

# CSO Talk: Bringing the Old into the New

## An Invitation to Upgrade your “Pixels of Perception”

### Overview

For over 43 years Dr. Clifford A. Fukushima OD has worked with children with multiple forms of learning difficulties and behavioral developmental issues. In 2020 he was approached with the unique task of working with children on the spectrum and together with his daughter Jocelyn developed the Light+Vision Program to provide opportunities for sensitives to thrive.

In this talk he will introduce his toolkit and how he uses interpretations of the 21pts, color fields and curated stress tests to identify processing difficulties and create customized programs for his patients. Together, they will focus on the “how’s and why’s” behind assessing and designing customized patient and family programs, identifying and integrating supportive therapies as well as include observations from the field and what they know to be true.

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### About the Presenters



Dr. Clifford A. Fukushima OD, FCSO has been in private practice since 1979 and recently retired from traditional optometry to focus on helping others with The Light + Vision Program and sharing his understanding of Behavioral and Developmental Vision. Dr. Fukushima is a graduate of Southern California College of Optometry and has lectured around the country for various Optometric Associations including College of Optometrists in Vision Development(COVD), Optometric Extension Program(OEP). International Sports Vision Symposium and Regional Congresses. He maintains a private practice in Visalia, CA and serves as Trustee on the Board for the College of Syntonic Optometry.



Jocelyn Fukushima is an Intuitive Integration Coach and serves as Co-Founder and Director of the Light and Vision Program. She works alongside Dr. Fukushima to create customized programs for their participants based on their individual needs. Jocelyn has been in the natural wellness and energy work field for over 15 years and has had multiple mentors in the fields of Consciousness and Energy work. Today she focuses primarily on modalities engaging with the fields of Consciousness, Energy, Light, Fascia and Water research. She graduated from Institute of Integrative Nutrition and holds a B.S. from San Francisco State University.

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### Structure

60 min - Cliff shares his background and provides insights, anecdotes and observations relating to the value of incorporating Syntonics into his practice, and how and why he incorporates his core principles of balance, integration, rhythm, awareness and centering into every training series. He will provide a brief overview of his assessment toolkit and what each test tells him and then cover in more depth how he interprets aspects of the 21 points, Visual Color Processing Fields, and the Fukushima Prism Walk to gain a better understanding of each patient and their unique needs.

30 mins - Jocelyn identifies the needs that led to the creation of the Light + Vision program and how the program can be tailored to address these needs through a customized interdisciplinary approach. While introducing information and visuals from case studies with sensitive children, she will share her truths and the ways in which she and Dr. Fukushima have collaborated to create opportunities for children and their families to upgrade their “Pixels of Perception” strengthen their networks of communication and learn to “See/Feel/Know the qualitative difference between sight and vision. She will cover how they work together to provide space for their clients to explore their interests, build skills, embody their bodies, make sense of the senses and embrace the gift of being human.

## INTRODUCTION/BACKGROUND

Today I'll be presenting my model of vision and what I know to be true after over 43 years in practice. Perhaps this will be helpful for some of you. Perhaps it won't. But it's what I know to be true.

The field of Vision is nuanced and optimizing it is an art. It is my hope that these tools will help you gain additional understanding and perhaps provide you with a new perspective on your toolkit. A lot of my thoughts and conclusions come from the empirical data and patterns that I have garnered from my patients over the course of my career and have no clinical studies associated with them.

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*The complex is just a bunch of simples put together. If you can master the simple the complex becomes easy. So often people try to master the complex without having an understanding of the simple and end up learning the how without understanding the why.*

—Dr. Clifford A. Fukushima OD

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## Background

- **Behavioral Developmental OD in private practice since 1979**
- **Focus: Understanding learning styles and developing and maximizing learning potential**
  - Developed techniques to help the kids who weren't being helped with traditional methods
  - **Sought to understand how the patient is linked up, how they process information and how they integrate and what influences those processes.**
    - The symptoms patients experience are not always something that can be remedied with spectacles or eye exercises (we need to address the whole system) and it's a big part of why I've always been a bit of a Maverick.
  - In addition to traditional training techniques/approaches, **I've found it to be helpful to engage with how the patient sees the world and interacts with it** (you have to meet them where they're at and guide them towards where they want to be). **The information I gain from my interpretation of the 21 points, prism walk and color processing fields help me to do this.**
- **In the 1980s, Syntonics became a critical component in my Vision Training programs as it helped to open up the visual processing system and provide space for the integration of information and learning**
- **In my training programs I do not focus on mechanics. Instead I focus on laying a solid foundation of core principles from which my patients can build upon.**
  - **These are the principles of Balance, Integration, Rhythm, Awareness and Centering**

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## Core Principles

At the core, all of our programs focus on building solid foundations in the areas of Balance, Integration, Rhythm, Awareness and Centering. It is my belief that you need all 5 of these things to come together in order to build a comprehensive linked network throughout the body.

- **Balance** - in all things (physical, emotional, structural)
- **Integration** - communication, networking
- **Rhythm** - Timing, cycles
- **Awareness** - being aware of the world around you, subtle changes in yourself or your environment and your interaction with it
- **Centering (You)** - cohesiveness of oneness of the 4 principles, being in the flow, knowing, sense of being.

# MY ASSESSMENT

## FINDING THE ROOT CAUSE + THE WHY

Before developing a program I have to know what I'm working with.

- I need to be able to identify what the patient *can do* and also where they experience difficulty.
  - I developed this evaluation to quickly gain better insight into the relationship between the visual system and the quality of the mind-body connection.
  - This assessment also allows me
    - To provide parents and caregivers with experiential information and feedback that they can see and relate to
    - Provide talking points to establish a better understanding of the hurdles their family members are experiencing
    - Offer ways they can help their family members immediately
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## MY ASSESSMENT TOOLKIT (will cover topics in blue)

- \* **Modified 21 POINTS** - Provides me with insights into learning style, physical, mental, social, emotional, and organizational tendencies
  - \* **Visual Processing Color Fields** - Provides me with insight into organization and processing of the sympathetic, parasympathetic, cognitive and awareness systems and how they are integrated.
  - \* **Alpha Omega Pupil** - Provides me with information about how well the system can sustain itself
  - \* **Fukushima Prism Walk** - Assesses quality of link-ups, relationships to physical world, quality of mental focus, brain processing ability, and ability to deal with change.
  - \* **Visual and SensoriMotor Integration** - Curated Stress Tests to show me how they're linked, how they think/problem solve, and how they operate.
  - \* **Right Eye** - Visual Feedback for patient/parents- Eye Tracking, Fixation, Eye Coordination
  - \* **Interactive Metronome** - Provides me with information about neuro-timing, accuracy and Audio/Visual/Tactual Assessment of how integrated the system is and where it struggles
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*Vision is just a reflection of how we think and see and what we make it mean.  
If you can change someone's outlook on life you change their thinking.  
And if you change their thinking their outlook changes. They are merely reflections of each other*

—Dr. Clifford A. Fukushima OD

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**Modified 21 POINTS** - In my practice I call upon my interpretation of Ductions, Phorias and Accommodations from the 21 points to better understand how my patients think and operate.

**This is a condensed version of what I do.**

- **Ductions:** provide me with valuable insight into the person, their internal world, external world and the quality of those relationships
- **Phorias:** tell me about the transient resting state of the mind and their mental attitude
- **Accommodations:** Helps me understand their focusing habits - how much reserve they have and the patients ability to let go and not let go.

# INSIGHTS I GET FROM THE DUCTIONS, PHORIAS AND ACCOMMODATION FINDINGS

DR. CLIFFORD A. FUKUSHIMA, OD, FCSO

## HORIZONTAL DUCTIONS AT FAR (BO/BI): How they deal with space and people

### **BO BREAK - tells me how close they are with their close friends & how well they listen to their body**

- Higher break better the friend. Lower the break less open they are
- BO Break - also tells you if they listen to their body.
  - Higher the break the less they tend to listen to what their body is telling them.
  - if the body says, "whoa...give me a break" they'll just keep going and suffer the consequences

### **BO RECOVERIES - indicates how many close friends they have/how much they've allowed for close friends.**

#### **The number directly relates to the amount of close friends they allow for in their space**

- High(15) - lots of close friends and fast rejuvenators,
- Low(2 or less) - Limited amounts of close friends and slow to rejuvenate

### **BO RECOVERY will also indicate how fast the system can recover if they burn themselves out**

(slow or fast rejuvenators)

- High break(20) low recovery(2) - will go go go and when they crash, they crash and burn
- High break with high recovery - when they crash they just bounce back up and go again.

**BI BREAK AT FAR tells me more about their physical posturing/how open and relaxed the person looks when they are out with people.**

- **The higher the break the more outgoing and open they appear to be.** They'll tell you their life story with no walls up. Hard to get them to stop talking.
- **The smaller the BI break findings the less open and the more walls they put up.** They can be cordial and polite but not opened.

### **The BI RECOVERIES tells me how much effort it takes to be out with people.**

- They can have high recoveries with low breaks ie: BI 10/8 if this is the case then it is easy for them to be out with people and be cordial but not trust them.
- High break high recovery ie.BI 20/15 people are very open and trusting and really enjoy being out with people.(takes no effort to be out with people. Very people oriented)

## VERTICAL DUCTIONS AT FAR W/PRISM OVER OS (BU/BD): What type of mindset do they have?

### VERTICAL DUCTIONS

#### **BU to break at far with prism over left eye**

- **Higher the break the more abstract the thinker/mindset.**
  - If real high like 9BU break, than they like abstract art like Picasso and are creative thinkers

#### **BD to break at far with prism over left eye**

- **Higher the break the more likely this person is to be a structured thinker/mindset—everything has it's place**
  - If real high 9BD break, than they are more likely to be a realist —ie: wants an apple to look like an apple.
  - BD to break equally high(BD=BU) - more likely to be very creative person who knows the structure
  - BD to break equally low - more likely to have limited creativity and limited ability to operate in a structured environment.

## PHORIAS - Transient Resting State of the Mind

**The Phorias are an indicator as to the transient resting state of the mind.**

**They can vary from situation to situation.**

There are tendencies

- **True Exophores - tend to be open** with the ability to multi-task and have a tendency procrastinate.
- **True Esophores - tend to like detail and are picky** and don't let go till it's done.
  - want to get the last word in and tend to be of mindset that "it's my way or the highway".

## HORIZONTAL DUCTIONS AT NEAR(BO/BI): How they deal with internal space and themselves

### BO BREAK

**BO ranges at near indicate how broad their thinking is and how much stress the individual will take before they get mad.**

#### How broad is their thinking?

- The larger the range is before the break the broader the thinking, the more they tolerate.
- The narrower the range the more limited the thinking(has small range of acceptance)

**BO RECOVERY - BO recoveries at near indicate how fast the patient can bring organization and recenter once things have blown apart. It's a reflection of their understanding of where their center is.**

- **High recoveries** indicate an understanding of how to think through things on a step by step basis. Slight tendency to over generalize
- **Low recoveries** indicate they just want to get the answer without regard of how they got their answer but are detailed oriented Little things peeve them off and if they are unable to get a quick answer it frustrates them.
- **Negative recoveries** indicate that the person is an intuitive thinker who doesn't know how he did it only that he was able to do the task.
  - These people tend to finish your sentence during a conversation and when they get mad they stay mad for a long time.
  - They can forgive but they don't forget easily ....they remember. The big things they can usually tolerate but it's the little things that tick them off.
  - They're harder to teach, they feel a lot..... so when they feel happy they're happy, when they feel sad, they're sad and when they feel hurt they're hurt.
  - They tend to be their worst critic and have a tendency to look for the negatives in things.
  - They tend to not think things through rather they just seek the answer without concern for how they arrived at it.
  - They have difficulty centering(knowing where they are, where they've been, and where they're going)

**BI BREAK - BI ranges at near reflect their external & internal posturing.**

- **High break findings** indicate open relaxed external posture. These people look very relaxed and it appears that nothing bothers them.
- **Low break findings** indicate more rigid posturing.

**BI RECOVERIES indicate a reflection of their internal posture(how much they can let go)**

- **High recoveries** indicate "they look like they feel" while low recoveries indicate "they wear a poker face".
  - High recoveries indicate they let go of internalized stress while low recoveries indicate they internalize their stress.
- **The lower the recovery** the more they internalize(represents inability to let go).
  - The lower the recovery the higher the the tendency for high blood pressure, more tendency for ulcers, and headaches.

## VERTICAL DUCTIONS AT NEAR PRISM OVER OS(BU/BD) - Do they create their own stress to function?

### BU PRISM OVER OS

- **The higher the break** the more they don't like stress mode to function. This person will plan ahead so they're not put under a lot of stress to perform.

### BD PRISM OVER OS

**The higher the break** the more they make the situation stressful so they can perform. Performs better under stress and will create situations and procrastinate to make the situation stressful so they can perform.

## ACCOMMODATION

**MINUS TO BLUR - Tells me how stubborn they are.**

- **The higher the minus** finding the more stubborn and persistent they are. It's like once they latch on they usually don't let go. They'll keep pursuing

**PLUS TO BLUR - Is a reflection of their ability to let go.**

- **The higher the plus** finding the easier for them to let go if they choose to do so.

**Visual Processing Color Fields:** This test provides me with insight into the quality of the L/R brain function. They are functional fields and help me understand what type of information the patient can process, and how much space they have to process and make sense of the world within and around them.

**RIGHT FIELDS:** Reflect the brain's ability to deal with abstract concepts, temperament and emotional stress. Reflects on one's ability to do art, creative writing, reading, spelling and be a free thinker

**LEFT FIELDS:** Reflect brain's ability to deal with structured thinking, order and mathematics and job stress.

## **COLOR FIELDS**

### **Green: Reflection of meaningful cognitive processing ability**

- Also reflects HA field - The smaller it is the more prone it is for HA and the more concerted effort must be given to process meaningful information

### **Blue: Reflection of the parasympathetic nervous system**

- Reflection of one's ability to let go and relax
- Reflection of how much internalized stress they are holding in
- Reflects on their ability to sleep and rest
- Indicates if external posture matches internal posture

### **Red: Reflection of Sympathetic Nervous System**

- Reflects on if there is a lot of pent up emotions or anger
- Reflection of body energetics (Energy Levels)

### **White:**

- Able to identify what it was that moved in periphery or what the object on the periphery is
- It is a reflection of their meaningful spatial awareness

### **White: Motion Detection**

- Aware of something in the periphery but unable to identify it only that something moved or something is in the periphery

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**Fukushima Prism Walk:** Provides me with insight into the L/R brain function, how it's organized, where it breaks down, and where strengths lie. Prisms are a great way to see how patients respond to stress and change and also serves as an opportunity to learn how adaptable they are to change and how they function in the real world.

## **PRISM WALK.**

**Prisms give an insight into the brain organization and how the individual thinks. It is a reflection of their mind body integration control. Understanding where a person is coming from can help provide insight into and enhance your roads of communication with them.**

- No matter if it's BD, BU, BL, BR. I've found that where they have difficulty walking heel to toe on the string(beginning, middle, end) is where they have difficulty with the task or with moving through life with regard to that process.

### **BD - Tells me how outgoing they are**

- how they deal with the spatial world around them (ability to be out with people)

### **BU - Tells me how they deal with close up work and near space(Ability to focus on near point tasks)**

- People who do well here most likely will do ok with near task and tasks involving near space

### **BL is a reflection of Left Brain Function(ie: math, structured thinking)**

- People who do well here may benefit more from a more structured approach

### **BR is a reflection of right brain function and is an indicator of their ability to be an abstract, creative thinker**

- People who do well here may may not like structure and tend to be more receptive to a non-structured approach.