

Welcome to Therese M. Griffin's

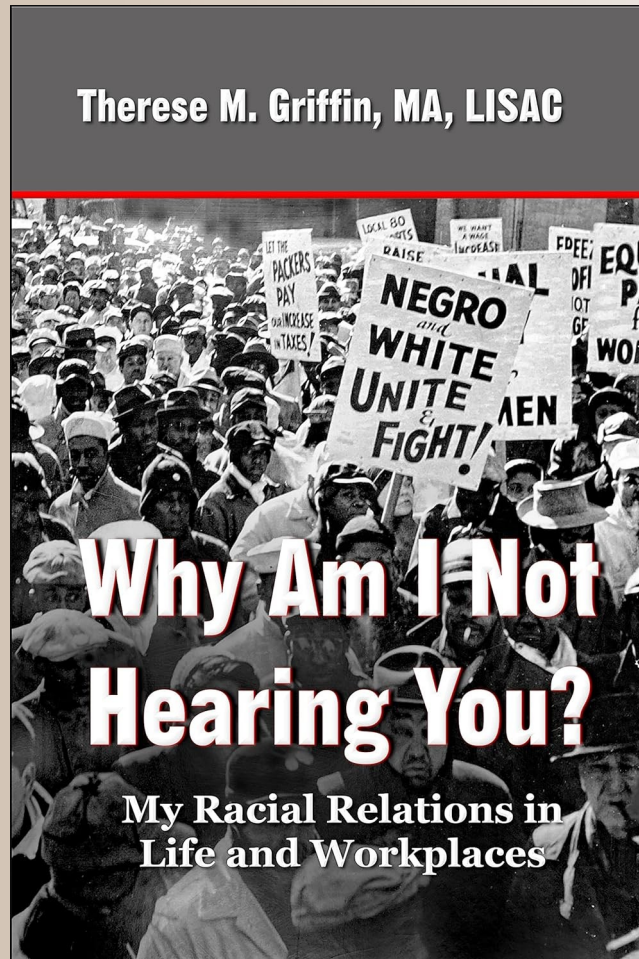
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Therese M. Griffin, MA, LISAC

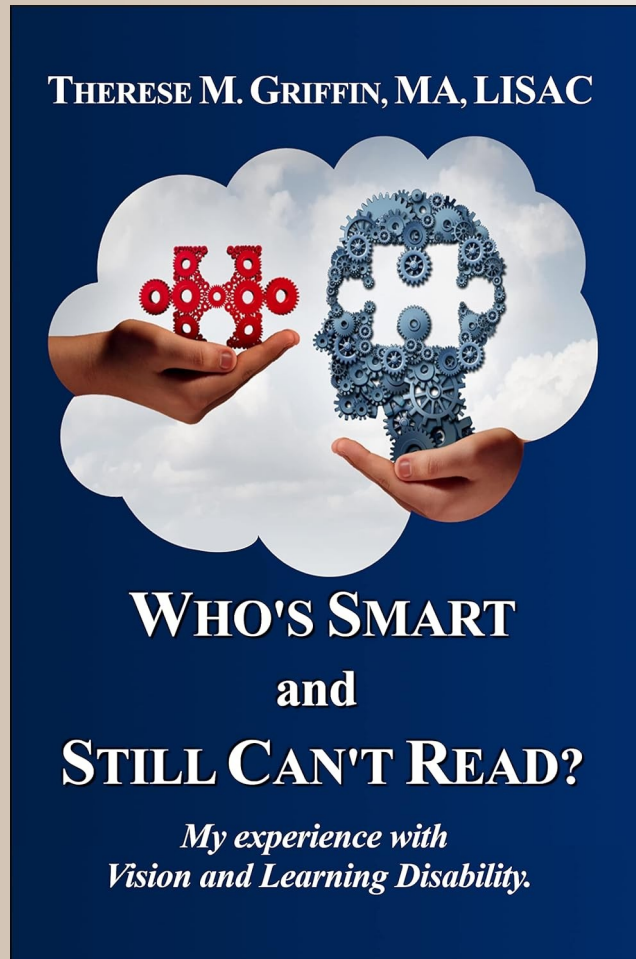


Two powerful women who primed my life are my mother, Barbara Griffin, until two days before my 9th birthday, and Addie Wyatt as my loving mentor from the age of 19 until 66 years old. Who would have thought I would grow up - not questioning why there is a difference between two races with different skin tones. I thought it was just everyday living, even though I lived in an all-white neighborhood.

I was raised without the red flags of prejudice and hate with my mother's friends and a father with Appalachian roots supporting of my mother having close Black companions. I don't mean to give the impression that I lived in a bubble without a world of prejudice. There was plenty of hate around with some family members, friends, and strangers who walked into my life.

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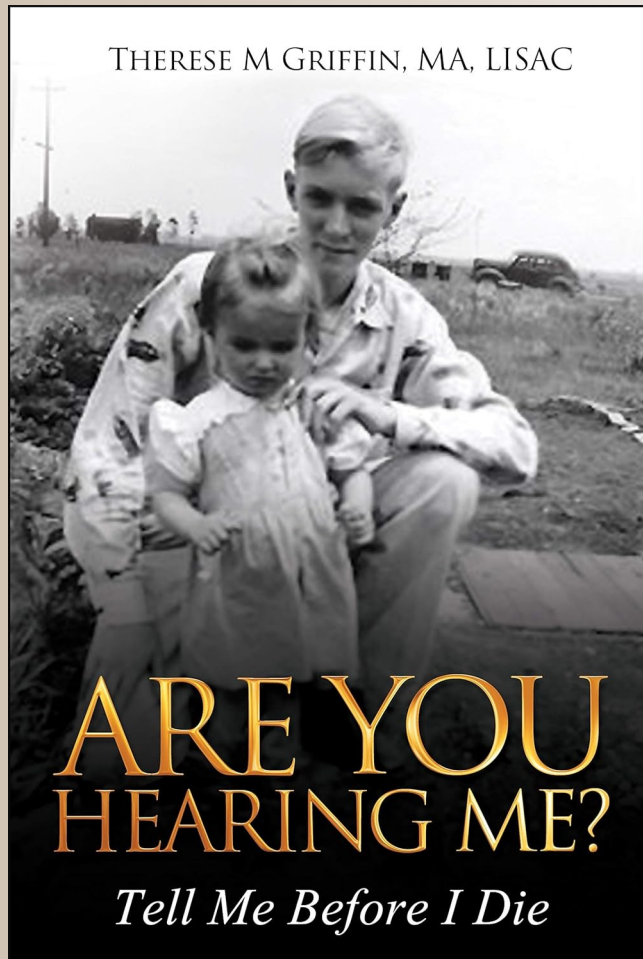
People who might benefit from a referral to neuro-optometry may include athletes after a concussion, adults with whiplash after a car accident, elderly people with balance issues, or seemingly healthy children who are struggling in school.

More than 50% of patients with traumatic brain injury have eye-tracking and ocular teaming difficulties.

Adding a brief neuro-optometric screening to the comprehensive eye examination and asking patients a few questions can help identify people who might benefit from a referral.

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Note to Self as a 9-Year-Old Child

Hello, Child of God,

I know you are saying, “What?” Your Wisdom at age nine tells you to fasten your seatbelt – we are going for a ride. Two days before your ninth birthday Mama goes to her heavenly home. You will not understand the words from Grandma: “If your mother didn’t have you later in life at age 38 years, she would still be alive today.” What did that mean? How did I make my mother die? Mom didn’t die in childbirth! A teacher’s words in grade school: “Sit down – you can’t read.” You know the subject – can’t pass a written exam. Grades were C-D-F’s.

You will start your road to alcoholism at 18 years old. You will realize that Grandmother’s web trapped you in her nonexistent grieving process and anger with grandfather’s alcoholism. You will have a Learning Disability that no one understands.

A new day will begin at 29 years, in a strange world of recovery. You change: What do you expect from a Dummy? Only a factory worker. You know I Can’t Read! You will change ‘I Can’t to Yes, I Can!’ You find new insights to develop Special Accommodations before becoming a coined phrase to receive a BA/MA and AZ Licensed Addiction Counselor. At 70 years, you will learn the concept of Vision Tracking Disability. For the first time that you will read a book, not on a CD. A dream will begin to come true – writing your memoir. The most significant gift became changing your Attitude to Gratitude.

Peace and All Good, Therese
Note to Self – Sent to Gail King Contest April 2018