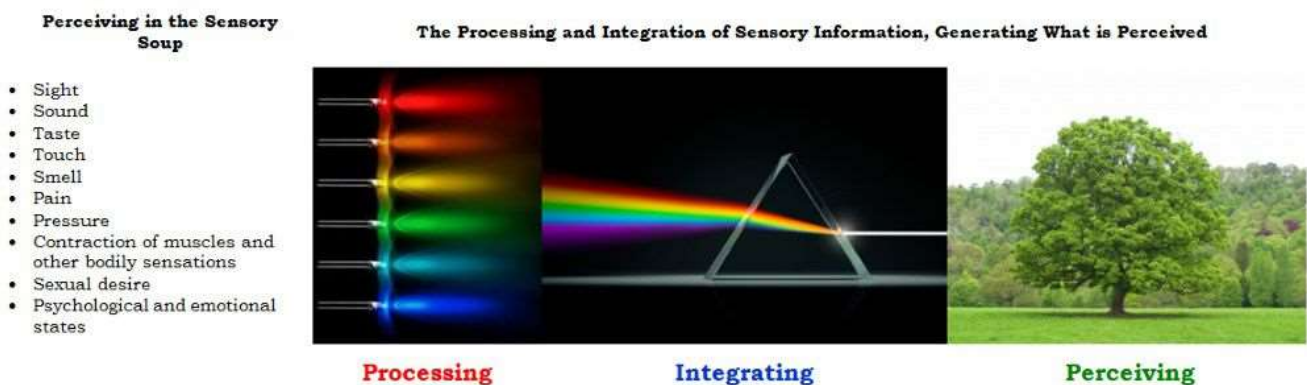
Imagine what would happen if the wiring in an electric appliance became damaged and could no longer carry as much electricity. Obviously, that appliance would not work as well. It would run slow, or in a stop/start mode. The wiring would also overheat, as it was forced to carry more current than it was designed for. This is what is happening in the brain of anyone who has a [neurological cognitive based disorder](#).



I've have been treating these conditions for nearly 30 years now, and can honestly say that the contemporary treatments used, have not really advanced at all in that time. It is still essentially impossible to do a lot from this perspective, and that's because it's a rather superficial way of viewing human performance, and doesn't allow us to understand where that performance arises from or how.

When I look at [neurological and cognitive based performance](#), I am looking beyond what is going on, on the surface. I fell down a rabbit hole many years ago, which left me exploring the subtle levels beyond what we can see. These days, whatever a person is doing on that superficial level, only ever exists as a pointer to something else beyond, and while we can tell some things from this, it will take a visual perceptual evaluation to uncover the reality of what is going on for that person.

The entire world any of us is seeing and experiencing is always only ever the result of a felt sensory experience. We have no other way of experiencing life except as a felt experience;¹ because, we have no other way of receiving information about the world, except by way of our senses. Somehow or other, we have to be able to take a massive amount of [sensory information](#); which, in its raw state, only ever exists as separate individual pieces of sensory information, with absolutely no structure, shape or meaning - it's just essentially sensory noise - and create the world we see, along with everything in it.



Fundamentally, the amount of [sensory information](#) contained within our worldview is astronomical. At this stage of the game, we have no way of saying how much sensory information it takes to produce our worldview, and we have no way of knowing how much information we are processing in any moment.

Every object we perceive, every experience we have; it's all the consequence of connecting the dots and making something out of all of that sensory information; and, fundamentally, those connections we make are reflected in the structure and function of the brain. However; when connections in the brain are damaged or severed, our capacity to [process](#) and [integrate](#) sensory information is disrupted, consequently,



¹ Yes, even seeing and hearing are felt experiences, it's just that we don't tend to think of them in such a way; but if we stopped deferring to thinking for a moment and looked to our experience, we would see this differently.



our worldview is also altered and diminished.

One of the main consequences of this damage is [sensory overload](#). Sensory overload results from the breakdown in perception ie: the processing and integration of sensory information, or ‘connecting the dots.’ When perception is disrupted, the sensory information we are unable to process and integrate remains in our system as undifferentiated (indistinguishable) sensory noise. Just imagine listening to an orchestra made up of people who cannot play their instruments, and have no ability to do so and this will give you some idea of what sensory overload is like. A cacophony results ie: disharmonious, harsh, strident, discordant, etc noise. In other words, we will experience a chaotic barrage of sensory information, because our capacity to make sense of it has been damaged.

Sensory overload can be incredibly unpleasant, resulting in dizziness, nausea, headaches, etc. In more severe cases or in particularly sensitive people, sensations like finger nails on a chalk board can occur, but throughout all sensory experiences.

And, because our task performance is generated on the basis of what we perceive, whatever is left out of perception is also left out of our task performance. The consequence of that is the dysfunction we see in these conditions. Dysfunctional task performance in neurological cognitive based disorders is always the consequence of a perceptual deficit, can only ever be corrected by addressing the underlying perceptual deficit.



In human beings, [visual perceptual performance](#) has to have the [priority](#) within our perceptual performance, if we are ever going to be truly functional. It is our visual perceptual performance that allows us to hone our performance. Without this we cannot perform those highly refined and sophisticated tasks our life is full of. The priority in visual perceptual performance differentiates our performance from the performance of the rest of the animals on the planets. If we were talking about carnivores, their sense of smell usually has the priority, followed by hearing as a close second.

Fundamentally, we can say this about anyone who struggles:

- If they have always struggled in life, they have not been able to step into the priority of visual perceptual performance, because they do not have the necessary skill base to do so.
- If they have started to struggle because of a stroke or traumatic brain injury, etc, then they have been taken out of the priority of visual perceptual performance, because their skill base has been damaged.

Ultimately, I can say that any diagnosis a person with a neurological cognitive based disorder has, is only ever a commentary about what appears to be going on for them. It is



not until we have looked at their visual perceptual performance and seen what is going on there that we will know where their struggle is arising from, and be able to correct it.²

Re-wiring the brain

In order to restore perception to its full functionality, we need to understand how it works and, in order to do this, we have to look beneath the surface of our performance.

It's no good just talking about neurological and cognitive based performance, whilst remaining unaware of where this arises from and what it is representative of. There is a vast dynamic to be found at the core of our performance, and it is by tapping into this that we can improve upon all performance in some truly astounding ways.

While the idea that the brain changes itself has been promoted and tied into the concept of '[neuroplasticity](#),' [visual perceptual performance](#) reveals this to be a rather simplistic notion. Fundamentally, the world is full of all sorts of limited understandings and interventions and none of them do a lot to actually treat these conditions. They are all pretty much symptomatic interventions.

A good example of this is how people with concussion are told to rest, and that it may take a long time to return to normal. Such statements are entirely reflective of not knowing what to do, so nothing is done. All around the world there are millions of people with relatively minor neurological cognitive deficits, who cannot perform at a level that allows them to be fully functional. Many do not receive any treatment because contemporary therapies cannot correct the cause of their struggles and, those who do receive treatment, find it to be pretty much a waste of time. At the other extreme, we have people who have suffered a rather devastating loss of function, who do not have their performance addressed at its core; consequently, they never regain a useful level of performance and remain dependent on others to some degree or other.



When we understand how sensory information is [processed](#) and [integrated](#), then neurological cognitive based disorders are able to be treated quickly and effectively. For example, most traumatic brain injuries that are classed as 'concussion' can usually be resolved within 3 or 4 therapy sessions. So many other, more extensive injuries can either also be completely resolved or can be improved upon in some rather marked ways.

² And I do man any diagnosis. I am well aware that there are a great many myths in circulation about kids with childhood neurological cognitive based disorders (autism is a great example), and how they will struggle for life. However, this has never been my experience and I continue to find that such statements are made only by those who are looking at these conditions from that superficial perspective. Fundamentally, all of these conditions are the result of a breakdown in visual perceptual performance.



When sensory information is integrated it becomes known. What is meant by **known** is that there is an immediacy in our understanding and that it is experiential. We do not need to rely on our mind or cognitive performance; information and performance is instantaneously and spontaneously there, and it is also always accurate and highly effective. When I work with elite athletes, it is this level of performance they appreciate the most and they get to have that, in spades.

In order to stimulate the brain to come into line with what has been integrated, some basic skills, abilities and process are absolutely required, and they need to be fully functional. In order to facilitate this skill development, we cannot give people complex tasks to perform, because such tasks contain too much sensory information and will only send the client into sensory overload. The therapeutic requirement here is that the client needs to be sent into a minimal and controlled amount of sensory overload, and only to a degree or level where they are still able to develop those skills, abilities and processes that will be used to process and integrate sensory information. We do this by using some simple tasks that have a limited amount of [sensory loading](#) and also have a structure, which allows that skill base to be developed. Doing this allows the clients performance to be rapidly transformed, and it also means that we do not need to see the client as often. Most clients with mild to moderate issues only need to be seen once every 2 weeks.

The interesting thing about human performance is this; when we provide someone with a functional skill base, they will naturally go out and utilise it in everything they do. We all have a natural and inherent movement toward optimising and refining our performance; and, unless we have a mental illness that leads us to sabotage our actions, we will always make use of our levels of [integrated performance](#), and do so in a way that will refine our performance as much as possible. As such, my role becomes one of making sure my clients have the necessary integrated performance to begin with, and then it is a matter of providing the means by which that performance is increasingly improved upon. Fundamentally, [refining our performance](#) always means that we are able to deal with increasing levels of sensory information without our [performance](#) declining.



One of the things that I love about the [Visual Perceptual Therapy](#) is the awe my clients often experience, when they realise that they just need to follow some simple instructions, relax and take their time and let the rest just happen. Ultimately, we are all brought to the realisation that our performance just happens anyway, without us doing a thing. We begin to realise that so much of what we think we are doing, is appearance only and that, usually, the most we ever do is to get in our own way. This is surprising to most, because we believe that we are doing the things that are happening here. This discovery often leads into discussions around psychology and what is actually going on here; however, this is much more than this article was designed to cover.



When we are talking about re-wiring the brain, we are really talking about the function of [neuroplasticity](#). Visual perceptual performance provides the gateway through which we can understand this amazing process and harness it when working with clients. Visual perceptual performance allows us to take therapy to the next level, and shows us how we can now attain some truly amazing outcomes with clients with neurological cognitive based disorders.

Ultimately, it doesn't matter who you are, what went wrong for you or how long ago this happened. [The Visual Perceptual Therapy](#) is available all around the world via Skype and it allows us to improve upon the performance of just about everyone; and to do so very quickly. If you have a neurological cognitive based disorder and are wondering if something can be done to improve upon your performance, I offer an introductory Skype consultation service, in which you can speak to me about your situation and find out if I can help you. You can make an appointment here



Welcome to my world, the world of visual perceptual performance

Natoya Rose
Occupational Therapist

