# Lynn Fishman Hellerstein, O.D., F.C.O.V.D., F.A.A.O.

Doctor of Optometry
Fellow of College of Optometrists in Vision Development
Fellow of American Academy of Optometry

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#### **PERSONAL**

Currently in private optometric practice emphasizing preventive and functional vision care, including vision therapy. Speaker, author, and consultant.

# **EDUCATION**

Current state licenses to practice optometry - Colorado

Degrees: Bachelor of Science, with honors - Pacific University, (6/74)

Doctor of Optometry, with distinction - Pacific University, (6/77)

College: Washington University, St. Louis, Missouri (9/70 - 6/72)

University of Colorado, Boulder, Colorado (9/72 - 6/73)

Pacific University College of Optometry, Forest Grove, Oregon (9/73 -6/77)

High School: Thomas Jefferson High School, Denver, Colorado (6/70) Certified RIM (Regenerating Imagery in Memory) Facilitator (2009)

# PROFESSIONAL ORGANIZATIONS

College of Optometrists in Vision Development (COVD)-President (2004-2005)

College of Optometrists in Vision Development (COVD)-Regional Director (3/99-10/00);

Treasurer (10/00-10/01); Vice-president (10/01-10/02)

National Academies of Practice (NAP) – Distinguished Practitioner

American Optometric Association (AOA)

Colorado Optometric Association (COA)

Sports Vision - Section of AOA

Colorado Head Injury Foundation

# MEDICAL STAFF PRIVILEGES

Health One Spalding Rehabilitation Hospital (3/93-2012)

# **BOARD CERTIFICATION**

Board Certified in Vision Therapy & Vision Development by COVD (1985)

#### VISION CONSULTANT

Iliff Care Center (3/96-1999)

Learning Services-Bear Creek Campus (1989-1995)

#### LEADERSHIP CONSULTANT

SIODEC (International Society for Developmental & Behavioral Optometry) (5/15) College of Optometrists in Vision Development (COVD) (2/08, 10/08)

#### **APPOINTMENTS**

Adjunct Professor, Ketchum-Southern CA College of Optometry (2010-present)

Adjunct Professor, University of Houston College of Optometry (2006- current)

Adjunct Professor of Optometry, Illinois College of Optometry (1/1/01- current)

Adjunct Professor, Western University College of Optometry (2012-2014)

Adjunct Professor, Mid-Western University College of Optometry (2012-2013, 2020-)

Adjunct Professor, Pacific University College of Optometry (11/96-present)

AOA 2020 Summit (8/06) – COVD representative

Traumatic Brain Injury Task Force of Division of Workers-Compensation Review (2005)

College of Optometrists in Vision Development (COVD) Governing Board of Directors (10/97-2007)

COVD - Representative to the Children's Vision Summit (4/00)

American Optometric Association (AOA)-Representative to the Project Universal Preschool Vision Task Force-PUPVS (2000-2002)

Adjunct Professor, University of Missouri - St. Louis School of Optometry (7/94)

Traumatic Brain Injury Task Force of Division of Workers= Compensation (1996-98)

College of Optometry in Vision Development, Inter-professional committee chairperson (6/94-6/97)

College of Optometry in Vision Development, Visual Rehabilitation Committee (11/93-present)

Division of Education Curriculum Task Force of Optometric Extension Program (1993)

American Optometric Association, Binocular Vision Committee (9/92 - 6/97)

Member, Editorial Council of the Journal of Optometric Vision Development (1990 - 2005)

Charter Board Member, Baltimore Academy of Behavioral Optometry (1990-92)

Colorado School Vision Screening Interdisciplinary Task Force-Coors Foundation (1990)

Adjunct faculty, University of Colorado at Denver (1990-1993)

Advisory Board, Anchor Center for Blind Children (1990-1992)

Colorado Optometric Association Public Relations Committee (1989-1991)

State Director, College of Optometrists in Vision Development (1988-present)

Regional Director, Optometric Extension Program (1987-1997)

Cherry Creek Special Education Advisory Committee (1983-85)

Sponsor, Rocky Mountain Optometric Assistants (1978-86)

Vision Consultant, So. Platte Valley Board of Cooperative Services (BOCES)(1979-80)

Metropolitan State College part-time faculty (1980-1994)

Chairperson, Annual Forum on Vision and Learning (1980-1996)

Director, Vision Therapy, Colorado Optometric Center (6/77-9/78)

# **OPTOMETRIC COMMUNITY SERVICE**

Von's Vision Foundation (Von Miller non-profit- Giving kids the gift of vision)

Sock It To Em – Board of directors.

Vision Screenings at numerous schools, centers

Special Olympics Vision Exams (6/01, 6/02)

Vision USA

Give One Day for Literacy

William B O' Rourke Foundation for Vision & Learning school project (2000)

#### **HONORS**

Master of Ceremony College of Optometrists in Vision Development (COVD) (2011-2019)

COVD President's Award-2015

Best in the Best in Vision Care for Kids Finalist in CO Parent Magazine- (2019-2011)

USA Best Book Awards: *50 Tips To Improve Your Sports Performance*, "Winner" in the "Health: Exercise & Fitness" Category (2013)

Best in the Best in Vision Care for Kids Winner in CO Parent Magazine (2010) *Awards For See It. Say It. Do It!* Book (2010):

Award-Winner in the "Parenting/Family: General" category of the 2011 International Book Awards

Best Call Award from iParenting Media

Top 10 Book for Educators

2010 CIPA EVVY Award – 1st in "Parenting/Family" category

2010 CIPA EVVY Award – 2nd in "How To" category

2010 CIPA Tech Award – Editing

NABE Pinnacle Book Achievement Award Winner – Best Book in the Category of PARENTING

**USA Book News named** *See It. Say It. Do It!* on the list for the K-12 summer reading season in the following categories: Parenting/Family: General Education, Education/Academic

Award-Winning Finalist in the 3 categories of the "Best Books 2010" Awards, sponsored by USA Book News:

- Parenting/Family: General
- Education PreK-12
- Education/Academic

Favorite Practice in CO Runner - UP-Parent's Magazine (2008)

President's Award Outstanding Contribution to COVD (2008)

New England College of Optometry (NECO) Behavioral Optometric Scholar in Residence (2007)

President's Award Outstanding Contribution to COVD (2006)

Colorado Optometric Association OD of the Year (2006)

Selected and featured by Southeastern Congress of Optometry (SECO) in their program: "My Favorite Practice" (2006)

President's Award Outstanding Contribution to COVD (2002)

Guest editor of Journal of Optometric Vision Development (6/01)

National Academies of Practice (NAP) - Distinguished Practitioner (10/00)

COA Nominee for AOA Distinguished Service Award (1999)

Who's Who in Executives and Businesses (1999)

Forum on Vision and Learning-leadership (1995)

Optometric Editors Association - 1st place, Best Technical Article (1994)

Distinguished Service Award for Colorado (1994)

Fellow, American Academy of Optometry (FAAO) (1993)

Occupational Therapy Recognition Award (1992)

Colorado Optometric Association Appreciation Award (1992)

Colorado Optometric Association O.D. of the Year Nominee (1991)

Who's Who in Professional and Executive Women (1987)

Fellow, College of Optometrists in Vision Development (FCOVD) (1985)

Young Optometrist of the Year for Colorado (1983)

#### **BOOKS**

Hellerstein, LF. *Expand Your Vision Beyond Sight*. Centennial, CO: HiClear Publishing LLC (2018)

Hellerstein, LF. 50 Tips To Improve Your Sports Performance. Centennial, CO: HiClear Publishing LLC (2013)

Suter P, Harvey L. (eds). Co-author of Chapter I in *Vision Rehabilitation: Multidisciplinary Care of the Patient Following Brain Injury.* CRC Press (2/11)

Fishman-McCaffrey B, Dunnigan P, Hellerstein, LF. See It. Say It. Do It! ORGANIZE IT! Centennial, CO: HiClear Publishing LLC (2011)

Hellerstein, LF. See It. Say It. Do It! The Parent's & Teacher's Action Guide to Creating Successful Students and Confident Kids. Centennial, CO: HiClear Publishing LLC (2010)

Hellerstein, LF, Fishman B. Visual rehabilitation for patients with brain injury. In: Scheiman, ed. *Understanding and Managing Vision Deficits*. Thorofare, NJ: Slack Inc, 1997, 5<sup>th</sup> edition updated (2019)

Hellerstein LF. Visual problems associated with brain injury. In: Scheiman, ed. *Understanding and Managing Vision Deficits*. Thorofare, NJ: Slack Inc, 1997, 3<sup>rd</sup> edition updated (2010)

# **JOURNAL PUBLICATIONS**

Hellerstein, LF. Vision Problems in Children with Sensory Processing Disorder. *Sensory Focus*. Fall 2014:10-15

Hellerstein, LF, Hodgdon L. Vision Problems in Children with the Autism Spectrum Disorder. *2E Newsletter*. May/June 2014:2-7

Hellerstein, LF. Pediatric Vision Care-What Nurse Practitioners Need to Know. *Advance for NP*. 2/04:69-72

Hellerstein LF, Winkler PA. Vestibular dysfunction associated with traumatic brain injury: collaborative optometry and physical therapy treatment. In: Suchoff, ed. *Visual & Vestibular Consequences of Acquired Brain Injury*. Santa Ana, CA: Optom Ext Prog., 2001

Hellerstein LF, et al. Optometric guidelines for school consulting. *J Opt Vis Develop* 2001:32(2):56-74

Hellerstein LF, Fishman BI. Collaboration between occupational therapists and optometrists. *OT Practice* 6/99:22-30

Hellerstein LF, Kadet TS. Visual profile of patients presenting with brain trauma. *J Opt Vis Develop* 1999;30(2):51-54

Freed S, Hellerstein LF. Visual electrodiagnostic findings in mild traumatic brain injury. *J Opt Vis Develop* (reprinted) 1999;30(2): 58-66

Hellerstein LF. Does your child struggle? The hidden disability: undetected vision problems. *Buzz Magazine* Nov.1998; 13-14

Freed S, Hellerstein LF. Visual electrodiagnostic findings in mild traumatic brain injury. *Br Inj* 1997;11(10):25-36

Hellerstein LF, Freed S, Maples WC. Vision profile of patients with mild brain injury. J Am Optom Assoc 1995;66:634-39

Hellerstein LF, Freed, S. Rehabilitative optometric management of a traumatic brain injury patient. *J of Behav Optom* 1994; 5(6):143-148

Hellerstein LF, Dowis RT, Maples WC. Optometric Management of Strabismus Patients. J Am Optom Assoc 1994; 65:621-5

Freed S, Hellerstein LF: Combined Electrophysiological Studies of the Visual Pathway in Patients with Mild to Moderate Traumatic Brain Injury. Presented at the 25th International Society for Clinical Electrophysiology in Vision Symposium at Oxford University; England. 7/91. To be published in Proceedings of the 25th ISCEV symposium: Techniques in Clinical Electrophysiology of Vision; Documenta Ophthalmologica, Dr. W. Junk Publishers, The Hague-London. 1992

Hellerstein LF: Post trauma vision syndrome. Occupat Ther Forum 1/91; VI(4)

Hellerstein LF, Fishman BI: Vision therapy and occupational therapy: an integrated approach. *J of Behav Optom* 1990;1(5):122-126

Hellerstein LF: A gift of vision. *Understanding Our Gifted* 8/90; 2(6)

Hellerstein LF, Fishman BI: Vision therapy and occupational therapy; an integrated approach. Sens Integrat News, Am Occupat Ther Assoc 9/87; 10(3):4-5

Hellerstein LF: Optometric terminology. Optom Ext Prog 1984; 1(2):1-38

# LECTURES AND WORKSHOPS

Guest lecturer and workshop leader at numerous preschool, primary and secondary schools, teachers meetings, parents' organizations, rehabilitation centers, hospitals, health professionals' and optometrists' seminars.

# **KEYNOTES**

Landmark Worldwide Wisdom-Conference on Global Transformation: *Expand Your Vision Beyond Sight* (5/17)

Camp Experience: Expand Your Vision Beyond Sight (9/17, 9/19)

# LECTURES INCLUDE

One in Wellness (MDs, therapists) (2/19)

Douglas County OT/PT/speech (11/18)

Game-Set-Match (10/18)

Joshua School (10/18)

Centura Health Center for Rehabilitation (8/18)

Cherry Creek Schools PIN (2/17)

COVD-Vision therapy impact on IQ (4/17)

1<sup>st</sup> Asia Optometric Conference- Philippines (10/16)

Hemispherectomy Conference (7/16)

Landmark Wisdom Conference for Global Transformation (5/16)

Arizona Brain Injury Alliance (2/16)

Brain Injury Alliance of CO (6/14)

National Association of Vision Professional (8/13)

Brain Injury Alliance of CO – Summit County (7/13)

Women of Vision (PU) (11/11)

Brain Injury Alliance of CO (10/11)

Starbucks Parent Group (6/11)

Learning & The Brain Conference (5/11)

Sensory-Processing Disorder Foundation -(11/10)

Children's Hospital OT -(6/10)

Delta Kappa Gamma – Honorary Educators Group (6/10)

CO Adaptive Technology Conference (6/10)

Sensory-Processing Disorder Foundation -(3/10)

Mini-Camp Experience -(3/10)

Brain Injury Association of CO- Annual Conference (10/09)

Brain Injury Association of CO-Professional Resources (5/09)

CO Adaptive Technology Conference (6/08)

Adams County School District 14 (12/07)

Cherry Creek Schools OT/PT (10/06)

Cherry Creek Schools Continuing Education (1/06)

Regis College Continuing Education (1/06, 12/06)

Metropolitan State College Course (12/05)

Back in Motion Physical Therapists (8/05)

Supporting Learning Through Assistive Technology (SWAAC)- CO Dept. of Education (6/01, 6/02, 6/05)

Children's Hospital Occupational Therapists (3/05)

Humanex Academy (1/05)

CO Spirit Coaches Association (6/04, 8/04)

Chiropractors In-Service (3/04, 4/04)

Denver Christian Highlands Ranch (4/04)

Chiropractors lectures on vision (2/04)

Meritor Academy (10/03)

Littleton Association of Gifted & Talented (12/01)

St. Mary's of Littleton (11/01)

Brain Injury Support Group (BIAC) – 8/01

Cherry Creek Special TBI Interest Group (2/01)

Brain Injury Support Group - Denver Chapter (4/00)

Lois Lenski Elementary School (9/99)

America Osteopathic Association College of Rehabilitation Medicine (San Antonio, TX) (10/97)

Occupational Therapy Association of Colorado (9/97)

Traumatic Brain Injury: A seminar designed for attorneys and insurance prof. (97-99)

Mild Brain Injury Assoc. (8/97)

Ricks Center for Gifted Children (8/96)

Learning Services-Bear Creek Campus (5/96)

Rocky Mountain Multiple Sclerosis Center (5/95)

Life Care Center of Aurora (5/95)

Rehab West (4/95)

Non Practicing and Part-time Nurses Association (2/93)

LDA-Denver (11/92)

School Vision Forum and Reading Conference - Ohio (2/92)

Porter's Hospital (8/91)

Craig Rehabilitation Hospital (4/91)

Swedish Hospital (4/91)

Rocky Mountain Rehabilitation Institute (4/91)

Children's Hospital - Occupational and Physical Therapists (3/91)

Colorado Council International Reading Association (2/87-2/00)

"POGO" parents group (4/90)

Council for Exceptional Children (3/90)

Ophthalmic Registered Nurses (3/90)

Ophthalmology Staff (Lutheran, St. Anthony Hospitals) (6/89)

Colorado Head Injury Foundation Annual Conference (6/89, 9/90)

Cherry Creek Community Conference (3/89)

Jefferson County Chapter Colorado Association for Gifted/Talented (9/88)

Notre Dame Elementary School (10/86)

Metropolitan State College Physical Education Teachers and Students (3/86)

Metropolitan State College Reading and Early Childhood Educator (1/86)

Mountain Peaks Therapy Center (1/85)

St. Mary's Academy (10/84)

South Parks Schools RE-2 (8/84)

First Creek Developmentally Disabled (4/84)

Catholic Educators Conference (3/84)

Colorado Mothers of Twins (4/83)

Visually Impaired Conference (5/82)

Hope Center for Developmentally Disabled (1/82)

DEC/INFACT (Facet of Colorado Division of Early Childhood in the Council for Exceptional Children) (10/81)

Community College (Aurora Center) (7/81, 10/82)

Arapahoe County and Northglenn CACLD Chapters (1980)

Occupational Therapists at Porter's Hospital (5/78)

# **WORKSHOPS** (non-optometric)

Visual Processing Beyond 20/20 (educators, therapists) – New Jersey (3/16)

Visual Processing: Beyond 20/20, Clinton County RESA MI (11/14)

PESI: Denver, Boulder, Colorado Springs (11-11)

Pesi: NY, MN, ND- 6 hours for educators (4/11-5/11)

Elemental Eye Care: 6 hours for educators, ODs, Therapists (1/11)

Aspen Academy (10/10) - 3 hour course

Life Care Centers of America – 2 –days for rehabilitation therapists (7/09)

Improving Vision, Learning, & Self-esteem with RIM Method (11/30-12/1/07)

NECO workshop for OT/OD (4/07)

Swedish Hospital Rehab Therapists (4/05, 5/05)

Nurse Practitioners National Meeting (NAPNAP) (4/03)

Rehab Educators (Akron, Ohio) (4/01)

Therapeutic Services Inc. (NY) (9/00)

Alaska State Occupational Therapy Association Annual meeting (9/99)

Rocky Mountain Therapeutic Training (CO) 6/98

Children's Hospital Augmentative Communication Program (3/98)

IHC Rehabilitation Services (Utah) (6/97)

Colorado Speech-Language Association (9/96)

Rehab Seminars (Seattle, WA) (8/96)

Nova Care (5/96)

Hillhaven/Iliff Care Center Rehabilitation Dept. sponsored workshop (12/95)

Spaulding Hospital (Boston, MA) (6/95)

American Occupational Therapy Association Continuing Education(11/94, 1/95, 9/95, 11/95, 4/96)

Spalding Rehabilitation Hospital (Denver) (8/94)

HealthSouth Sunrise Rehabilitation Hospital - Florida (2/94)

Preconference Institute - American Occupational Therapy Conference (6/93)

National Head Injury Foundation (12/92)

Rocky Mountain Rehabilitation Institute (1/92)

American Occupational Therapy Conference (6/91)

Grand County School District (2/90)

Vision and Learning Forum (3/89, 3/90, 1/91, 2/92, 2/93, 2/94)

State Occupational Therapy Association of Colorado (6/87, 2/88)

Timberline (CCIRA) - Glenwood Springs (8/86)

Denver School for Gifted and Talented (8/86)

Holy Trinity School (10/86)

Jefferson County Title 1 (3/85)

District #11, Colorado Springs Workshops (2/85)

Title 1 - Denver Public Schools (10/84)

CCIRA (Colorado Council International Reading Association) (2/84, 2/85, 2/86, 2/87, 2/88, 2/89, 2/90, 2/91, 2/92, 2/93, 2/94, 2/95, 2/96, 2/97, 2/98, 2/99)

Douglas County Special Education Teachers (2/82)

Weld county BOCES Workshop (2/81)

Loveland Head Start Center (2/81)

Council for Exceptional Children Conference (CEC) (2/80, 2/84)

CACLD (Colorado Association for Children with Learning Disabilities) Workshop (10/79)

15 Hour Workshop for South Platte Valley BOCES Special Education Teachers (1979)

# **OPTOMETRIC GROUP PRESENTATIONS**

I Heart Optometry – 3 zoom lectures on visualization (4/20)

SECO Lectures (3/20)

Hero Summit (10/19)

Vision & Learning – COVD Applied Concepts Course – Washington (4/18)

Vision & Learning – COVD Applied Concepts Course- Toronto (10/17)

Vision & Learning- COVD Applied Concepts Course- Jacksonville (4/17)

Asian Optometric Conference - Philippines (11/16)

Vision & Learning- COVD Applied Concepts Course- Las Vegas (9/16)

The Power of Visualization – Spain (5/15)

DMOS Sports Concussion (12/14)

East West Congress (11/14)

OptoWest Conference (4/14)

International Philippines Association of Optometry (5-12)

SECO Lectures – March 2-3, 2012

Great Lakes Optometric Conference – 3/11-12/2012

COVD Tour de Optometry Lectures at the Colleges of Optometry 2011 (Midwestern U, Rosenberg Opt)

GWCO (Great Western Council of Optometry) (10/10)

California Behavioral Vision Seminar – 2 day course (5/10)

DMOS – Denver (4/10) VT Grand Rounds

COVD Annual Meeting (10/09) – The Power of Visualization

East West Conference (10/08) – courses on VT Grand Rounds & Visual Perceptual Loss

COVD – 1 Day course on "Integrating your Internal and External Vision" (10/08)

Wyoming Optometric Association (3/08) – Courses on Pediatric Vision Care and VT Grand Rounds

COVD Tour de Optometry Lectures at the Colleges of Optometry 2009-2010 (SCCO, SUNY, WCO)

COVD Tour de Optometry Lectures at the Colleges of Optometry (SCCO, U. of Montreal) 2008-2009

COVD Tour de Optometry Lecture at the Colleges of Optometry (SCO, NSUCO, IU, Ferris U, Waterloo) 2007-2008

COVD Tour de Optometry Lectures at the Colleges of Optometry (UCBSO, SUNY, ICO, PU, SCCO, UAB, NOVA, UMSL, PCO, OSU, UH, IAUSO, NECO) 2006-2007

British Columbia Association of Optometrists (2/2006)

COVD Tour de Optometry Lectures at the Colleges of Optometry (ICO, SUNY) 2005

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m COVD}$  (10/02) – co- developed Applied Concepts course on Vision Dysfunction w/TBI patients

Alberta Association of Optometrists (9/02) – courses on Pediatric Vision Care

American Optometric Association (6/01) – Course on Vision & Learning

American Academy Symposium on Optometric Management of Acquired Brain Injury (12/99)

Southern Educational Congress of Optometry (Atlanta, GA) (2/99) - Course on visual dysfunctions in: special populations which was broadcasted live internet; course on brain injury

Mountain States Congress of Optometry/Colorado Optometric Association (7/98) - Course on Vision dysfunction w/TBI patients and Visualization.

Southern Educational Congress of Optometry (Atlanta, GA) (2/98, 2/00) - Courses on brain injury and special populations

Asian Pacific Council of Optometry (APOC- in Korea) (4/97) - keynote speaker on Vision dysfunction in patients with TBI

San Jose Vision Therapy Conference (8/96)

Regional Clinical Seminar (OEP) (4/96) - Vision rehabilitation - an integrative approach American Academy of Optometry (12/94) -Visual rehabilitation of neurologically impaired patients' symposium

Ellerbrock Course (12/94) - Vision dysfunction in brain injury

College of Optometrist in Vision Development (11/94)

International Congress of Behavioral Optometry, Australia (4/94)

Neuro-Optometric Rehabilitation Association (4/94)

Heart of America Congress (11/93)

OEP Regional Clinical Seminar (4/93)

American Optometric Student Association (1/93)

Second Annual Victoria Conference (8/92)

Neuro-Optometric Rehabilitation Association (NORA) (4/92)

45th Annual School Vision Forum (2/92)

College of Optometrists in Vision Development (11/91)

OT/OD Symposium (10/91, 10/92)

Scandinavian Optometric Congress, Sweden (10/90)

Pacific University College of Optometry (3/90)

Southwest Congress, Dallas, Texas (3/90)

Southwest Behavioral Vision Study Group (3/90)

American Optometric Association Sports Vision Section (2/90)

# POSTER PRESENTATIONS

Rehabilitative optometric management of a traumatic brain injury patient. College of Optometrist in Vision Development (10/94).

Vision dysfunction in patients with mild TBI. International Congress of Behavioral Optometry (4/94).

VECP & CS findings in moderate to severe TBI. American Academy of Ophthalmology (11/92).

Assessment and treatment of vision dysfunction in patients with traumatic brain injury." COVD Conference (11/91), 9th Annual Southwest Head Injury Symposium (1/91).

# **WEBINARS& Recorded Training Sessions**

Epidemic Answers (1/15)

OT.com (4/14)

See It. Say It. Do It! For Test Anxiety (9/10)

See It. Say It. Do It! 20/20 is NOT Perfect Vision (3/10)

# **BOOK SIGNINGS**

Sensory Processing Disorder Conference- Denver, Seattle (10/10)

Delta Kappa Gamma (6/10)

Sensory Processing Disorder Conference- Denver, CO (3/10)

Mockingbird Books – Seattle, WA (2/10)

Tattered Cover Bookstore – Highlands Ranch, CO (12/09)