

# Let's Talk Learning Disabilities

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## EPISODE 02

In Episode 02 Laurie & friend Melanie discuss what it looks like to be screened and diagnosed with dyslexia and what you can expect from therapy and the education system. Melanie is a dyslexia therapist who has opened her own private practice and speaks to the advice she gives to individuals and family members.

### What Causes Dyslexia? 11 min

We learned in episode 01, that dyslexia is a learning disability. In this episode, licensed dyslexia therapist, Melanie, tells us that it is a processing issue and at its core, dyslexia is affected by the way our brains function cognitively. Although little, there has been some evidence that suggests dyslexia can be caused by genetics.

### Multi-sensory Learning 20 min

Multi-sensory learning occurs when you see a concept, and can also incorporate other senses such as touch, hearing, & feeling. Multi-sensory learning can benefit all types of individuals, but especially those who are challenged with dyslexia. Melaine talks about how to practice that in a learning environment by reading words out loud, having words read aloud to you, and then writing them down. More specifically, writing them down in cursive. Cursive handwriting activates muscle memory in your brain and reinforces what you're learning.

### I Have Dyslexia, Where Do I Start? 23 min

Teachers are doing a phenomenal job at introducing and incorporating phonics. We know as an education system what teachers need to understand and be trained on in order to deliver the best help possible. In this episode, Melanie talks about treatment for dyslexia being a "slow drip" and that what a student with dyslexia needs is so much more than what is offered in the classroom. Teachers are doing everything they can to accommodate and still the curriculum needs to be reinforced at home on a consistent basis.

### Screening & Early Detection 26 min

Laurie mentions in her private practice, they are asked frequently about screening for dyslexia at young ages of 4 and 5 years old and prompted Melanie to share her thoughts on screening so early. Melanie recommends screening as soon as any red flags are present, especially when a family history of dyslexia occurs. Again, since the treatment needed is long and repetitive, the sooner challenges can be detected, the more time you'll have to work on improving your skills.

### **Dyslexia Therapy in Non-Dyslexic Individuals 32 min**

In group settings, reinforcing phonological awareness is always a good idea. Phonics repetition is especially important for students who are challenged with dyslexia, but it can also benefit individuals who are typical learners. Melanie shares about even having some clients who are not dyslexic, but either on the autism spectrum or having struggles with reading and writing, and using dyslexia therapy as a resource.

### **Insurance & Resources 35 min**

Unfortunately for many families, dyslexia therapy is not something that is covered by insurance at this time. This of course, makes it very difficult for some families to access the resources they need to improve their trajectory. Here are some resources mentioned by Melanie that you can look into if you are seeking treatment:

[www.gatewaygrowth.net](http://www.gatewaygrowth.net)

[melanie@gatewaygrowth.net](mailto:melanie@gatewaygrowth.net)

[www.altoread.org](http://www.altoread.org)

International Dyslexia Association

[letstalklearningdisabilities@gmail.com](mailto:letstalklearningdisabilities@gmail.com)