



# SNIDER THERAPY CENTERS, INC.

But be transformed by the renewing of your mind... Romans 12:2

## Special Points of Interest

- Autonomic Nervous System
- Functional Visual Fields
- Stress

## Patient Population

The majority of Snider Therapy Centers' patients are children who have **Learning-related Visual Disorders**, such as tracking, eye teaming, reversals, and accommodation issues.

Another large segment is individuals who have been diagnosed with **Autism Spectrum Disorder**.

We also treat adults, as well as children, with **Traumatic Brain Injuries** (i.e. Due to concussions, motor vehicle accidents, brain surgery, stroke, and epilepsy).



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**Snider Therapy Centers, Inc.**  
"Like" us to receive news articles & information on upcoming events.

## Questions, More Questions, and Answers

What's a body to do? Fight? Flight? Rest? Restore? What determines which way to go?

The answer to all of these questions lies in the Autonomic Nervous System (ANS). The ANS is the branch of the nervous system that is responsible for control of the bodily functions not consciously directed. It consists of two branches - the sympathetic (fight or flight) branch, and the parasympathetic (rest and restore) branch. Using an automotive analogy, the sympathetic system acts like the gas pedal and the parasympathetic acts as the brakes.

Life is good when these two systems work in harmony. However, when they are out of balance, symptoms such as insomnia, anxiety, depression, and even suicidal thoughts manifest. Peripheral awareness decreases or even disappears. Sports performance may deteriorate while school and work performance becomes more taxing.

The Neuro-Integrative Evaluation conducted at the Snider Therapy Centers (STC) includes tests to assess ANS function. Two areas which provide information include pupil testing and functional visual field testing.

1. The normally functioning pupil is an example of the ANS in perfect balance. However, a percentage of otherwise healthy patients may have larger-than-normal ('dilated') pupils which is a direct indicator of an out-of-control sympathetic system. These individuals are in fight or flight mode, which generally indicates chronic stress.
2. Reduced functioning visual fields are also an indicator of an imbalanced ANS as a response to stress.

Stress? "What kind of stress?" you might be wondering. Here at STC, we are checking for sensory processing stressors - specifically visual, auditory, and vestibular. However, patients may also have a history of physical and/or emotional trauma, toxin exposure, TBI, or food sensitivities, to name a few.

The good news is that our bodies have been designed to handle stress. When uncontrolled stress impacts the ANS, we at STC have been blessed to know which tests to conduct and which treatments to offer to restore balance to the ANS.

What's a body to do? Function in balance and harmony.



# SUCCESS STORIES

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## "Able to sleep all night"

### Raeana, age 13

There have been several changes we have noticed since she had sensory therapy. Raeana had trouble sleeping through the night. She would get up 2 to 3 times a night. Therapy has helped her to be able to sleep all night. She goes to bed early and is able to sleep 8-10 hours. Raeana also had difficulty with hearing how loud things were. She would watch TV on the computer and a commercial on a different video would come up and the sound would be extremely loud. Now when that happens she will lower the volume. Her tone when she is speaking is softer as well. She seems to be able to regulate her speaking volume better than before. Several people at church have noticed and commented to us that she is looking at them while speaking, which is something she would rarely do. She is making more eye contact with people. Raeana is more willing to try difficult tasks than before. She seems more motivated to accomplish new things. She has also been willing to try new food, mainly vegetables that she would not ever have tried before. She has started eating more of those vegetables on a regular basis. We have also seen improvements with her ability to focus and not get distracted as easily as before.

## "He does not get as frustrated"

### Jack, age 13

Jack started Snider after his older brother TJ had displayed great progress and success once starting the vision therapy program. Jack has really never struggled in school, but has had problems with one of his eyes not being the same strength as his other. Some positive changes Jack has made since beginning vision therapy include: better memorization, better handwriting, less time studying for tests, overall better athletic ability, especially with his basketball skills. He does not get as frustrated doing homework and now does his work on his own with little to no help from his parents. This has given him more confidence and in turn raised his overall grades. I believe that as he enters his last year of middle school, he will be much more prepared for the upcoming year and this will in turn help him in his transition to high school. Thank you most of all to Kim and Rita for continuously pushing him and letting him know that he could do great things. Also, thank you for always being a positive part of his progress. We can't tell you how much that means to us. We will always highly recommend Snider and hope our boys just continue to excel in all they do.

## "He is hitting the baseball even better than before"

### Philip, age 16

Philip is our second child to come to Snider Therapy Centers. Both of our children greatly benefitted from therapy. Philip has always been driven and has been a good student, but we began to notice issues with tracking the baseball while hitting. He has also now developed a love for reading. We decided to go ahead and have him tested because our daughter, Claire, had already been through vision therapy and had done really well with it. Philip had a very limited field of vision, an astigmatism requiring glasses for reading and for distance while playing sports, and some significant deficiencies in tracking that was probably beginning to show as he progressed in baseball. We eagerly began therapy and started noticing quite a difference.

With the help of the entire professional staff and his therapist, Rita, Philip progressed through therapy with ease. He has truly enjoyed his experience and seemed to be surrounded by a team of knowledgeable "cheerleaders"! He reads much better, faster, and with great comprehension. He is hitting the baseball even better than before. Our entire family would like to thank Snider Therapy for providing such an exceptional experience to us. Your services have made a tremendous impact on both our children.

**"I can see better"****William, age 8**

It got better. I can see better.

He no longer has tics. His fears are not as intense as before, he is starting to watch TV whereas before he wouldn't watch it at all. He's more on task with school. (Mom)

**"He has a sparkle back in his eyes"****Jackson, age 5**

Jackson has been over all happier, more "even-keeled". Jackson can tolerate different textures of shirts, pants, and socks. This is a big difference since the sensory learning program. Jackson is our child that has always had a hard time with change, but he has been more flexible in schedules, etc. He seems happier in general and with his friends. I feel like he interacts more and smiles more. He has a sparkle back in his eyes! We definitely still have our moments, especially with our siblings, but they seem "normal" and not just because he is angry/frustrated. Jackson seems more content in general. He still complains of his eyes "tearing out" but it is less frequent. He sometimes still double blinks but not as often.

**"She is more verbal"****Raylin, age 9**

Raylin is a little bit calmer. Her teachers have expressed how much she has changed in the classroom. Activities she struggled with before the SLP, she can now do with ease. She is more verbal also.

**"He takes more ownership of his work"****Jackson, age 10**

Since coming to vision therapy, Jackson likes to read more! He takes more ownership of his work and I have noticed (and so has he!) how much faster he is able to read and comprehend. He doesn't lose his place when reading as much as he did in the past. In general, vision therapy has grown his confidence. Plus he thought vision therapy was lots of fun!

**"We have seen a huge improvement in reading, spelling, and comprehension"****Alex, age 7**

We have seen a huge improvement in Alex's reading, spelling, and comprehension. He seems to be more settled and has had fewer melt downs since starting therapy. He has become more active and has started enjoying playing sports more.

**Madi, 14**

Madi enjoys her sessions while working through suppression with challenging vision therapy activities and vestibular stimulation.

**"He is doing his schoolwork faster and writing is neater"****Hoyt, age 7**

I feel like there have been some positive changes. He will at times try some different foods even if it is a few bites. When he is riding he always looks out the window and talks about the things he sees. At times it's like he is amazed at what all he can see. He is doing his schoolwork faster and writing is neater at times, it seems to depend on his mood. His reading has improved and will at times read a few sentences on his own. Doing the therapy at home was very challenging, but we made it through it.

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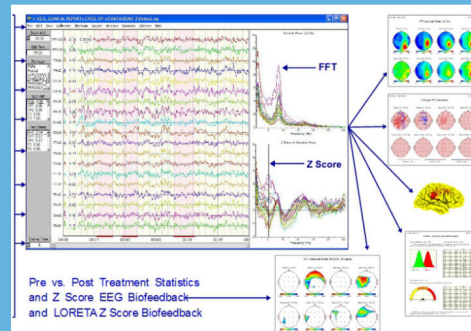
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Check out our website for  
information on our offered  
therapies which include:

- Phototherapy
- The Sensory Learning Program
- Yoked prism lenses
- Vision therapy
- Johansen Individualized Auditory Stimulation Program (JIAS)
- Integrated Listening Systems (iLs)

We are offering a limited number of free perceptual screenings this summer (\$39 value). Please call the office closest to you and schedule one today. Early detection can save years of struggling.

"qEEG" (Quantitative Electroencephalography) testing is coming soon to Snider Therapy Centers, Inc.



This technology maps the brain by measuring electrical patterns of brainwaves to give us more information on possible cognitive deficits related to ADHD, Autism Spectrum Disorder, depression, bipolar disorder, PTSD, anxiety disorders, learning disabilities and other emotional conditions. Once we can see how the brain is functioning, we can provide appropriate therapies.



You are invited to hear Dr. Sharon & Mr. Randy Snider give their talk, "A Hidden Source of Learning and Behavior Problems" at 1 pm on June 30, in Room 243, at Oak Mountain Presbyterian Church in Birmingham, AL for the 2017 Christian Home Education Fellowship (CHEF) Convention.