



SOUTHERN ARIZONA SENSORY  
••• LEARNING PROGRAM •••  
Connecting You With Your Best Self

The following is a more in-depth explanation of the Sensory Learning Program to help you better understand why the program would be a good fit for you.

The overall benefits to those who participate in the Sensory Learning Program include:

- Improvement in perception of the world around them (more understandable, less scary)
- Understanding instructions and what is expected of them in social situations
- Improvement in the ability to learn new things

We often see specific improvement in processing time, light/sound/tactile sensitivities, picky eating patterns, sleep patterns, awareness and attention, speech, memory, expression, and social skills.

People who tend to respond the best to this program arrive with sensory overwhelm, unexplained anxiety, difficulty paying attention, sensitivities to light, sound or motion, delays in motor skills, irregular sleep/activity patterns, and sensory processing issues.

Most therapies concentrate on one, possibly two, treatment modalities at the same time. The Sensory Learning Program unites four modalities simultaneously (visual, auditory, proprioceptive, and vestibular systems) into one seamless and all-encompassing experience. This allows the brain to more efficiently and more quickly integrate those senses to provide a foundation for all future trainings.

Subtle changes are often seen immediately. Many participants experience significant results during the initial twelve days. Others see changes in cumulative skills unfolding over the following weeks or months.

Because the benefits gained are lasting, the Sensory Learning Program is typically a one-time intervention. Occasionally, patients will return for another round of treatment if they have suffered a brain injury such as a car accident, falling down the stairs, exposure to mold or other toxins, infections that have caused significant brain inflammation.

If you have any questions, the best way to contact me is through email at [sensorylearningprogram@gmail.com](mailto:sensorylearningprogram@gmail.com).

Thank you,

*Amy Thomas, OD, FCOVD*

Amy Thomas, OD, FCOVD