

Overcome 'dyslexia'*

By behaviour specialist, therapist and physicist Richard Walker

On several occasions I have worked with people, of different ages, who have had reading difficulties. Often their symptoms have been labelled as dyslexia, and sometimes other diagnoses have been made. In all cases, I find they do some or all of the following:

- 1) 'say' the words or sounds to themselves in their head as they try to read;
- 2) 'feel' their way through the word;
- 3) move their eyes to their lower right as they try to recall how to say the word (can be reversed if naturally left-handed);
- 4) believe they are below average intelligence, or are unable to learn, or have poor memory;
- 5) have a preference for experiencing the world either by 'feel'/touch or 'listening'/'sound'.

My first point is that reading is primarily a *visual* process, and so it is essential to learn to read using *visualisation* techniques. The same is true for memory.

My second important point is that all learning is 'unconscious'. 'Repetition' or 'rote' learning alone is not sufficient for storing information into memory, nor for setting up good 'recall'.

I drafted the following instructions for working with clients to help them 'relearn' to read using their visualising capabilities. In addition to these, I would often need to 'cancel' any unhelpful self-beliefs, such as those in (4) above, using Time Line Therapy™. Even so, the following steps alone can make significant progress for many people.

Some 'rules'

By all means provide assistance, but learning is

**These techniques are based on ideas originating with leading developers in NLP (eg. Tad James, ref. www.nlp.com). They are presented as experimental and not proven.*

helped when it is FUN! Be SUPPORTIVE – give praise and only constructive feedback. Criticism, blame or any negative comments such as 'you did this before' / 'come on you know this one' / 'try harder' etc. are definitely OUT.

The steps

These instructions are for re-learning words:

1. Chooses a written word and then visualise it (on a screen, or banner), letter by letter, whilst looking up to your Left Hand Side (probably best to reverse this if you are naturally left-handed).
2. Break long words into their 'sound parts' or syllables.
3. Let your mind go blank (visualise a blank screen).
4. Recall a visual memory of the letters of the word on the screen (up and to your left).
5. Imagine a picture to go with the word, which reminds you of what it means.
6. Read the letters of the word as you see them on the 'screen'. Now read them backwards! (This can be a big FIRST for many people).

I usually start with the word SUCCESS. It may be appropriate to repeat this for all the basic sounds – ie. the letters of the alphabet, and the typical special letter combinations like 'th', 'wh', 'ph', 'y' etc.

Richard works one-to-one and in workshops. To find out more about how these techniques can help you, call Richard on 01582 768830 or visit www.abetterlife-uk.com.

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