

## LENS Areas of Applicability

Often we tend to think in terms of diagnoses when we ask "Is the LENS an appropriate treatment approach?" Instead, it is more appropriate to ask about the underlying functions blocked in any particular diagnosis to arrive at an answer. The LENS addresses *underlying problems* and *does not* address diagnoses.

Area	Diagnostic area we might have questions about:	Underlying functional problems to be addressed:
Cognition	ADD, TBI, Autism, Asperger's	Problems sequencing, memory, providing and maintaining attention, concentration, clarity, organization
Mood	Depression, prolonged or incomplete grieving, explosive disorder, bi-polar	Anger, sadness, explosiveness
Motor	Paralysis, spasticity, clumsiness, progressive disease (Parkinsonism, Alzheimer's, MS), stroke	Lack of grace, problems of eye-hand coordination, balance, increased muscle tone (from spasticity), tremor
Motivation	Depression, lack of motivation	Problems initiating tasks, shifting from one activity to another, and/or completing tasks
Anxiety	The experience of anxiety, ADD, ADHD, anxiety attacks, PTSD, dissociative problems, sleep disorders, OCD	Problems of anxiety <i>system</i> activity (too much uncomfortably-contained energy): persistent "anxiety", restlessness, rumination, agitation, distractibility, difficulty breathing, palpitations, tremor exacerbation, and sleep interruption
Reactivity	Personality disorders, borderline, seizures (epileptiform and non-clinical)	Hyperreactivity, hypersensitivity, multiple chemical sensitivities
Pain	Fibromyalgia, migraines, except when complicated by residual infection or toxics	Brain-generated pain (mismatching the origins and qualities of the signals); vascular pain
Addictions, dependencies	Drug or alcohol addiction and dependency; eating disorders; substance abuse	Lack of clarity about emotions and self-comforting; defensiveness, argumentativeness, cynicism
Fatigue	Chronic fatigue, except when complicated by residual infection, toxics, or metabolic condition	Fatigue; or fatigue as a phenomenon secondary to the effort of trying to overcoming the pain and/or the above impediments to functioning more easily
Performance optimization.	No diagnosis	Increases in functioning in the above areas in the absence of any diagnosis.