



Where: Live Online

<https://weillcornell.zoom.us/j/93210081206>

Meeting ID: 932 1008 1206

When: 12:00pm-1:00pm

Thursday, May 16th, 2024



Elizabeth McMahon, PhD

Clinical Psychologist - Private Practice

Financial Disclosure: Dr. McMahon has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Elizabeth McMahon, PhD is a recognized expert in treating anxiety disorders and using virtual reality (VR) as a therapeutic tool. She is in private practice in San Francisco after working at the Kaiser Psychiatry Department in Fremont, CA for over 30 years during which she helped create regional best practice guidelines for anxiety disorders and served as training director and primary supervisor for post-doctoral psychology residents. Dr. McMahon's publications include "Virtual Reality Therapy for Anxiety: A Guide for Therapists" and the client workbook "Overcoming Anxiety and Panic interactive guide" as well as book chapters and articles in peer-reviewed journals. She has used virtual reality (VR) with clients since 2010 and has presented trainings through PESI.com and at multiple national conferences. Her psychologytoday.com blog is "Overcoming Anxiety and Panic."

"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.

*1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information

REFERENCES

1. McMahon, E., & Boeldt, D. (2021). Virtual reality therapy for anxiety: A Guide for Therapists. Routledge.
2. Morina, N., Ijntema, H., Meyerbröcker, K., & Emmelkamp, P. M. G. (2015). Can virtual reality exposure therapy gains be generalized to real-life? A meta-analysis of studies applying behavioral assessments. *Behaviour Research and Therapy*, 74, 18–24. <https://doi.org/10.1016/j.brat.2015.08.010>
3. Wray, T. B., Kemp, J. J., & Larsen, M. A. (2023). Virtual reality (VR) treatments for anxiety disorders are unambiguously successful, so why are so few therapists using it? Barriers to adoption and potential solutions. *Cognitive behaviour therapy*, 52(6), 603–624. <https://doi.org/10.1080/16506073.2023.2229017>