



Perception Dynamics Institute  
PO Box 231305  
Encinitas, CA 92023-1305

info@pathtoreading.com  
<https://pathtoinsight.com>  
(310) 903-6009

## **Why People with Concussions Benefit from PATH to Insight**

When you suffer a concussion or Traumatic Brain Injury (TBI), it slows down your brain's timing, causing multitasking, remembering and directing attention to be impaired. PATH to Insight (PATH) works with the brain's neurons to reverse the damage caused from TBIs.

### **What is the underlying problem?**

Research has found that the effects of a TBI reflect disruptions of the neural networks in the brain. This causes difficulty with attention and working memory. After suffering a TBI, patients have longer reaction times, are more distractible, and experience difficulty in sustaining attention. What this means is that the motion ('where') and pattern ('what') pathways of the brain are not working together.

### **How does PATH neurotraining improve vision and cognitive skills?**

PATH training improves the brains neurons to work together more efficiently and quickly detect motion. Studies have shown that people who do PATH after suffering from a concussion improve their processing speed, attention, and working memory.

### **Research has proven that PATH neurotraining:**

- 1) changes the visual timing in the brain;
- 2) improves cognitive skills at any age; and
- 3) improves cognitive flexibility, processing speed, multitasking, attention, and short-term and long-term memory.

### **What is PATH?**

PATH is a computer program that takes 10-20 minutes three times a week for 12 weeks. After every session of PATH, you will follow it with a simple task like reading. To see a demo and view how to do the PATH training program and how it works, Go To: <https://pathtoreading.com/research-demos/>.

### **Memory, Attention, and Processing Speed Improved Significantly**

Standardized tests found that PATH training significantly improved each TBI patient's cognitive skills, aged 15 to 68 years old. All results showed significant improvements:

- Working memory, both visual and auditory: 25% to 76%.
- Attention: 32% to 65%.
- Processing Speed: 29% to 56%.
- Reading speed: 128 to 534 words/minute.

### **Who Has PATH Helped – from the voices of TBI patients**

1. “Gavin was diagnosed with Post Concussion Syndrome following his accident and was having issues dealing with various things such as aggression, memory and being able to focus. I have seen a significant difference in Gavin's behavior, memory and focus. I feel that this program has impacted Gavin's recovery significantly, as he feels as well. Now he is able to focus and multitask more effectively, no longer being frustrated, being much more in control. Gavin's improvements have accelerated significantly in many areas and I believe it can only be attributed to completing the PATH neurotraining. “(Letter from mother of Gavin, Connie Goff, San Diego, CA)

2. “After using PATH neurotraining each morning for 6 weeks, I recovered from a severe concussion when my car was totaled, improving over 10-fold in my thinking skills. I noticed that multi-tasking, focusing attention, working memory, processing speed, and sequential processing only improved as a result of using PATH neurotraining.” (Tim Tanney, Fresno, CA)

3. “After a severe Traumatic Brain Injury 33 years ago and recently completing the PATH neurotraining program, I have noticed more mental flexibility. I have more of an ability to stop what I am working on without a fear that I will lose my momentum or forget what I was working on when I return. Synthesizing and processing information: Feeling better about engaging in complex conversations and being able to follow them and gain insights, pick up the salient points, and then spending less time after meetings to recount the main points and consider next steps. I've noticed improvements with working memory which has helped with holding conversations -being able to make my point more clearly. It has also helped me to feel more calm in general because I am less anxious about trying to remember things and less upset that I am not remembering; it's helped with information processing; and with music as well. With music, I notice being better able to sing and play the guitar at the same time. I also notice I am better at playing, because I can plan ahead for the notes I will be playing. Additionally, I am finding it easier to learn the different scales across the guitar. Since using PATH, I have really been able to spring forward with this [at 55 years old].” - *Mark Kent, Philadelphia, PA*

4. “Only PATH neurotraining caused me to improve in cognitive speed, attentiveness, and short-term memory after a severe concussion and stroke. PATH neurotraining is a program that works and should be used by others with concussions.” (Billy Ethridge, Encinitas, CA)

**Where can I find more information?** Online at: [pathtoinsight.com](http://pathtoinsight.com)

Publication: Lawton, T. and Huang, M.X. (2019) Dynamic Cognitive Remediation for a Traumatic Brain Injury (TBI) Significantly Improves Attention, Working Memory, Processing Speed, and Reading Fluency, *Restorative Neurology and Neuroscience*, 37, 71–86. DOI 10.3233/RNN-180856

Contact Dr. Teri Lawton by Phone: (310) 903-6009 or Email: [tlawton@pathtoreading.com](mailto:tlawton@pathtoreading.com) or at [pathtoreading1@gmail.com](mailto:pathtoreading1@gmail.com)