

Let's Talk Learning Disabilities

EPISODE 11

In this Episode, Laurie and Abbey bring together many of the previous episodes as they address processing issues. While it may be a generic term, they realize that many approaches can be applied to multiple processing issues.

Recognizing Processing Issues (3 min)

Laurie & Abbey discuss concerns that they often hear from parents who have identified a type of processing issue. Before an actual diagnosis is found, the signs that show up may range from needing more time to work on an assignment, to an inability to retain information that was just read or heard. Someone with a processing issue may finish assignments long after others have turned in their work, or need to re-read and re-read a passage over again in order to really know what was read in the first place. They may actually be performing really well on day to day lessons and group work, but may really miss the mark when asked to perform under pressure, such as in taking tests.

What's Next? (7 min)

What comes after realizing there is a processing issue? Some relief may be found in knowing what you're up against, and yet there is still more work to be done. True change and progression is going to happen by addressing the core issue, whether that be a visual processing issue, an auditory processing issue, etc, and training your brain to process the information in a new way. Laurie mentions in the podcast that some parents are confused about how their child may be able to remember all of the details about a family vacation years ago, but cannot remember the content of something they read just moments ago, and really it comes down to experience. There is emotion and experience attached to the memory of the vacation, and there's no emotion or experience attached to the history lesson or the math problem. You've got to develop a plan to help your brain process the information in a way that will help you process and remember whatever it is that you're trying to learn.

Anxiety in Processing Issues (13 min)

Laurie, as a licensed professional counselor, also shares the anxiety that is present for some individuals with a processing issue. Not only may they have an issue processing a passage that is placed in front of them, but they may also be “over-thinking” about their thinking, which in turn hinders them from putting their full thought capacity on the task at hand.

Accommodations for Processing Issues (17 min)

Laurie and Abbey share a few resources and accommodations that have proven to be helpful in addressing processing issues. More time to work on assignments or tasks has definitely been proven to be helpful for individuals with processing issues. It can reduce the stress of needing to get a grasp on their thoughts immediately. Another way to accommodate these individuals may be to let them showcase their knowledge and what they’ve learned in other ways. They might freeze on a test, but could give a really great oral dialogue of what they’ve learned. Also, having lecture notes printed for them before class might allow them to focus fully on the dialogue, versus being caught up in copying down all of the information at a rapid pace. Several other resources included in the show notes are Cog Med, Interactive Metronome Therapy, and a few others. Laurie and Abbey do recommend that due diligence is done to find the effectiveness of a program before investing time and money in it. The more it can be backed by research, the more credible a program may be.

Contact info for the podcast: letstalklearningdisabilities@gmail.com

E-Diagnostic Learning Website: <https://ediagnosticlearning.com>

Interactive Metronome Therapy
<https://www.interactivemetronome.com>

Cogmed – Claims to improve working memory and attention
<https://www.cogmed.com>

Test Edge for Test Anxiety
<https://www.dallasintegrativecounseling.com/test-edge-program>

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