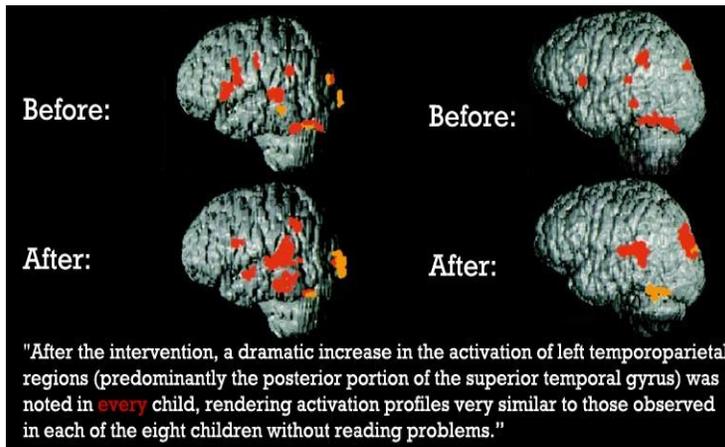


# Intensity of Therapy

## The More Intense, The Better The Outcome

Since the primary cause for dyslexia is essentially a weakness of the pathways in the brain responsible for processing sounds, it makes sense that it would take a substantial amount of **time and specific effort** to strengthen those pathways and “re-wire” or make new pathways in the brain. New technology [functional Magnetic Resonance Imaging fMRI] shows interesting information about individuals with reading difficulty or dyslexia. When individuals with reading difficulty attempt to read words, the areas of their brain that do the reading are underactivated. Interestingly, other areas of their brain are overactivated. This means other areas of the brain are trying to help. They are trying to help the inefficient brain pathways in the brain areas that typically process speech sounds during reading. However, current research shows that new pathways in the brain can be made with intensive, research-supported treatment (see picture below).



Treatment that occurs intensively (many hours a day), systematically (specific sequence) and frequently (5 days a week) makes new brain pathways for reading. “After treatment” fMRI pictures show new, larger areas of activity reading areas of the brain in children who improved their reading skills.

**The Morris Center’s** clients attend treatment sessions daily for 4-6 hours per day, 5 days per week for approximately 180 hours (~9-12 weeks). This level of **intensity is required** in order to effectively improve reading, spelling, writing and comprehension language skills. Reading is a skill that must be actively taught; unlike speaking, reading is not something that we automatically pick up simply by being exposed to it. For individuals with reading difficulties, learning to read is infinitely more difficult. Thus, intensive, frequent and specific treatment is required to strengthen the weak areas of the brain that are likely causing the reading difficulty. This treatment changes how the brain processes sounds and others skills (e.g. sensorimotor, visual-perception, etc....) that are the core foundations of reading ability. Therefore, after treatment, the client is well-prepared for ongoing development of reading skills. These improvements are typically long-lasting and provide continued benefit to ongoing educational instruction or learning experiences. Overall, this intensive treatment approach is **more time-saving AND more cost-efficient** by **quickly and dramatically improving weak language skills**.

For more research regarding treatment intensity, read *Intensive Remedial Instruction for Children with Severe Reading Disabilities: Immediate and Long-term Outcomes From Two Instructional Approaches*, Alexander A, Torgesen J et al, [Journal of Learning Disabilities](#), volume 34, number 1, January/February 2001

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