

Getting to Acceptance

or
Low Vision Rehabilitation Success is Not (Just) About Optics.

Bennett McAllister, OD, FAAO
Diplomate, Low Vision
Chief, Primary Care



What This Presentation Hopes to Show:

- Patients' Commonalities
- Psychology of Approaches to LV Care
- Faceted Look at Roadblocks to Success
- Mostly About People

Why Do Patients Come to ODs?

- Glasses
- Contacts
- LASER
- Drops
- Magnifiers
- Telescopes

Definition of Optometry:

“The Art and Science of Vision Care”

Science of Low Vision: **Optics**

Reciprocal of Vision

LogMAR

Four Tenets of Reciprocal of Vision

- Measure BVA at 20 feet
- Goal of 20/50 Near VA in Reduced Snellen at 40 cm
- Calculate Ratio of Denominators: BVA_d / NVA_{goal}
- Multiply Result by +2.50D

Four Tenets of LogMAR

Measure VA
Set a VA Goal
Count Steps
Implement (Diopters, Distance, TS)

Two Cultures of Thinking

Physical Science
Humanities

Cultural Characteristics of Physical Sciences

Optimistic
Impatient
Brash
Nimble
Struggling

Cultural Characteristics of Humanities

Pessimistic
Resolved
Accepting
Dour
Slow to Change

Elisabeth Kubler-Ross

On Death and Dying



Five Stages of Grief Processing:

Denial
Anger
Bargaining
Depression
Acceptance

Denial

Used by Almost all Patients
Psychic Buffer from Shock of Bad News
Allows time for Alternate Coping Strategies
Transient and Recurring
Creates Space for Path to Partial Acceptance

Anger!

"...people who don't expect justice don't have to suffer disappointment."

Isaac Asimov, The Robots of Dawn

Characteristics of the Anger Stage:

Rage, Envy, Resentment, Injustice
Grievances found Everywhere
Diffuse and Displaced-Radioactive
Illusion of Control is Shattered
Expression moves towards Acceptance

Bargaining:

Relatively Short Stage
An Attempt to Postpone
Promise Made with God and Kept Secret
Response to Quiet Guilt
Seldom Kept and Often Renegotiated

Depression:

1. Reactive Depression
2. Preparatory Depression

Reactive Depression:

When Denial Can No Longer Be Maintained
Cumulative Affect of Great and Multiple Loss
Unrealistic Guilt and Shame
Responds to Admonitions of Cheer
Amenable to Talk Therapy and Reason

Preparatory Depression:

Anticipatory Depression
Imagining Impending Future Loss
Looking Ahead Rather than to Past
Quiet and Introspective Processing
Necessary and Beneficial for Acceptance

Acceptance:

Reality Based Recognition of Current Situation,
Abilities and Impacts on Life.

Happiness is Not a Criteria.

Healthy Adjustment and Willingness to Work
With What is Available.

Three Primary Theories Regarding Workings of the Mind:

Psychoanalysis
Behaviorism
Humanism

Three Part Structure of Personality:

1. **ID** - Biological
2. **Ego** - Psychological
3. **Superego** - Social

Characteristics of the ID:

Biological Component of Personality
Source of all Psychic Energy
Subconscious
Submerged part of the "Personality Iceberg"

Characteristics of the Ego:

Psychological Component of Personality
Conscience or Self
Tip of "Personality Iceberg" Seen by External World
ID's conduit to Attain Reality Gratification

Characteristic of the Superego:

Social Component of Personality
Moral Brake on ID's Impulses
Viewed as Self's Conscience
Idealized Perfection vs. Pleasure

Five Psychoanalysis Defense Mechanisms:

1. Repression
 2. Projection
 3. Reaction Formation
 4. Fixation
 5. Regression
- Operate to Deny, Falsify or Distort Reality
All Work at the Unconscious Level

Freud's Two Major Contributions:

Intense Single Case Study Without Controlled Experimentation.
Validity Determined by Internal Consistency of Patient's Verbalizations in Free Association and Dream Analysis.

Features of Behaviorism:

Objective Method
Experimental Precision
Atomistic vs. Holistic
Minimal Assumptions
No Need to Infer Psychic Architecture
Operant vs. Classical Conditioning
Simple, Precise, Practical

Features of Humanism:

Non-Directive and Client Centered
Derived from Psychology, not Medicine
Two Constructs: Organism and Self
Adjustment Depends on Congruence
Forward Moving to Enhance Organism
Optimistic Faith in Essential Goodness

Compare and Contrast:

Psychoanalysis - Hidden, Dark, Pessimistic

Behaviorism - Cold, Controlling, Deterministic

Humanism - Optimistic, Hopeful, Choice

Current View on Defense Mechanisms:

Repression
Dissociation
Delusion
Suppression
Minimization
Denial

Cognitive-Behavioral Therapy:

Thinking, Feeling, Behavior All Interact
Effective for Anxiety and Depressive Disorders
Short Term Impact Possible
Positive Impacts Possible in Clinical Setting
LVA Demonstrate Possibilities, Influencing Paradigm

What is the Path to Acceptance?

Listen with your Heart for Defenses
Find where Patient is on the Acceptance Trajectory
Decide Between Counseling Referral or Self CBT
Listen Again for Affirmation in Response to LVA
Take What You Can Get
Build on Small Successes

Thank You!

