



8TH INTERNATIONAL CONGRESS OF BEHAVIOURAL OPTOMETRY

Speaker: Evan Brown
Credentials: FACBO, COVD
Time/Date Scheduled: 0900 – 1030 on Sunday, 29 April
Location: Plenary

Biography: Evan Brown is a Behavioural Optometric Vision Care Specialist with specific interest in Visual Dysfunctions Related to Learning, Pediatric Optometry and Neuro-Optometric Rehabilitation. A 1985 graduate from Auckland University Optometry School he has been self-employed in private practice in Auckland, NZ for the past 30 years. Completing a Post-Graduate Certificate in Ocular Pharmacology in 1996; Fellowship to the College of Optometrists in Vision Development in 2006; Therapeutic Endorsement in 2012; Fellowship with ACBO in 2016. He has been NZ Clinical Co-Director for the NZ Special Olympics Healthy Athletes Opening Eyes Program since 1999, and received their Distinguished Service Award in 2013. In 2004 he was recognized by the NZ Division of ACBO for services to Behavioural Optometry and Children's Vision Care in NZ. In 2005 he was awarded the Snowvision Charitable Trust Scholarship for Post-graduate study at the State University of New York Optometry School. He is currently co-lecturer for the ACBO Practical Vision Therapy Program and is an Honorary Teaching Fellow in the School of Optometry and Vision Science, Auckland University.

Presentation Title: **Anxiety, Distress And The Visual Process**

Abstract: Anxiety, sympathetic nervous system arousal, stress and distress are frequently encountered states of behavioural disposition, in symptomatic patients presenting for visual assessment. Our unique percept of safety and threat is an individual response that lies within a continuum from mild to severe, dependent upon the helixing of multiple genetic, environmental and psychological factors. Each individual response, the embeddedness of the response, and the frequency and length of the stimulus, influence the chemical cascade affecting our autonomic nervous system, our central nervous system and the functioning of our sensory-motor process, affecting our ability to derive meaning and direct action. This paper serves to review the effects distress and anxiety have on the visual process; the likely diagnostic signs that might alert a behavioural Optometrist; and proposes considerations that should be given to the treatment of visual conditions associated with, or caused by sympathetic nervous system arousal.