



## 8<sup>TH</sup> INTERNATIONAL CONGRESS OF BEHAVIOURAL OPTOMETRY

**Speaker:** Joel Warshowsky  
**Credentials:** Director of Vision Therapy, COVD, OEP  
**Time/Date Scheduled:** 0900 – 1030 on Sunday, 29 April 2018  
**Location:** Plenary  
**Biography:** Joel H. Warshowsky is a Pediatric, Behavioral Optometrist. He is an Associate Clinical Professor Emeritus and was the founding Chief of Pediatrics at the State University of New York College of Optometry, where he taught for 37 years. Presently, he serves as Founding Director of the Vision Therapy Department for ODA Primary Health Care Network. He is the author of the well read book, "How Behavioral Optometry Can Unlock Your Child's Potential."

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**Presentation Title:** **Vision Therapy And Samskara, Changing Negative Behavior, From A Yoga And Visual Perspective**

**Abstract:** A significant asset of Behavioral Optometry, inherited from Skeffington, is the aspiration to incorporate the exchange of related disciplines into our therapy. In so doing, opportunity for philosophy and mastery of approach of each discipline can be clarified and enhanced. Towards that end, the theory and applicability of treatment strategy in Vision Therapy and its association to Samskara, "a karmic inheritance of mental and emotional patterns,"<sup>1</sup> will be demonstrated."The word Samskara comes from Sanskrit sam (complete or joined together) and kara (action, cause, or doing)."<sup>1</sup> These are generalized patterns which become repetitive behavior affecting our individual impressions, ideas, or actions, making up our overall conditioning.<sup>1</sup> "Repeating Samskaras reinforces them, creating a groove that is difficult to resist."<sup>1</sup> "Samskaras can be positive" They can also be negative"patterns that can underlie low self esteem and self destructive behavior."<sup>1</sup>

Consider visual dysfunction as a Samskara, as a generalized mental/emotional pattern. With the recognition of visual dysfunction as a cognitive/message delay, it is understandable that repetitive visual behavior of our patients originated long before they entered our offices. This dysfunction can present as a negative pattern, a groove, that potentially can create visual inaccuracy, asthenopia, low self esteem and acting out behavior.

Cohen presents recent neuroscience research demonstrating how visual rehabilitation can make possible neural changes through neuroplasticity and how this information can help develop more effective and efficient Optometric Vision Therapy procedures.<sup>2</sup> The components he lays out for effective Vision Therapy to accomplish these goals, consistently coincides with the components utilized to transform a Samskara.

This paper will present a uniform approach to treating visual dysfunction as a way of transforming a Samskara, a mental/emotional grooved pattern, from a negative pattern to one that is positive.