



COVT Learning Objectives and Recommended Study References

The below list encompasses learning objectives, followed by sources that are deemed appropriate by FCOVD's and COVTs who have been active in the certification process. You will not be tested on specific information from any of specific cited sources. The sources list is to be used as a resource to utilize with recommendations from your doctor and mentor.

A recommended strategy is to first read the Learning Objectives below and then the required Open Book Questions (found inside the Candidate Certification Guide). This should alert you to areas that you feel you need more knowledge, and then choose the sources that cover these areas. Your doctor may have some of these sources, but all are available in the indicated sources.

The following breakdown of suggested learning objectives should be considered a starting point for the candidate to determine current areas of knowledge and additional learning opportunities.

Learning Objectives:

1. *The candidate should understand and be prepared to discuss definitions of the conditions, abilities and skills listed below. They should know the signs, symptoms and avoidance behaviors associated with deficiencies specified and how these deficiencies may impact performance. They should also be familiar with vision therapy techniques for treatment of the following:*
 - A. Refractive Status:
Hyperopia, myopia, astigmatism, presbyopia, anisometropia and types of ophthalmic devices to compensate for these conditions
 - B. Eye Movements:
Monocular & binocular accuracy, stability, control & automaticity
Fixations
Pursuits
Saccades
 - C. Accommodation:
Expected monocular and binocular sufficiency, stability, flexibility and clinical values
Accommodative insufficiency, Accommodative excess
Accommodative instability, Accommodative infacility
 - D. Non strabismic/amblyopic deficiencies of binocular vision
Esophoria, exophoria, hyper/hypo phoria
Convergence Insufficiency, Convergence Excess
Divergence Insufficiency, Divergence Excess
Suppression, Levels of Binocular Fusion used in therapy
 - E. Amblyopia:

- Refractive versus strabismic versus deprivation
- Effects on visual function beyond acuity
- Eccentric fixation
- F. Strabismus:
 - Direction of turn, constant versus intermittent, comitant versus non-comitant
 - Motor Fusion (eye position, comitancy) versus sensory fusion (first, second, and third degree fusion and monocular fixation in a binocular field, Suppression)
 - Direction of strabismus (Esotropia, Exotropia, Hypertropia)
 - Constant versus Intermittent
- G. Vision perception and information processing:
 - Primitive reflexes, body schema, laterality, directionality
 - Visual intersensory integration (visual-motor, visual-auditory, visual-vestibular)
 - Visual thinking (visualization, visual imagery)
 - Perceptual style (reflective versus impulsive, central versus peripheral)
- H. Visual field defects (hemianopsia, neglect)
- 2. *Be prepared to discuss the tools for vision therapy in terms of:*
 - A. Lenses (monocular, binocular, dissociated)
 - B. Prisms (monocular, binocular, yoked, dissociated)
 - C. Filters (anaglyph, polaroid, graded occlusion)
 - D. Occlusion (central, peripheral, selective, full, direct, indirect)
 - E. Monocular fixation in a binocular field (MFBF) versus bi-ocular
 - F. Vision therapy procedures in terms of:
 - 1. Target selection
 - 2. Working distance
 - 3. In instrument techniques versus free space techniques
 - 4. Levels of demand (multisensory and cognitive loading)
- 3. *Communication with doctor/parent/patient to maximize outcome*

Recommended Study References

Applied Concepts in Vision Therapy

Dr. Leonard Press (Editor)

OEPF

The Vision Therapist's Toolkit

Thomas Headline, Irene Wahlmeier, Vicki Bedes

OEPF

Helping Children Overcome Learning Difficulties

Dr. Jerome Rosner

Amazon.com

Thinking Goes to School

Drs. Furth and Wachs

OEPF



Sensory Integration and the Child

A. Jean Ayres
Amazon.com

The Piaget Primer: Thinking, Learning, Teaching

Ed Labinowicz
Amazon.com

Optometric Management of Learning-Related Vision Problems

Drs. Mitchell Scheiman and Michael Rouse
OEPF

Vision: Its Development in Infant and Child

Arnold Gesell et, al.
OEPF

Tests and Measurements for Behavioral Optometrists

Drs. Harold Solan and Irwin Suchoff
OEPF

Cognitive Development: Piaget's Theory

Dr. Irwin Suchoff
OEPF

Primitive Reflex Training Program: Vision Therapy at Home

Visual Dynamix
OEPF

OEPF Monographs and Publications

- Visual Perception (Vision Therapist Vol 38, #2, 96/97)
- Visual Thinking for Problem Solving (Vision Therapist Vol 38, #3, 96/97)
- Tools of Behavioral Vision Care: Lenses, Occluders & Filters (Vision Therapist Vol 38, #1, 96/97)
- Tools of Behavioral Vision Care: Prisms (Vision Therapist Vol 37, #4, 95/96)
- Nonstrabismic Vergence Problems (Vision Therapist Vol 38, #4, 96/97)
- Focusing on Accommodation (Vision Therapist Vol 35, #4, 93/94)
- Amblyopia (Vision Therapist Vol 34)
- Sanet Volumes
- Pursuits and Saccades: Theories and Testing
- Guiding Strabismus Therapy (Lora McGraw)
- Begin Where They Are! (Kathy Nurek and Donna Wendleburg)
- Basic Visual Skills (Lora McGraw)

