

Infinity Walk

INFINITY WALK - OT CONTINUING ED. COURSE FEEDBACK

PDP 26th annual Minneapolis symposium, 2/06

From an OT with specialty in sensory integration; SIPT certified; pediatric-geriatric populations

“I want to pay you the highest and most sincere compliments regarding this conference. I am in awe of how you have developed this program. You are an excellent presenter and I am so thankful for all the handouts. They will be extremely helpful for me in how to observe and document what I am seeing and needing to address. Thank you for the gift of sharing so much with us”.

From an OT who works with pediatric and adult developmental disability issues

I'm very excited about the deeper understanding about the profound neuromusculoskeletal, social, cognitive implications of the Infinity Walk. I had been using it in a more limited way as a “technician” Now I understand how to apply it more in a clinically intuitive way for the whole person.

From a speech therapist working in pediatric rehabilitation setting in a hospital

“I've thought of many more children that I look forward to trying this (the Infinity Walk) with. Your presentation has made it much more freeing than the way I was first introduced to the concept. Thanks for the handouts and CD – great”!

From an OTR working in pediatric medical rehabilitation clinic

“At first I wasn't sure what an OT clinician could learn from a psychologist, but quickly realized any clinician working with the whole child could learn from another. I really like the whole language component used during the Infinity Walk. I usually just use movement, vision and auditory”.

From a school-based OT, EC to age 16.

“Thank you for broadening my horizon in regards to Infinity Walk. One of the nuggets I'm taking home is to end every Infinity Walk practice with a success no matter how much time is left in treatment session. Thank you Deborah for sharing your peace and grace! You walk you talk! And for your generosity with sharing so much – the CD, brochures, notes”.

From a PT working for a school district; special needs age 3-21

“This has been very useful in pulling together all the various information I have gotten on Infinity Walk in the past and pointing me in the right direction. We have been using Infinity Walk in our school district but now I understand so much more”.

From a PT working in an out-patient rehabilitation clinic

“Infinity Walk includes excellent therapeutic (exercise) techniques that stimulate the cerebellum. Very useful”.

From an OT retired from a school district and now doing substitute contract work.

“As a therapist with an extensive background in sensory integration I was impressed with your presentation and how the use of the Infinity Walk had such a positive impact on the full range of functional performance components”.

From an OT working for a school district

“I had bought your video in the past and was amazed at the changes that I saw in the students. I’m glad I was able to attend your conference. I have been using Infinity Walk informally for about 2 years but am now very motivated to do more with it”!

From a OTR working in a nursing home and a pediatric rehabilitation clinic

“I have had great results with adult population using Infinity walk. My first time using the walk was with a person who had a stroke. The PTs thought she would be unsafe to go home without a walker. I worked with her with the Infinity Walk and she returned home without a walker or cane. She continued the walk at home and is now driving again. Your course is helping me work with children too. Thanks for the resources for training (the staff were she is employed).

From a PT working for a school district

“I have been using Infinity Walk on a limited basis after an in-service on it given by another therapist. I have been impressed with what I had seen as far as results as they related to bilateral integration. Now I feel like I have a greater understanding about it, and will be expanding my use of the Infinity Walk. My students will truly benefit from this conference”.

From an OT working as a consultant to group homes; behavioral and sensory issues

“Excellent. Your style of presentation is delightful and it was easy to stay tuned in. Thanks for all your time and energy that you have devoted to this”.

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Infinity Walk - Continuing Education Course Feedback

WPTA 2006 annual spring conference, Wisconsin Dells, WI

From a PT with hospital-based specialty in swing bed, and outpatient cardiopulmonary rehab

“I came thinking of using this for swing bed and outpatients. The more I think the more uses I can find. On Monday I intend to try this with my cardiac patients to increase trunk movement, extend time walking by changing patients’ focus. Also for its calming effects. (For those “Type A” cardiac patients and for the anxious pulmonary patients.)

From a PTA working in SNF/Sub-acute care facility, specializing in neurological, degenerative and orthopedic deficits.

“I am so excited to implement this ambulation alternative with my patients. It will be exciting to see the effectiveness on my patients that have a fear of falling secondary to a past experience.

From a PTA employed at a hospital-based rehab clinic; and specializing in balance and vestibular rehab

“The Infinity Walk is a remarkable way to integrate several factors at once. I can see utilizing this method as soon as I return to the clinic.”

From a PTA specializing in pediatrics

“I liked having the participants be demonstration and training examples throughout the day and seeing change made (in us) in such a short period of time. I’m very excited about using the (Infinity) walk more and fine-tuning how I presently use it during treatment. I liked the examples of advancing the walk to make it more challenging. Enjoyed the course very much. The speaker’s casual style makes understanding very easy and is a good example of how to explain it to patients and make it enjoyable.”

From a PT with over 20 years of specializing in pediatrics

“What I liked the most about this course is the simplicity of the treatment, but the complexity of the areas that are affected!”

From a PTA working in an inpatient/outpatient/SNF facility

“I liked how the method works outside of the straight lines with gait and motor skill. And I liked the way you teach treatment of the whole body/person (rather than segmental).”

From a PT with over 20 years experience in outpatient pediatrics

“I appreciated the depth and breadth of Deborah’s experience and her commitment to the development and application of the Infinity Walk. The presentation and handouts were excellent.”

From a PT working in an outpatient ortho- and neuro-rehab setting

“Pleasantly surprised as to how broad a method this is and how many patients this could be applied to.”

From a PTA with 20 years experience in pediatrics

“Deborah was easy to listen to, easy to follow her teaching style. I stayed engaged the entire time of the course.”

From a PT/owner of a private clinic

“This is amazing – and I thank you for bringing this to us!”

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Educational Professionals - K-12 and College / University

Dr. George Lumbar, Senior Vice President, NY Retired Teachers' Association

Infinity Walk appears ideal for overcoming "self-fulfilling prophecies", whether self-engendered, or otherwise implanted. This learning tool, developed by Dr. Sunbeck, should be recommended, not only for special problem-solving, but also for improving self-assurance.

Lynn Schroeder, Author of Superlearning 2000

I very much enjoyed Infinity Walk - both your ideas and the practical help. Learning disabilities are epidemic and you seem to have some elegant solutions. I'm intrigued by your ideas on integrating (hemispheric and brain wave) dimensions.

Dr. Ed Frierson, Past-President, National Assoc. For Gifted Children, International Council for Learning Disabilities, Nashville, Tennessee

I introduce Infinity Walk at every seminar I teach. Deborah Sunbeck has pioneered a procedure that overrides the misleading labels and levels that school impose and gets to the heart (brain!) of education.

Dr. Judith Spittler McKee, Prof. of Educational Psychology and Early Education, Eastern Michigan University

Infinity Walk exercises, heals and empowers the whole person. I highly recommend this constructive method for developing skills for coping, creative thinking, and problem-solving.

Joan Smith, Ed.D., Diplomate, Board of Disability Analysts, CA

We have been using your Infinity walk method (since the in-service in Monterey). I am your believer!

Jackie Czamanske, Learning Disabilities Specialist,

Alternative Learning Dept., Rochester Institute of Technology

Infinity Walk has opened doors, ...bridging the newest information in the field of neuro-physiological research to education.

Avi and Galet Levian, Mishbetzet L.T.D. Publishing, Bialik, Israel

Dr. Sunbeck has inspired our teachers with her vast knowledge and dedication to advancing education. Our teachers are very eager to advance their expertise and continue their friendship with such a "real" person.

Karen Quinn, Math Support Services, Rochester Institute of Technology, Rochester, New York

What is so profound about Infinity Walk is that it starts with grounding and then builds one's wholeness. (Here on campus) college math students use Infinity walk as a tool for reducing math anxiety as well as for problem-solving.

Jan Strine, Assistant Professor, National Technical Institute for the Deaf, Rochester, New York

It was amazing to see individuals' integration improve in one session. I hope to have the opportunity to explore this form of body/mind connection further.

Eddie Ungar Shafron, School Psychologist, Cleveland, Ohio

I found Infinity Walk to be filled with practical information and teaching tools applicable in the field of school psychology.

Psychotherapists, Physicians and Other Health Professionals

Mark Steinberg, Ph.D., Clinical, Educational, and Neuropsychologist, San Jose, CA

In an age of finger-pointing at the causes of problems, Dr. Sunbeck has instead put her finger on a direct path to solutions. I recommend Infinity Walk to our clients, and I enthusiastically endorse it among medical, teaching, and helping professionals. This book provides extraordinary insight on neuropsychological foundations and common experience.

Thomas M. Rossi, M.D., Professor of Pediatrics, University of Rochester School of Medicine

Dr. Sunbeck writes an artistic explanation of the anatomic and physiological principles which define the efficacy of her infinity Walk Program. Her video is fascinating (professional case study "EM2") and the examples depicted lend credence to its merit. This should interest practicing pediatricians as well as the faculty and staff of pediatric training programs.

Jane Ver Dow, M.S. Physical Therapist, Williamson, New York

Infinity Walk is an ageless gift - I watched an elderly woman "step" to restore herself - powerful! Infinity Walk is about discovery, rediscovery, balancing and restoration.

Park Ridge Employee Assistance Program, (joint staff endorsement), Rochester, New York

The beauty of Infinity Walk is that it focuses on the mind and body working as one. Dr. Sunbeck's approach is at the forefront of today's trend holistic wellness and does not rely on medicines, expensive treatments or blame. Anyone, anywhere at any time can practice and benefit from the Infinity Walk.

Debbie Homewood, B.A., Biofeedback Therapist and Counselor, The Namaste Institute, Markham, Canada

Based on my experience with biofeedback, the need to develop (and take charge of) beta, alpha and theta brainwave frequencies in both hemispheres of the brain is imperative. The Infinity Walk Program has immense value to anyone who wants to achieve this goal and more fully realize their potential. It is holistic in its approach and can be done by almost anyone. Parents, teachers and therapists will benefit greatly from this program.

Roxanne Preble, M.A., ADTR, EEG Spectrum, Inc., San Francisco, CA

Your wonderful book, Infinity Walk, is the best I've seen that encompasses so much useful information for me professionally, and for my clients. I was very glad to read your book and quite excited about the content. I recommend it to everyone who comes through the door.

Pastoral Counselors / Spiritual Direction

Sharon O'Toole, Spiritual Direction Staff, Mercy Prayer Center, New York

It was previously very hard for me to get out of my head and allow my heart to do the leading. I discovered the more I used the Infinity Walk, the more I was able to come to interior quiet, to be centered, to let my thinking go. This enabled my heart to open to an intimate time with God.

Peggy N. Meier, M.Div., Pastoral Counselor, Muncie, Indiana

After reading your book Infinity Walk, I began using the walk with my clients (with success). The life patterns of clients follow generation to generation predictability unless new information causes a significant change in their experience of events. Infinity Walk provides a simple way to greatly expand and change their lives.

Fine and Performing Artists and Writers

Fiction Writer - Mary Jo Magar, Las Vegas, Nevada

As a writer, daily Infinity Walking has proved beneficial in streamlining my creative process and helping me release stress and blockage.

Music - Dr. Rosalind A. Knowles, Director of Undergraduate Music Education,

Associate Professor of Music, Nazareth College of Rochester, NY

Take the time to explore and reflect on the current work of this vital psychologist. The Infinity Walk and the concepts behind it will recharge your batteries and renew your passion as you gain a deeper understanding of your mind's potential.

Parents

The Madison Family, Kent, New York

We strongly recommend Infinity Walk to teachers and school psychologists, to parents , to anyone seeking to break open that closed door to learning! We saw our son blossom in his reading! - smiling when he read as he realized he was finishing a paragraph without stumbling through it. The frustration is gone...

Marie Kenyon, Sodus, New York

Infinity Walk has provided my son an avenue for help with learning difficulties where none seemed to exist before. Until my son was introduced to Infinity Walk, we both felt despair and frustration. Infinity Walk has improved his reading comprehension, self-esteem and posture

Infinity Walk

INFINITY WALK ASSISTS IN VISION THERAPY

DEVELOPMENTAL OPTOMETRIST SHARES HIS INSIGHTS & SUCCESS WITH INFINITY WALK

Dr. Stan Appelbaum, a developmental optometrist, and Barbara Bassin, an occupational therapist and his wife, share a unique clinical practice that combine sensory integration occupational therapy and vision therapy in the Washington D.C./Maryland area (for over 20 years).

The following was compiled from a recorded phone correspondence between Dr. Sunbeck and Appelbaum:

I use your Infinity Walk all the time in my practice working with children and adults who have learning, motor, and behavior problems that affect their vision. I recommend it all the time. Infinity Walk is a very effective way to get the whole body involved with the visual system.

Developmental optometrists need to know about Infinity Walk. I might not have recognized that it is such a powerful technique, except that I married an occupational therapist! So when I teach workshops that include Infinity Walk and other sensory integration techniques I know how to speak the language to vision therapists. Unless a person is moving in a sensory integrated way the vision isn't connected to the vestibular system, and that's our self-to-earth orientation. It makes a huge difference in quality of life. People need to move, and in bilaterally integrated ways, in life, and as part of vision therapy.

In the office, we don't have a lot of time to convince people that they have a visual problem that could be helped through vision therapy. When the visual system is unstable people get dizzy, they get nauseous in the car, and they feel like falling asleep after having to read or do paperwork. Glasses, surgery, an eye patch - these are the only kind of solutions that people are expecting. So, I can use Infinity Walk to prove a point. I teach them how to do Infinity Walk at home while looking at a visual target. When they come back all their symptoms are better. The nausea in the car is gone; they're not so tired after reading. This tells them that they are part of the solution. Now they are motivated. So, they continue the Infinity Walk at home with a visual target and we can start the part of vision therapy that includes procedures that can't be done at home and will take them even further.

Infinity Walk makes a huge difference very quickly with visual problems. We have two eyes and that means bilateral integration has to be part of the treatment. Why should we expect the eyes to work together if the rest of the body isn't? Those two eyes are part of a whole body that has to be bilaterally integrated. I'm impressed, obviously. I hope that this (phone interview) will help spread the word to developmental optometrists who haven't started using Infinity Walk yet.

Stan's top picks for Infinity Walk research topics based on his clinical experiences:

- Compare patching a lazy eye vs. early intervention Infinity Walk vision therapy approach
- Infinity Walk pre-school intervention before visual and attention problems affect learning

Stan co-teaches "From Eyesight to Insight: Visual/Vestibular Assessment & Treatment" with Mary Kavar, MS, OTR. Infinity Walk is taught as part of this clinical course for occupational therapists, physical therapists and vision therapists. For information about Stan's private practice or the CEU course: www.visionhelp.com

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