“USING VIRTUAL REALITY (VR) IN PSYCHOTHERAPY: HOW AND WHY”

ABSTRACT

Key research findings supporting the use of virtual reality (VR) in psychotherapy will be reviewed. Attendees will learn about VR’s unique benefits as a therapeutic tool. Concerns most frequently expressed by psychotherapists will be addressed. One or more case examples will illustrate how and when VR is used in treatment of anxiety.

LEARNING OBJECTIVES

1. Describe two uses of virtual reality (VR) in psychotherapy.
2. List two research findings supporting the use of VR in psychotherapy.
3. Identify and counter one common therapist concern regarding VR.

REFERENCES