

# The Power of the Story

KISS 2021

# Tips on how to fall asleep in a chair

1. Be Old.
2. Sit in a chair.

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- I have permission to share their likenesses in this lecture, but that permission only goes so far. These people did not give permission that their likenesses be used beyond this course.
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# Why This Presentation

- When I teach about VT, I find that some people are reluctant to take part in demonstrations.
- This seems more common with optometrists than with therapists.
- I think that is because that more than a few of our colleagues think that VT is used to treat defective vision—that can be true from some points of view but is not the whole story—not even close.
- I hope that sharing people's stories of what can be changed—people who are anything but defective—can help change that view.

# The Power of the Power of the Story

- 3) VCU coach Mike Rhoades told Cleveland Browns coach Kevin Stefanski about the “4 H’s” — history, heartbreak, heroes and hopes — an exercise Rhoades has been using for three seasons.
- 2) Coach Rhoades picked up the idea of sharing personal stories, whether tales of hardship or revelations of those who have impacted their lives, from Willis Wilson, coach at Texas A&M-Corpus Christi.
- 1) Coach Wilson got the idea from Eric Nelson at Athletes in Action.



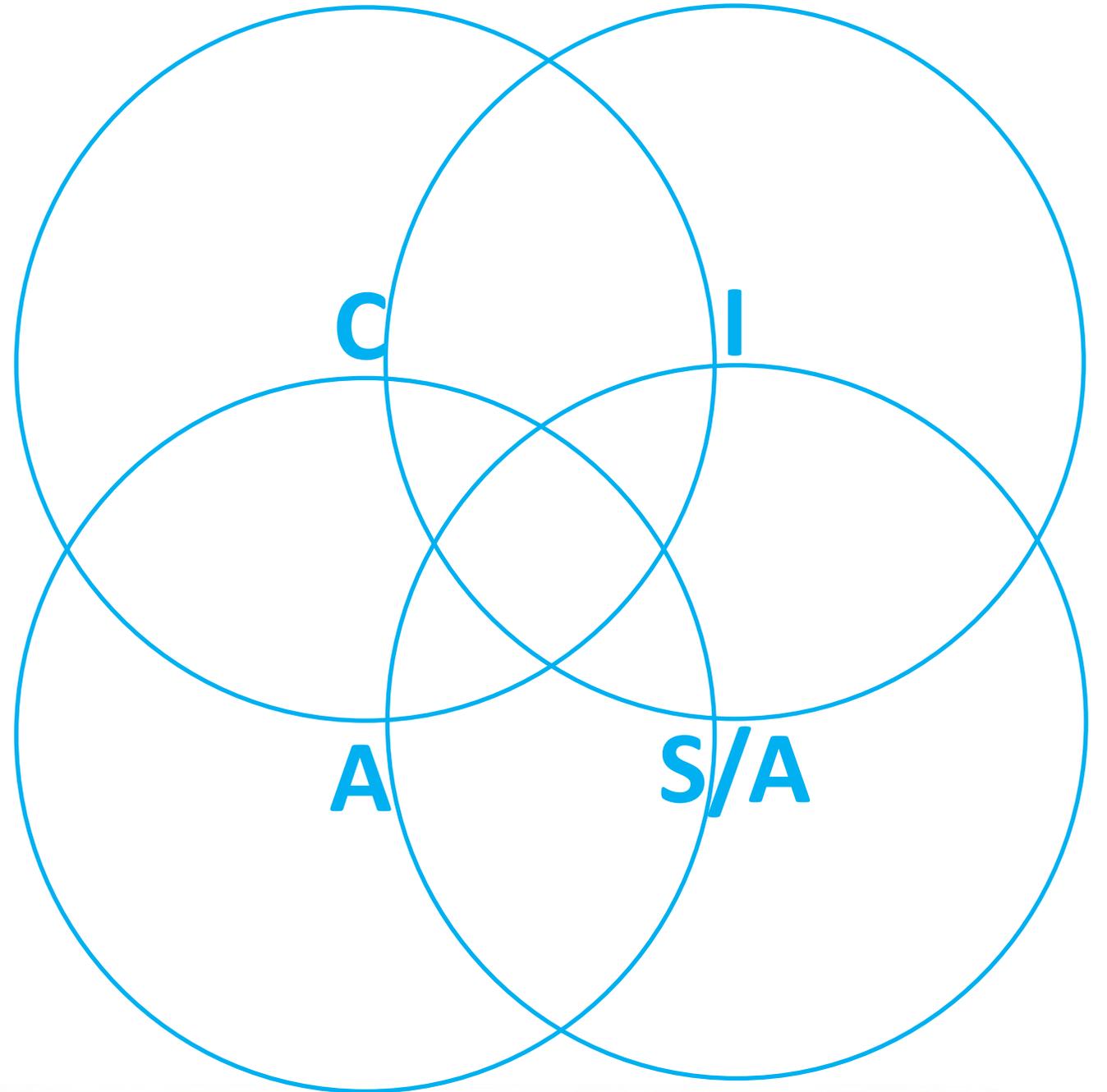
*I was born with my feet pigeon toed. My treatment was braces.*

*At 3 years old I had high top shoes with elastic braces wrapped around each leg like the stripes on a barber pole up to my waist. The elastic pulled my feet outward by day. At night, the elastic bands were replaced by a silver metal bar that hooked to the bottom of my shoes to help my feet aim outward. Getting up in the night I had to crawl or do a Frankenstein walk.*

*I wore braces to school until sometime in kindergarten the belt that the elastic bands hooked into mysteriously disappeared. I had to wear less than fashionable, brown leather, high top boots until the 5th or 6th grade.*

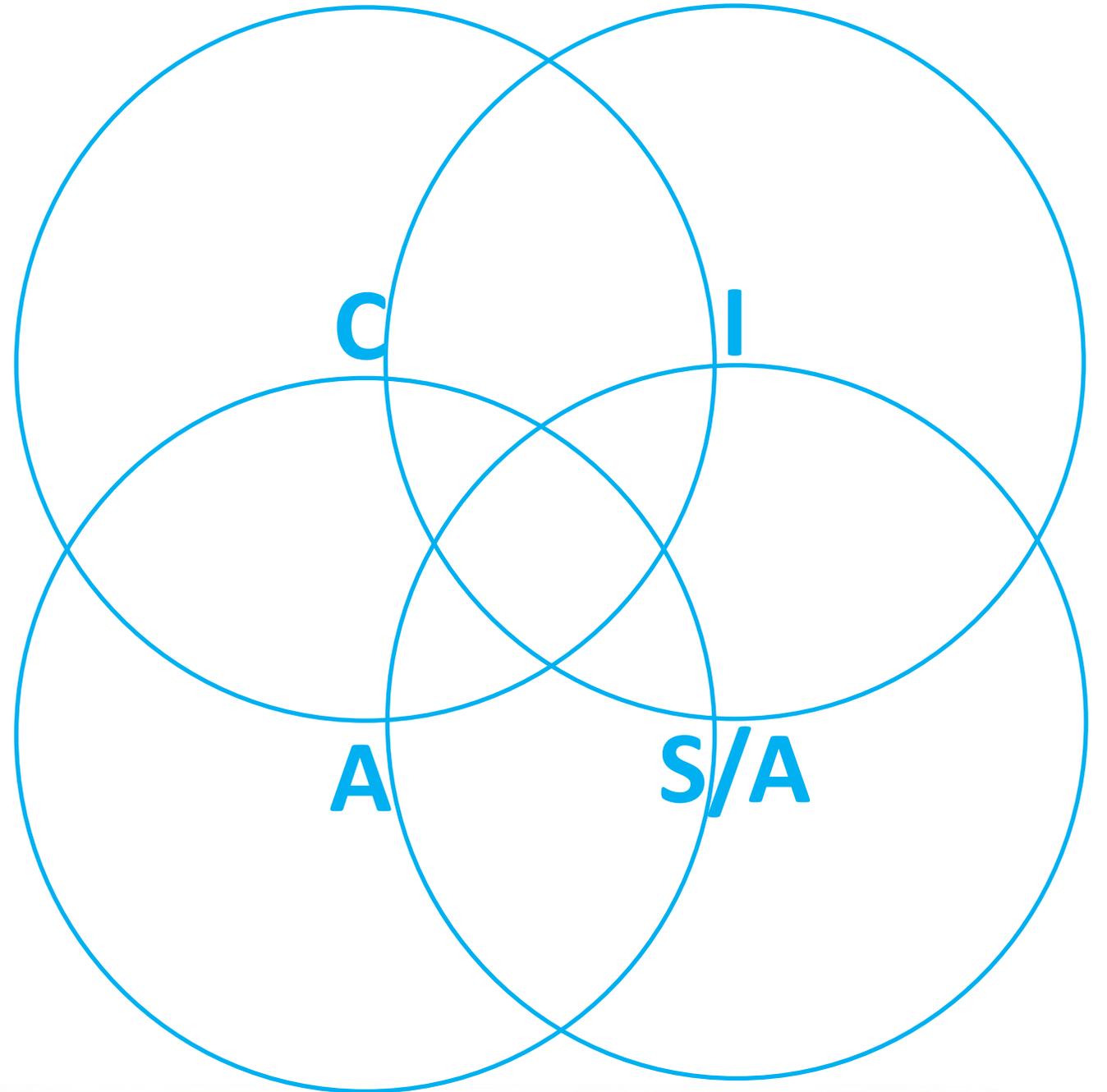
The fundamental reason for having vision is that a person can get meaning out of the world that he must inhabit.

A. M. Skeffington

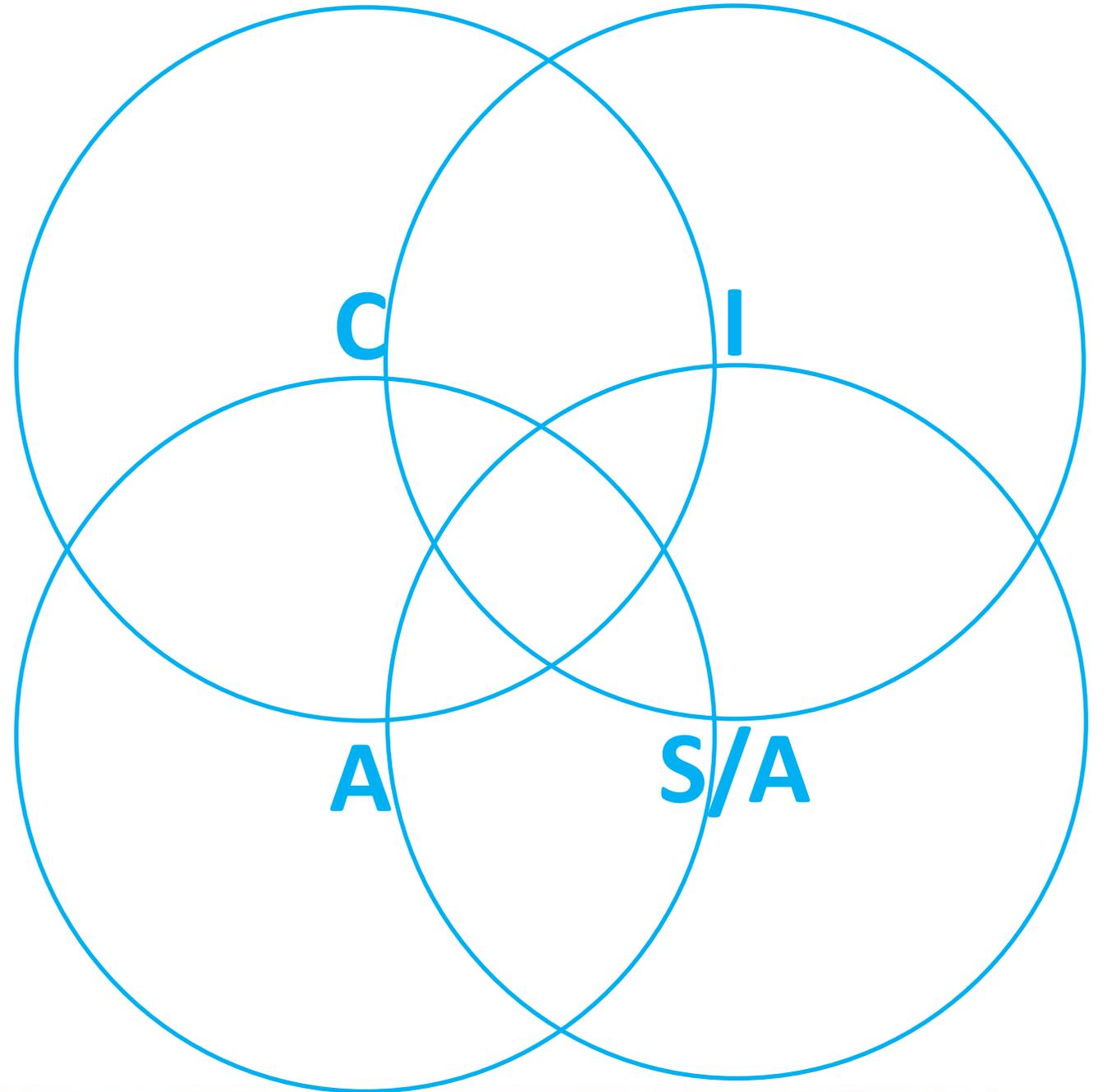


...so far as vision is concerned,  
he has a highly specialized  
receptor to be activated by a  
certain band of radiant energy.

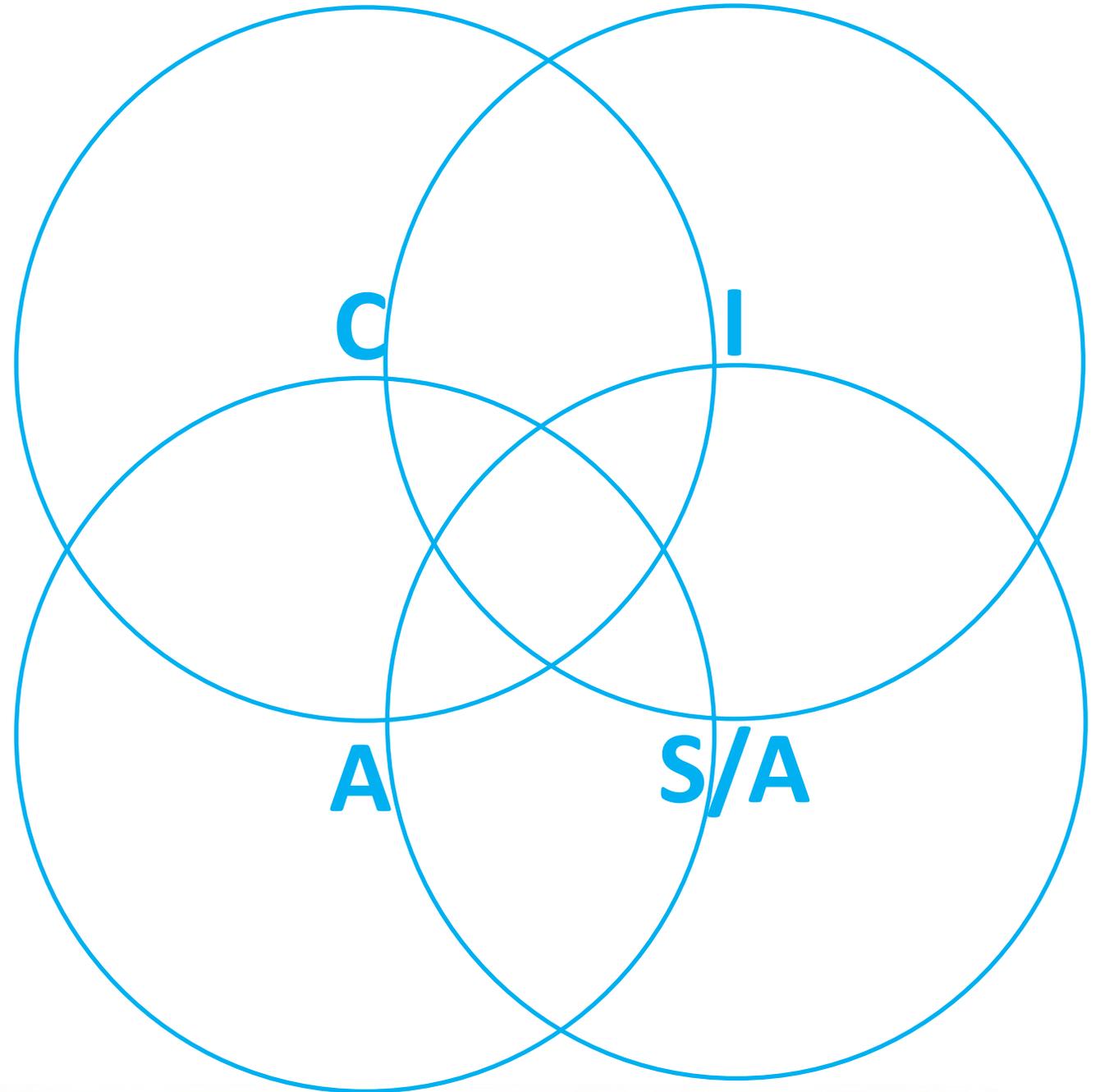
A. M. Skeffington



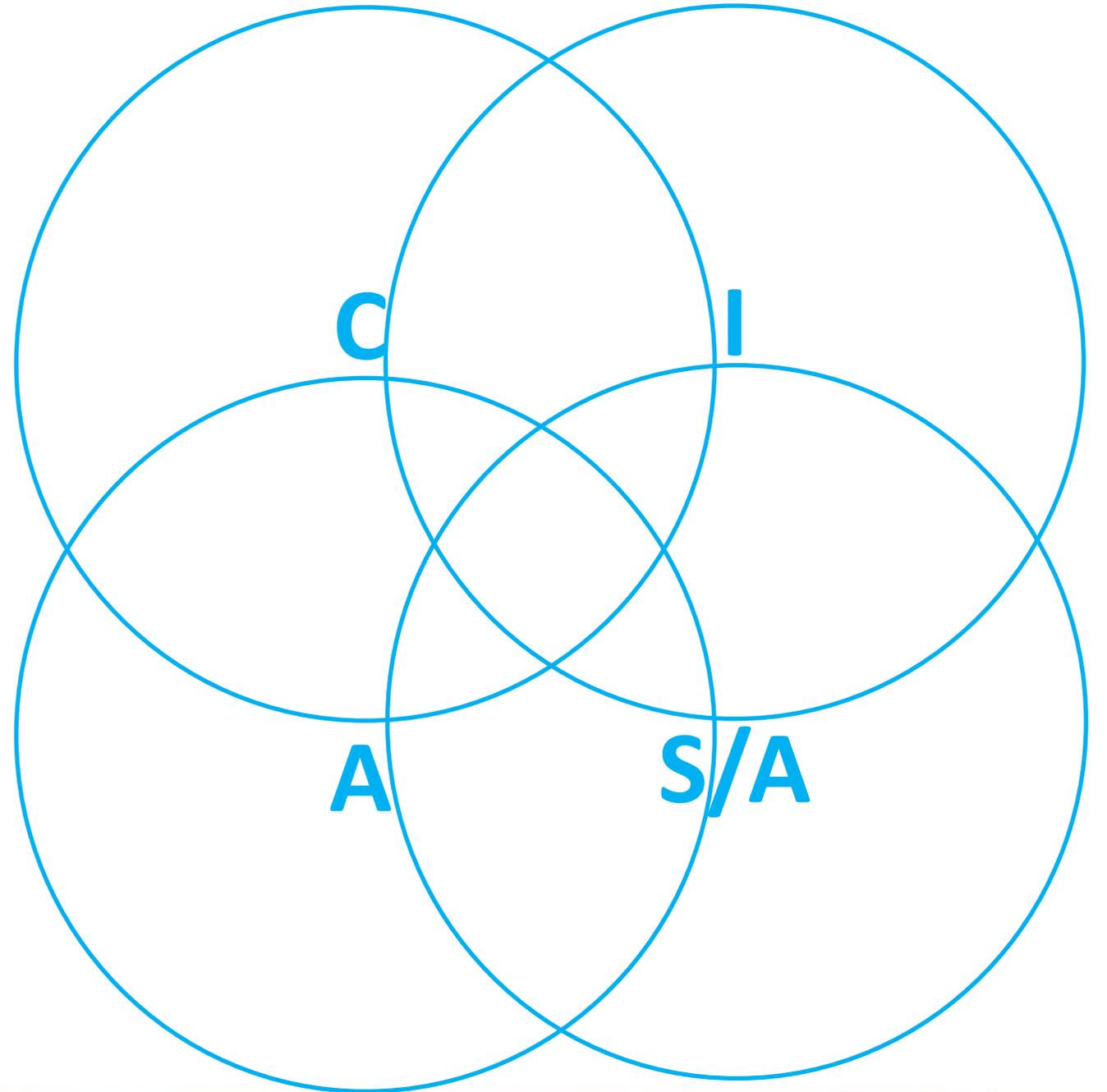
...so far as vision is concerned,  
he *is* a highly specialized  
receptor to be activated by  
certain *bands* of radiant energy.



- Radiant energy is energy that travels in waves or sometimes in particles.
- It's the energy given off by electromagnetic radiation.
- It's a form of kinetic energy, since the particles are moving as they carry energy from one source to another.

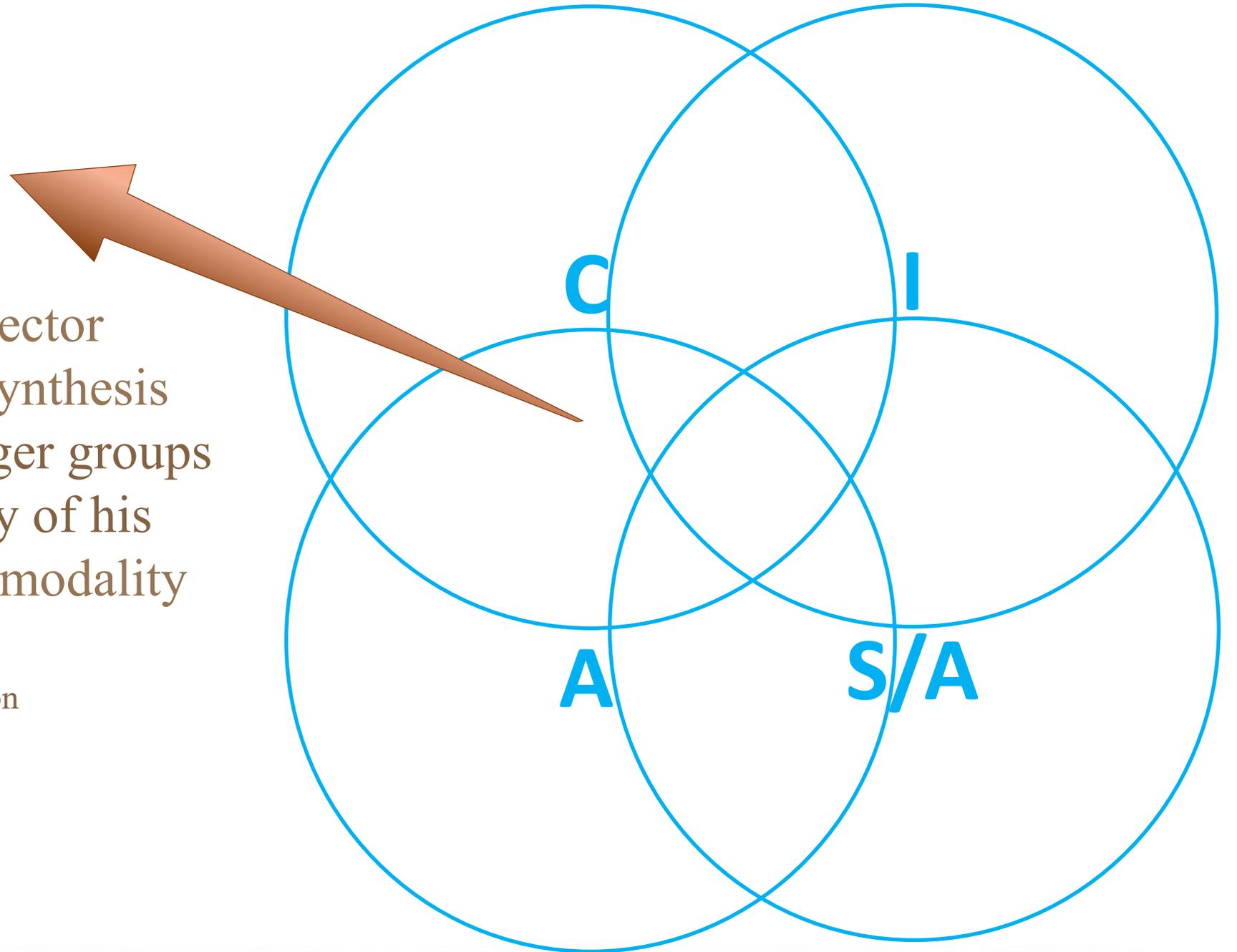


Centering is the process of selecting the volume of space within which one acts, and understanding not only the place of, but the dynamic relationships between everything within the volume, including oneself.

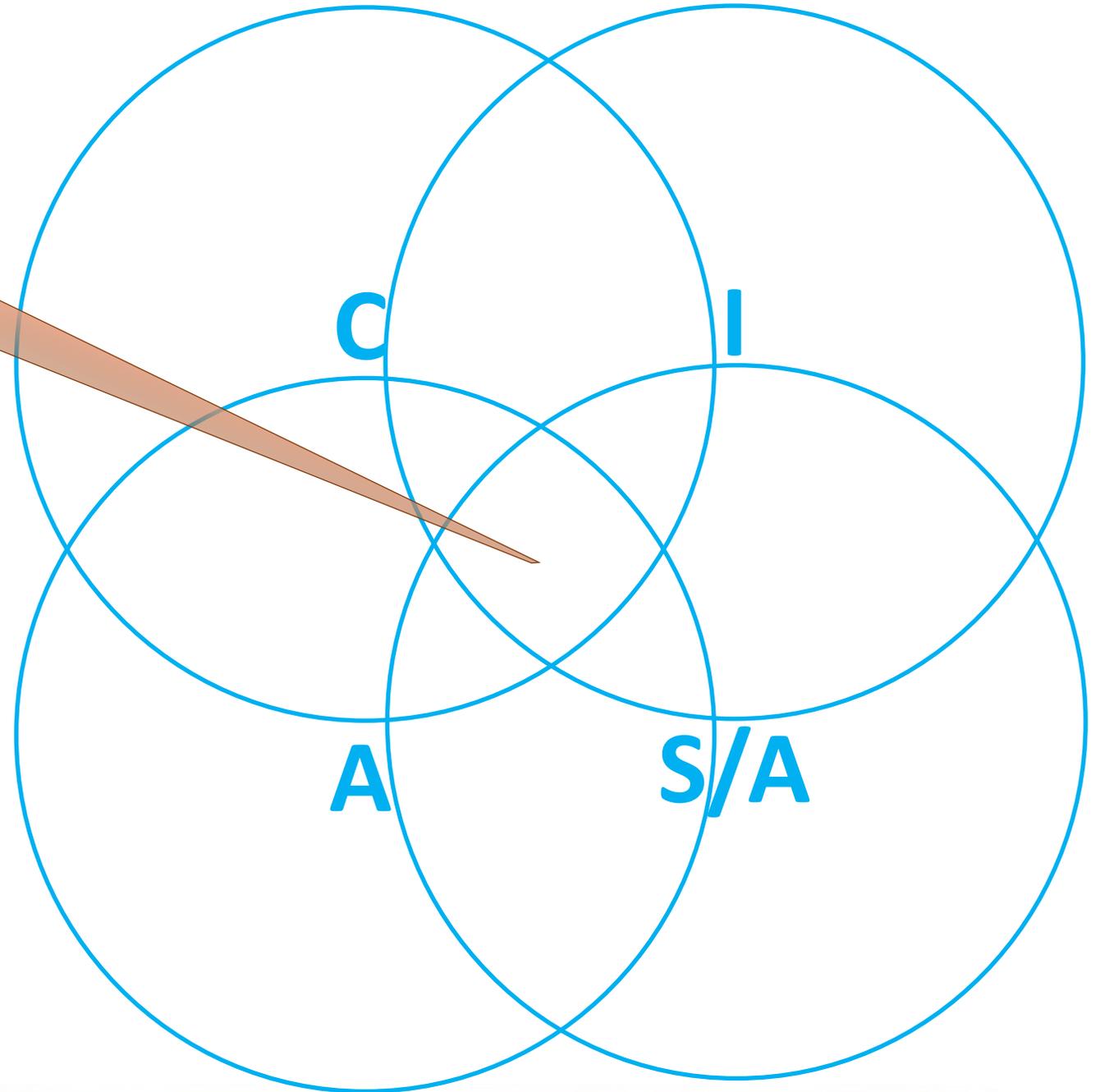


Words come to be a vector  
which bring about a synthesis  
and abstraction of larger groups  
of experience than any of his  
own individual sense modality  
vectors.

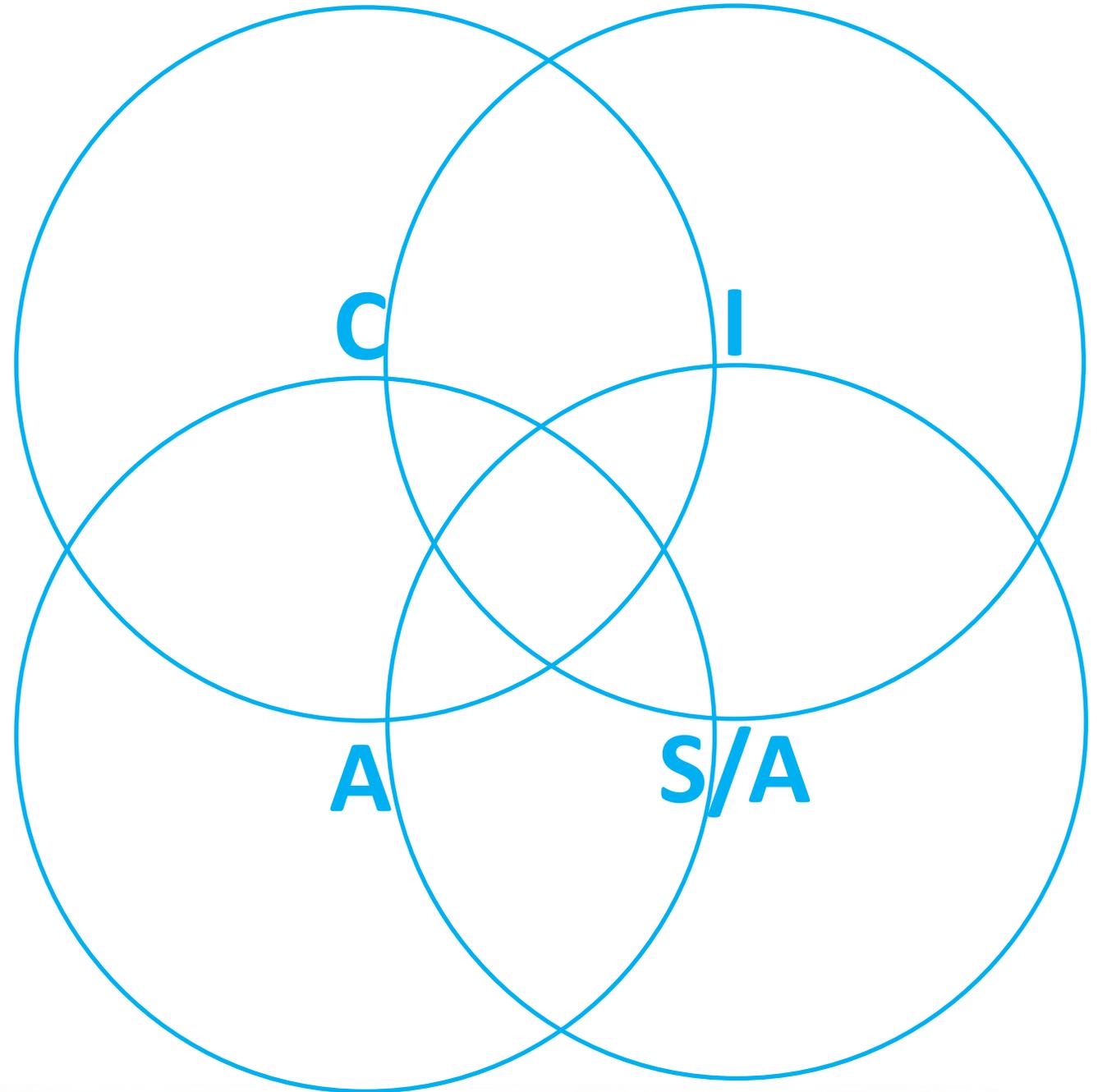
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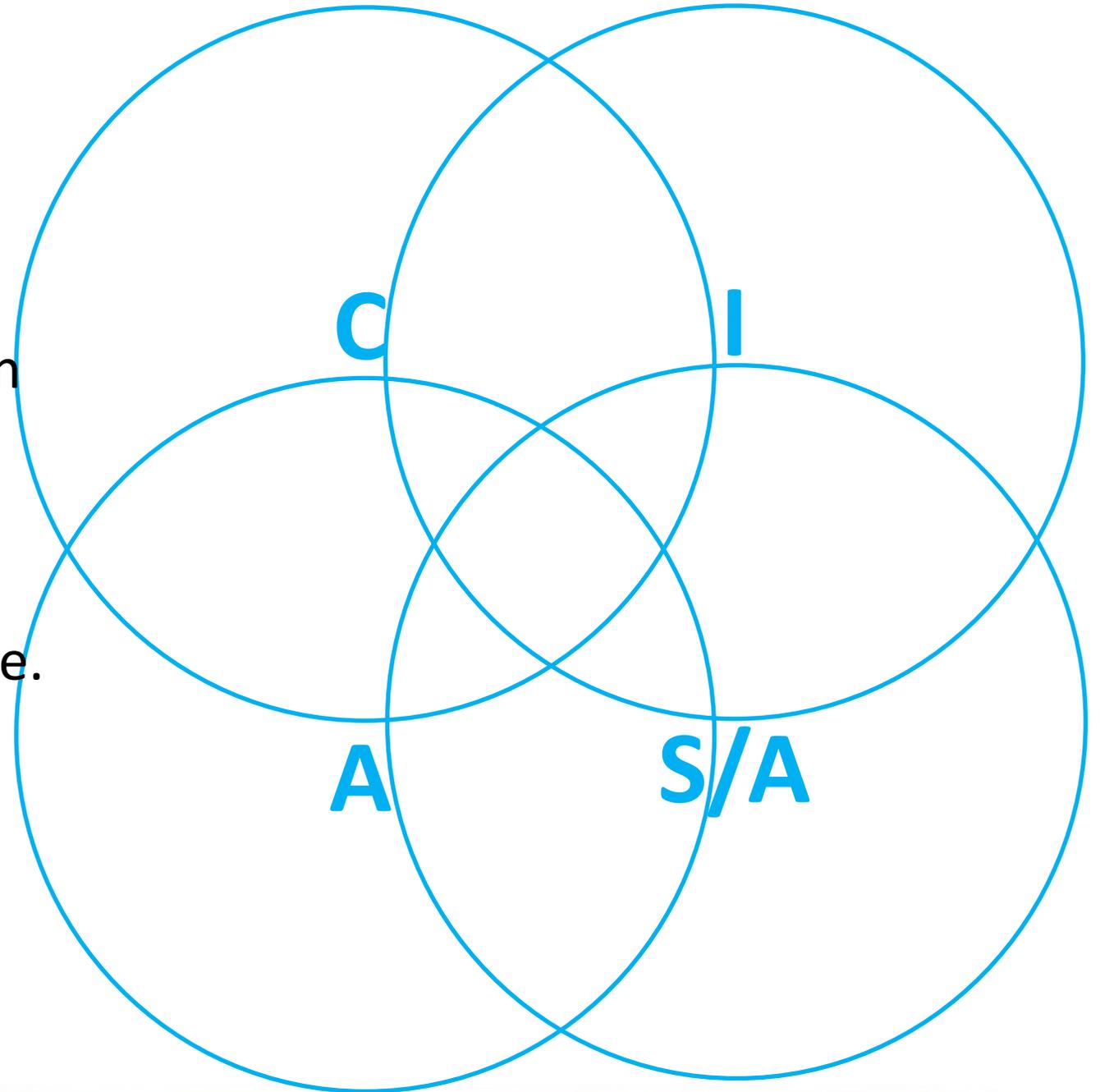
- A vector is a quantity that has direction as well as magnitude, especially as determining the position of one point in space relative to another.
- A vector need not be a constant and when used as a verb means to direct action to a given place.



- We can think of language as expressive or even inventive vision.
- The primary purpose of internal language is to refine the vision we have of the world;
- The primary purpose of external language is to influence the vision of others.



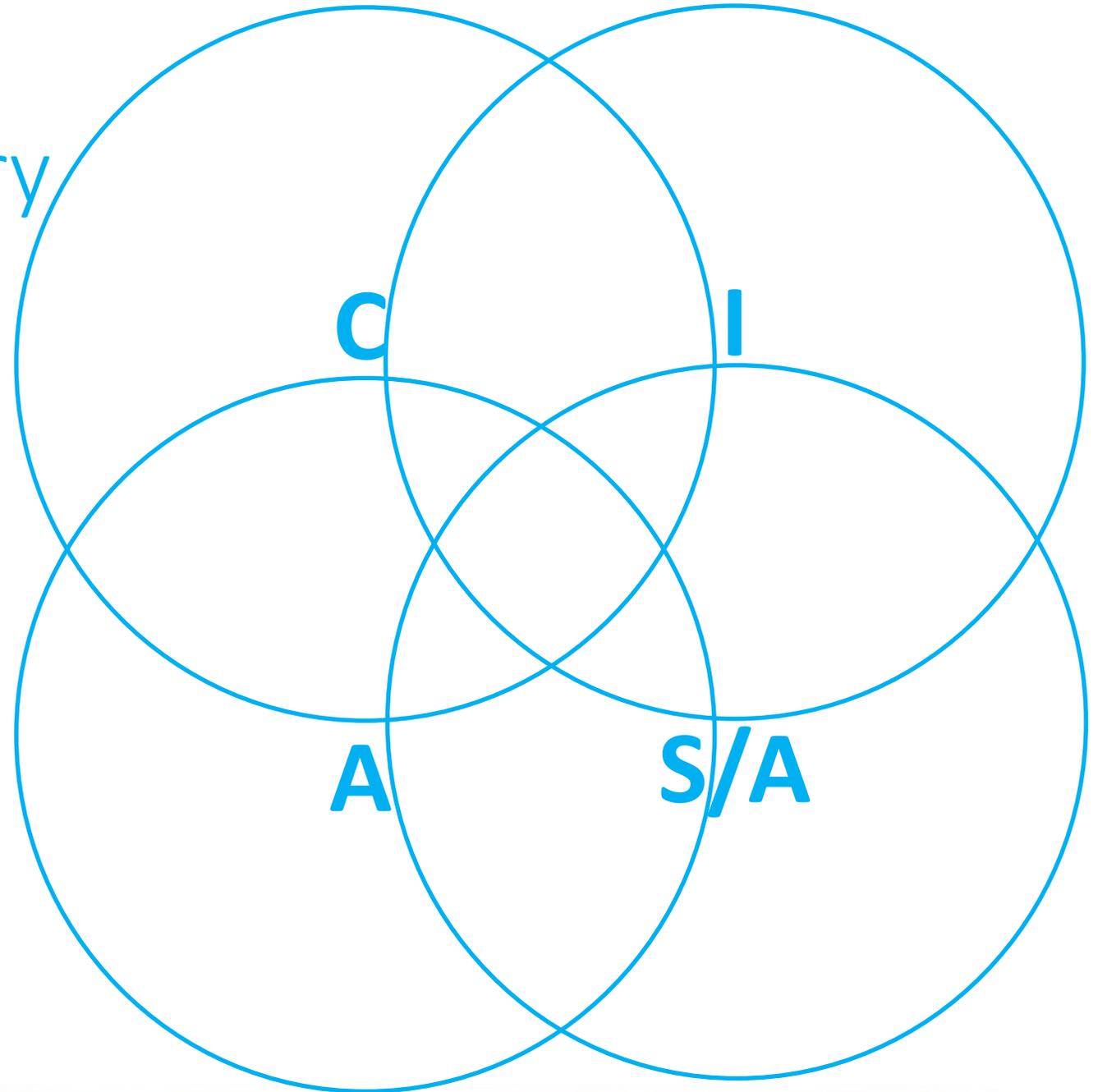
- Vision is a process that reaches out, or emerges, from the person in order to manage meaning in the world.
- Language, as an integral part of the visual process, does the same.
- That is the power of the story.



# The Power of Your Story

*Where you stumble and fall, there  
you will find gold.*

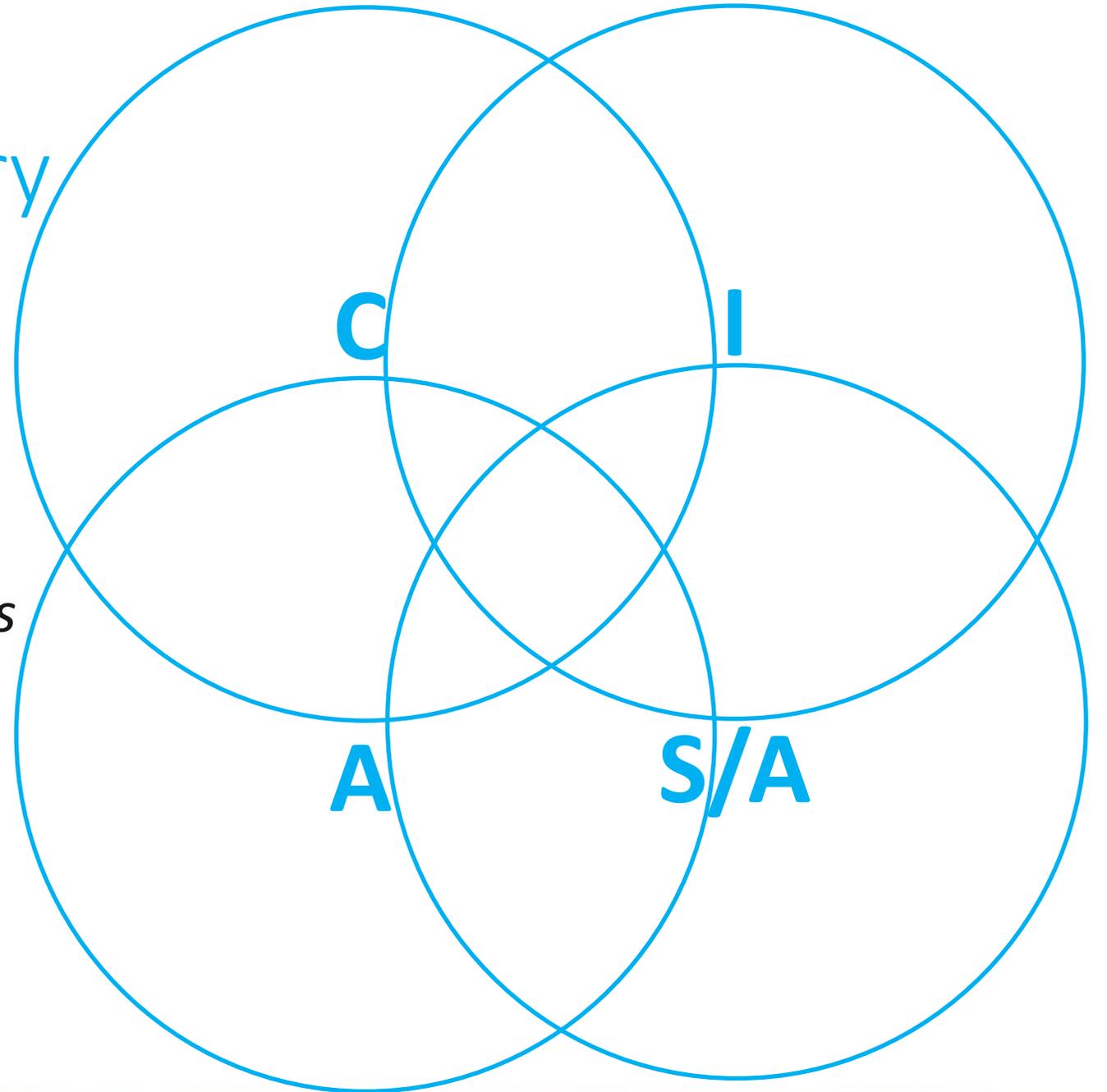
Joseph Campbell



# The Power of Your Story

*Ring the bells that still can ring  
Forget your perfect offering  
There is a crack in everything, that's  
how the light gets in.*

From Anthem by Leonard Cohen



*I can't imagine doing anything else.*

*I was a terrible reader and often fell asleep when trying to read. I was so exhausted I couldn't keep up. I tested myself and found I could read at only 77 words a minute.*

*Now I love reading. I used to wonder how anyone could enjoy it, but now I love it too.*



# *I am an active participant in life.*

- *Before my visual training, I didn't know I was part the life around me.*
- *Now I am an active participant in life as my eyes navigate the images of my unfolding story.*
- *Now I can use my improved visual skill to impact the vision of others.*
- *My patient Maggie told me that before VT, she never looked forward to waking up, and that now post VT, her life has meaning and depth.*



*I can't imagine doing anything else.*

Jes is the chief therapist in our office. She is one of the finest therapists I know, or have ever known.

In 2020 she graduated Magna Cum Laude with a degree in Psychology.

Began her new career as Wren's mom.

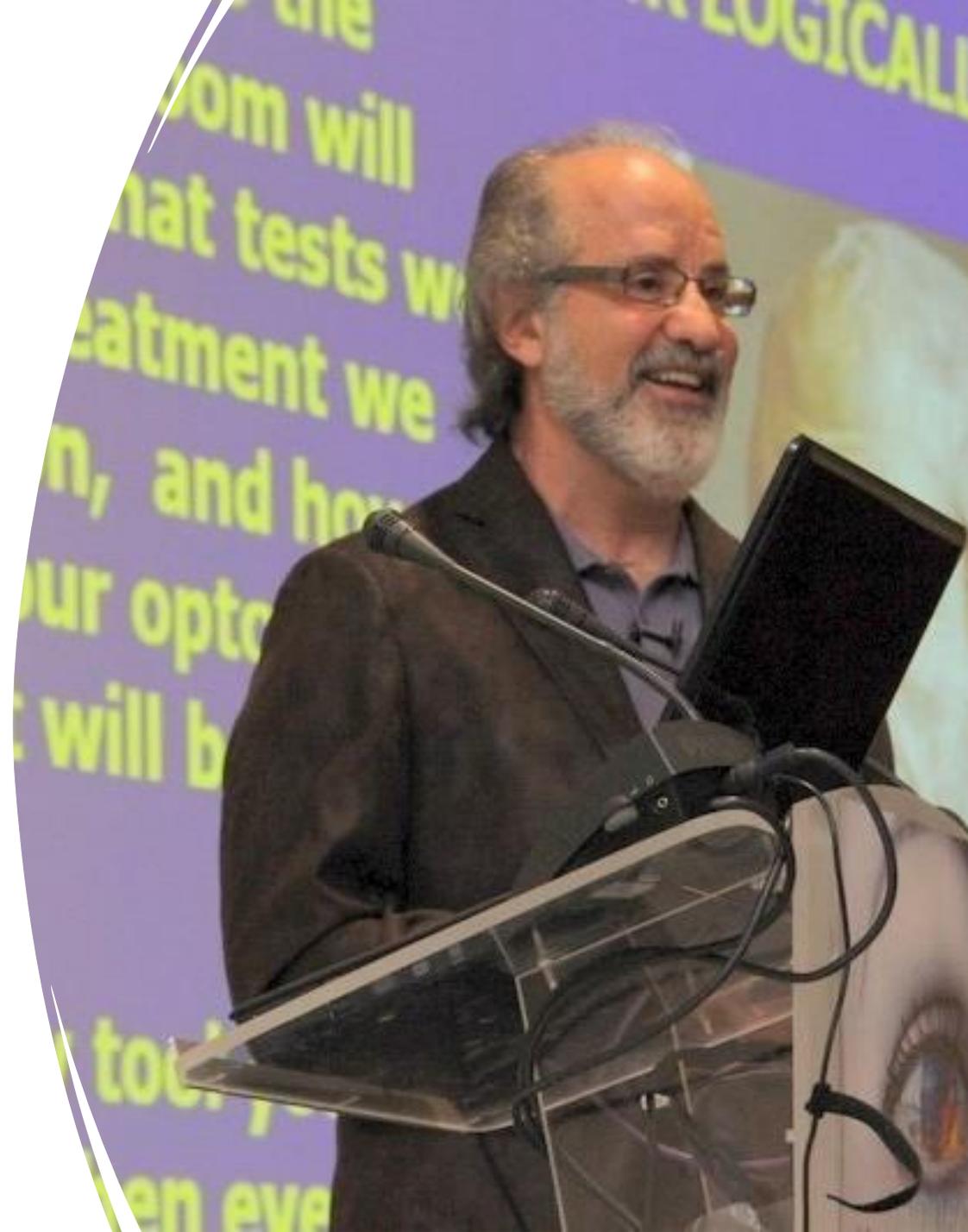
She continues to lead VT in our office; continuing to learn, and share herself with our patients and staff.



- *The end result of my 10 month VT program was that I completely eliminated my hypertropia and all of the prism in my glasses.*

- *I measured orthophoria with no evidence of the hypertropia at all, and excellent stereopsis measuring 20 seconds of arc.*

- *...the best part was that I could read easily, with excellent comprehension and without any of the visual symptoms that I had experienced previously.*



# *This transformed my life.*

*I did very well in school but had learning challenges that I equated to “boredom” and a “wandering mind”. I had yearly eye exams with 20/20 sight and assumed my vision was fine, but I had an undiagnosed binocular vision problem. My condition was one that could not be treated with glasses alone, but with the combination of therapeutic lenses and Neuro-visual training. This transformed my life*



*This transformed my life.*

*...people started to see in me what I felt inside.*

*...they created a safe space for me to open up about who I am for the first time.*

*There was no judgement, and I was able to continue to triumph with what I do, but also begin to ask for **HELP FOR ME.***



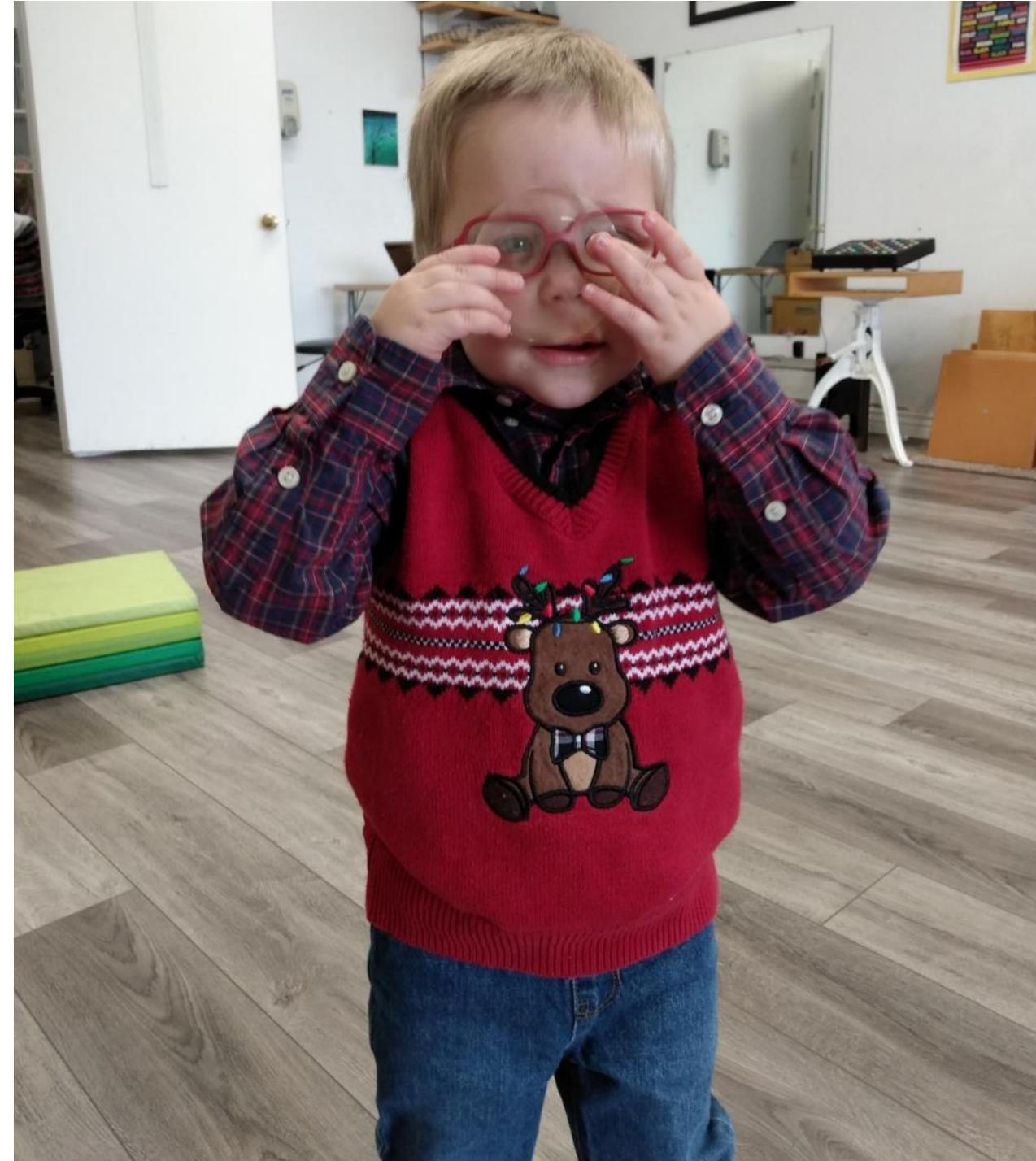
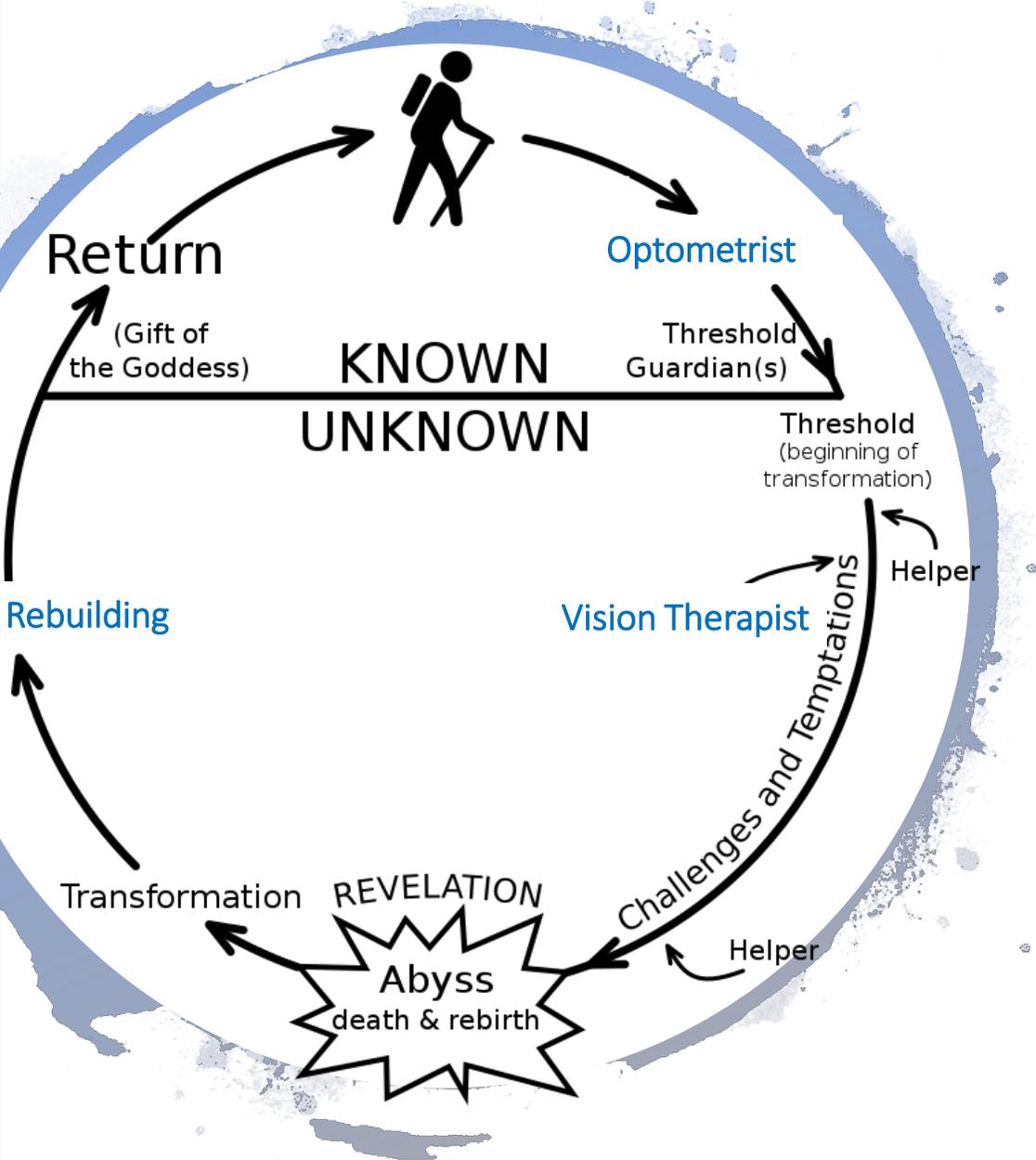
# Holding the Space

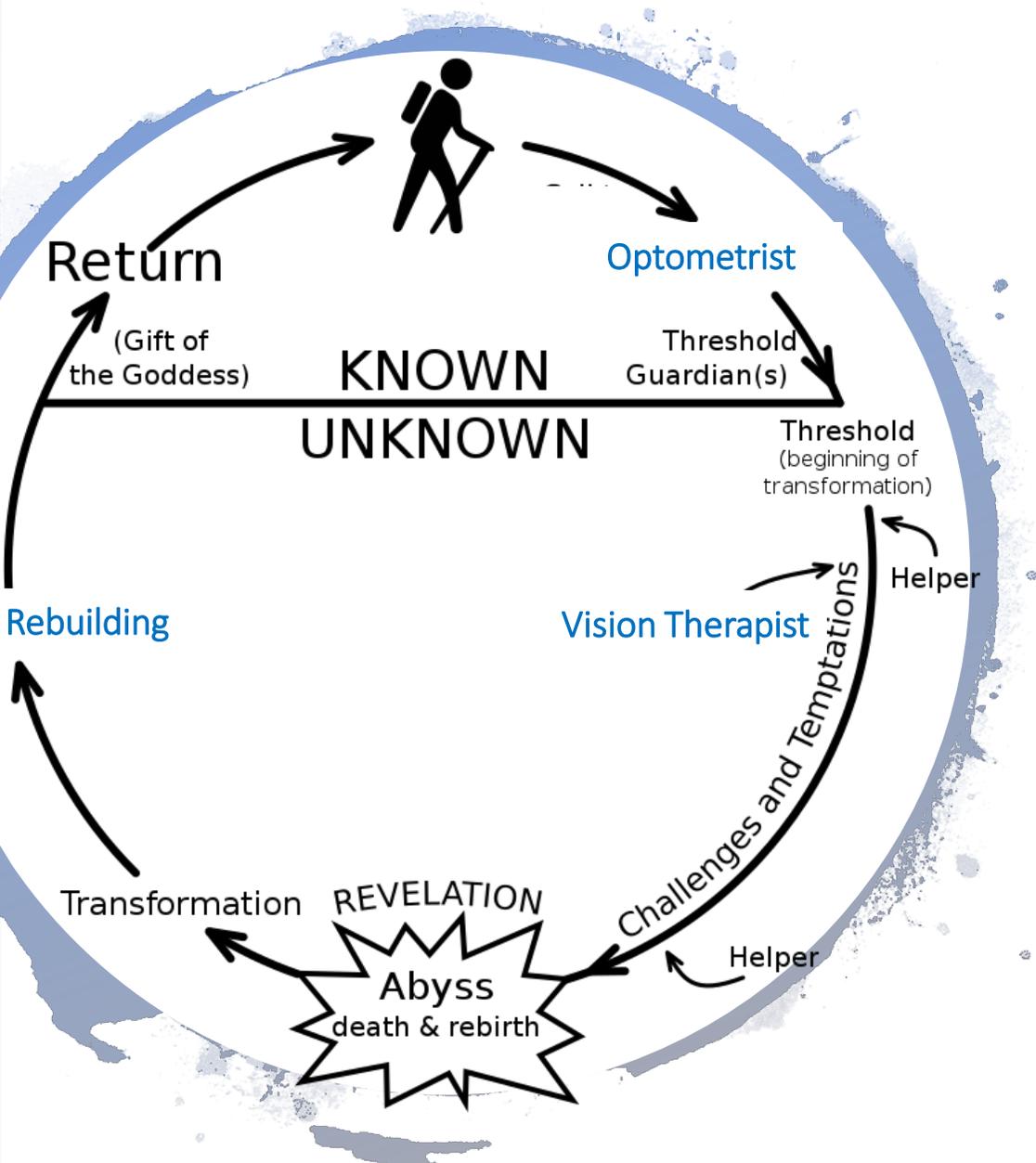
- *“Your sacred space is where you can find yourself over and over again.”*  
— Joseph Campbell
- One of the hallmarks of the master therapist is an ability to hold the space until the patient can find it; and in finding their space, conquer it and learn the divine nature of their own discovery.

# The Gift of Having Been There



- It is one thing to hold up a light and say, *“Over here.”*
- It is quite another to bring your light and say, *“Here I am, walk with me.”*





*I could not only run, but I can soar.  
My challenges were actually my superpower.*

