



8TH INTERNATIONAL CONGRESS OF BEHAVIOURAL OPTOMETRY

Speaker: Meredith Graham
Credentials: BAppSc Optom(Hons) FACBO
Time/Date Scheduled: 0930 – 1030 on Thursday, 26 April – Room C2.4
1330 – 1500 on Sunday, 29 April – Plenary

Biography: Meredith Graham BAppSc Optom(Hons) FACBO graduated from QUT in 1997. She has worked in both corporate and private practice and currently practices in partnership with her husband, Paul Graham on the Gold Coast. She has a particular interest in vision therapy. Meredith is currently in the process of becoming a faculty instructor for the OEPF Clinical Curriculum.

Presentation Title: **Space Volume Workshop**

Abstract: Expanding the volume of space in which a patient can derive meaning and direct action is, most often, the primary goal for vision therapy. This workshop aims to take delegates through some common vision therapy procedures, and introduce concepts of space volume to enhance the patient's experience and learning. "Seeing space" is the ability to simultaneously see spatial relationships between objects. There are some false premises we develop, as a result of learning about binocularity from ray diagrams. The ability to see, and understand relationships, allows us to better understand how we can interact with the world around us. Exploring space, not overt fixation or vergence ranges, via selected activities is designed to be an enlightening way for optometrists and therapists to further explore the visual process in action. This workshop will cover:

- What is a space volume?
- How do we see space and do we need to bifoveate?
- Exploring how people process space through time - simultaneous versus sequential processing of the space world.
- Activities such as physiological diplopia, binocular string and projected vectograms.

Presentation Title: **Just Sleep On It**

Abstract: Research on the role of sleep suggests that its function goes beyond energy conservation. Hypotheses for the purpose of sleep are varied, however, there is good supporting evidence for sleep playing an active role in both declarative and procedural learning (including visual, auditory, and motor systems). Hence, the role of sleep on learning, memory and brain plasticity

may be of interest to optometrists interested in active therapy for vision development and rehabilitation. "Learning" is frequently discussed as an active process, and the learning environment is structured in terms of practice and active engagement. However, this topic will address the value of sleep dependent learning, and how it is not related to practice dependent improvement. In particular, this topic will address:

- What is the evidence for sleep on learning?
- What is sleep dependent learning?
- What is the value of sleep for vision therapy patients?
- Should we discuss sleep habits with our patients?
- Does it matter when patients practice vision therapy, and is there an "optimum" practice time?