

Irlen-Methode – Abklärung und Hilfestellungen

- **bei Überreizung des visuellen Systems**
- **bei visuellem Stress**
- **bei zahlreichen anderen Indikationen**

Wissenschaftliche Artikel

Fachbücher

Beiträge in Fachzeitschriften

Fallstudien

Erfahrungsberichte

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Irlen-Methode – Abklärung und Hilfestellungen bei Überreizung des visuellen Systems, bei visuellem Stress und zahlreichen anderen Indikationen

Publikationen

Vorbemerkungen:

Die vorliegende Zusammenstellung umfasst wissenschaftliche Arbeiten, Forschungsberichte verschiedener Universitäten, Fallstudien und Erfahrungsberichte. Es handelt sich um Artikel und Bücher, publiziert seit den 80er Jahren.

Die Zusammenstellung zeigt die Breite der Forschungs- und Publikationsbereiche und die damit verbundenen Überlappungen. Die Komorbidität ist ausgeprägt.

Die Forschungsschwerpunkte haben sich in der Zwischenzeit verändert. Zu Beginn spielten Untersuchungen zum Lesen eine wichtige Rolle. Inzwischen haben sich die Forschungsfelder stark verbreitet und umfassen unter anderem Themen wie Überreizung des visuellen Systems, Autismus Spektrum Störungen und Sehen, AD(H)S, Lese-Lern-Probleme, Migräne und Schädel-Hirn-Traumata/Schleudertrauma usw.

Die Veränderung von Funktionen wie Akkommodation/Konvergenz, Binokularsehen und Visus durch das Tragen von Spektralfiltern werden in verschiedenen Publikationen dokumentiert.

Einen immer grösseren Stellenwert nimmt die Anwendung und Nutzung von bildgebenden Verfahren für die Darstellung der Hirnaktivität bei verschiedenen Aktivitäten ein. Diese technischen Möglichkeiten erlauben zusätzlich die Veränderungen der Hirnaktivität durch das Tragen der Spektralfilter.

Es handelt sich zum Teil auch um Publikationen ohne Erwähnung der Irlen Methode, deren Bezug zur zerebralen Verarbeitung von Licht jedoch offensichtlich ist.

Es liegt auf der Hand, dass die Publikationen wissenschaftliche Kriterien unterschiedlich erfüllen.

Forschung ist wichtig und wertvoll. Es darf jedoch nicht übersehen werden, dass mit der Anwendung der Irlen Methode die Wirksamkeit im Moment der Abklärung wie auch in der praktischen Anwendung nachgewiesen werden kann, sowohl subjektiv als auch objektiv in non-verbalen Reaktionen.

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