

# Book Review • The Essential Playbook: How to Maximize Outcomes in Optometric Vision Therapy

Nancy Torgerson, OD and Kristi A. Jensen, OD

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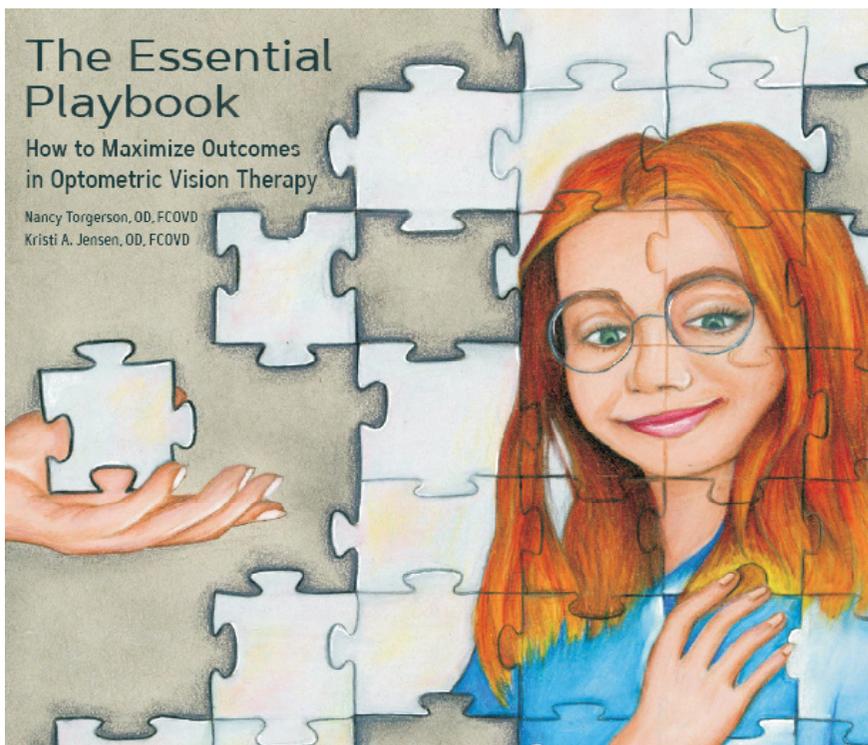
This book will stand the test of time as complete, holistic, and an invaluable resource for the optometric vision therapy team. The pearls between its pages cannot be succinctly shortened and summarized. Optometric vision therapy is becoming more sought after in medical communities. Increased access to information for patients and non-ophthalmological medical providers is bringing more patients needing comprehensive functional vision care to our rehabilitation clinics. Drs. Torgerson and Jensen's book is their (and their teams') long-awaited gift to the optometric community to ensure high-level thinking by the team, the doctors, the therapists, and the patients.

Optometric vision therapy is a life-changing tool, but how valuable can we be if families, patients, and the greater community do not understand our role in supporting patients on their road to their best selves? *The Essential Playbook* achieves what no vision therapy book has achieved before: it gives optometric vision therapy's heart. By emphasizing process versus procedure, the authors provide practical demonstrations to ensure that the reader is conceptualizing vision and vision therapy the same

way that they do. They want the readers truly to understand in their hearts why our work is essential in order to transform lives through vision.

While most books on optometric vision therapy serve as the 'how to' of vision therapy techniques infused with scientific theory and evidence, *The Essential Playbook* emerges as vision emerges, as described in Skeffington's circles. The book CENTERS on the entire team and its role in assisting patients, and it guides one on how to provide a superior experience from the first phone call to the office. It IDENTIFIES critical concepts for achieving high-level thinking in the therapy room and how to raise or lower the demand to keep the patient challenged and successful. Like ANTI-GRAVITY, it provides tools for the therapist to serve as a grounding, high-level facilitator of success by guiding the patient using the Socratic method. The book offers a previously unachieved level of COMMUNICATION tools to ensure that patients, families, and other professionals understand the goal of a technique and of vision therapy.

Do yourself, your team, and your community a favor and read *The Essential Playbook: How to Maximize Outcomes in Optometric Vision Therapy*, apply its principles, and watch lives transform with you!



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