

## **Sensory Optimizing Programs**

People who have been diagnosed with ADD/ADHD, as well as those who have reading problems or difficulty processing information in general, can often be helped by participating in programs designed to optimize certain critical sensory functions. At The Hallowell Center, we offer a variety of “sensory optimizing” programs, all of which can be administered either on-site, in conjunction with tutoring support, or at-home with phone-in support from Hallowell Center staff. The programs may be implemented alone, or in conjunction with medication.

### **Reading Intervention System**

Reading is a complex process that involves close interaction among visual, perceptual, and cognitive functions. Inefficiencies in any of these functions can impede the proper development of reading skills and silent reading fluency. The Hallowell Center offers a unique, computer-based reading intervention system that uses innovative technology to provide individualized silent reading practice for students in second grade and higher. The system focuses on improving visual skills (eye movement coordination and accurate tracking); perceptual skills (instant word recognition and strong visual memory); and thinking skills (rapid, sequential reading with excellent retention). The system’s computer-based placement tests determine the appropriate starting levels and instructional programs for each student, and the programs adjust dynamically to reflect the student’s progress.

### **Auditory Therapy**

The Hallowell Center offers a special auditory therapy program that combines auditory stimulation with specific balance, movement and visual motor activities to improve the listening component of learning. Each session has a specific listening schedule into which the balance and visual activities are integrated. This flexible and relaxing therapy can help improve learning and communication skills through auditory processing, memory, organization and concentration exercises.

### **Multisensory Exercise Therapy**

Research has shown that people with ADD/ADHD and other learning challenges can often benefit from certain, specially-designed physical movements that work to help strengthen the neural connections in the brain. The Hallowell Center offers a special multisensory program that incorporates custom balancing equipment with other customized exercises to improve information processing. The exercises, if practiced consistently, can help yield marked improvement in areas of learning/cognitive function, treating symptoms of ADHD and dyslexia, concentration, motor control, general coordination, reading comprehension, mathematics, handwriting and overall emotional well-being. The average length of the program depends on the individual. Hallowell Center personnel are available to offer convenient phone support at regular (6-8 week intervals).