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## Book Review: Applied Concepts in Vision Therapy 2.0

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## Book Review: Applied Concepts in Vision Therapy 2.0

### Abstract

Press LJ, Taub MB, Schnell PH. *Applied Concepts in Vision Therapy 2.0*. Santa Ana: Optometric Extension Program; 2022, \$159.00, 543 pages, Paperback, ISBN: 9780929780542

### Keywords

Vision Therapy

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When I was in optometry school in the seventies we had a reference book which was simply known as Borish. The actual title was *Clinical Refraction*, and Irving Borish was the editor of the book; it was the go-to book for almost any optometric topic, not necessarily for an in-depth discussion of every topic, but as a good place to start. After having read *Applied Concepts in Vision Therapy 2.0*, updated from the original 1997 text, I believe, in short order, this book will be recognized in a comparable way as the go-to book for getting information about the many aspects of vision therapy, offering useful information to anyone from a novice to a seasoned practitioner.

Laying the textbooks down side by side there are some noticeable differences, not good or bad... simply different. In the new text there are no clinical pearls or review questions at the end of each chapter. Some of the titles of the chapters have been updated/ changed, some have had a change of authorship, and some have simply been updated by the original author. As one would expect, references are updated and where appropriate, internet resources are given. As in the first edition, the text is divided into four sections.

The first section covers the foundations of vision therapy and consists of five chapters which will give the reader an overview of the background of vision therapy and some of the general concepts used in understanding vision therapy, with models for support that are based on theories and work from notables such as Arnold Gesell, Jean Piaget, and Robert Kraskin. The reader is also introduced to procedures for various aspects of vision therapy which are given more attention in later chapters. The second section, which consists of nine chapters, covers diagnostic and therapeutic guidelines of vision therapy. Topics that one would expect are included: amblyopia, strabismus, accommodation and vergence disorders, oculomotor difficulties, developmental challenges, acquired brain injuries, sports vision, and myopia. However, an important start to this section, consistent with the first edition, is an updated chapter describing “diseases masquerading as functional and binocular vision disorders,” reminding the reader that one should not be lulled into thinking only “functional treatment,” without considering organic causes of functional difficulties. It is also here where the reader, anxious to put diagnosis and treatment together, will begin to flip between this section and section 3 which

includes treatment guidelines and procedures for the various topics introduced. Although there are some charts and tables in chapters before this section, it is here where this especially useful feature is generously used to exquisitely supplement the narrative. There are also photos of equipment used for treatment as well as of patients doing activities to help the reader appreciate some of the equipment and procedures in real settings, rather than trying to visualize them. The last section of this text pulls together management of vision therapy, including language which could help the practitioner explain what is being done as well as some basic models for thinking about compensation and third-party payors.

The authors of the various chapters are indeed known for their knowledge and expertise in the topics they were invited to update. To the credit of the editors, the authors of each chapter for this edition were given considerable latitude in revising the original material. There are also new chapters in this second edition including *Environmental Considerations and Vision Therapy*, *Vision Therapy for Special Populations and Young Children*, *Optometric Phototherapy: The Use of Light and Color in Vision Therapy*, *Technology in Vision Therapy*, *Neurosensory Motor Maturity: Understanding the Link Between Primitive Reflexes and Optometry*, *Multisensory Assessment in Optometric Evaluation and Treatment*, *Intra-and Inter-professional Relations*, and *Visual Disability in the Vision Therapy Practice*.

The editors, themselves recognized for their knowledge and expertise, did a yeoman's job of not only gathering these authors together, but made the text comfortably consistent in language and style so that the reader could seamlessly flow from chapter to chapter without shifting gears.

So, having said all that, would I recommend this book? Unreservedly!