VR PROFESSIONAL
VR BASIC
El plan ideal para familiarizarse con el uso terapéutico de entornos de realidad virtual orientados a mejorar el bienestar psicológico y de salud mental, y reducir el estrés y la ansiedad.

SERVICES
- Marketing resources
- Ongoing training

PLATFORM
- Unlimited use of the Psious platform
- Access to the basic functionalities to apply the virtual reality environments included in the plan
- Measure by biofeedback
- Patients profile
- Session report

ENVIRONMENTS
- All VR Basic environments
  - Mindfulness for kids
  - Fear of animals
  - Fear of driving
  - Fear of flying
  - Fear of darkness
  - Fear of needles
  - Acrophobia
  - Agoraphobia
  - Agoraphobia psico-education
  - Claustrophobia
  - Social anxiety
  - Generalized Anxiety Disorder (GAD)
  - Anxiety psico-education
  - Anxiety Test
  - Bullying

RV KIT
- Latest generation headset with 1440 x 1600 resolution
  Biofeedback sensor that measures the physiological response of the patient.

WHAT DOES IT INCLUDE?

VR PROFESSIONAL
For psychologists specializing in treatments of anxiety disorders, stress and other pathologies, who want to complement their therapies through an advanced Virtual Reality solution.
VIRTUAL REALITY ENVIRONMENTS
RELAX

Immersive environments designed for improved training and practice relaxation techniques.
Virtual environments directed to train and practice full-attention exercises.
DISTRACTION

Virtual environment to foster immersion and attention focus as a distraction strategy (e.g. pain distraction)

FEAR OF PUBLIC SPEAKING

Two virtual environments to treat fear of public speaking, with extensive control of their settings: a small office and an auditorium, town-hall style audience.
PSICOEDUCATION: STRESS

Brief explanatory videos about key concepts related to stress.

Consequences of stress
Respiratory control
How stress affect
Managing the stress
Phases of stress
Fear choking
What is stress
Muscle relaxation
FEAR OF ANIMALS

Videos, virtual reality and augmented reality environments for treating the most common fear of animals: birds, dogs, bugs or cats.
These scenarios simulate a variety of driving situations in two distinct environments, a highway and a city. The highway includes bridges and tunnels, and the city can have traffic jams among other variables.

Virtual environments for the treatment of the fear of needles. The environments include a waiting room and an examination room in a hospital.
FEAR OF DARKNESS

Virtual environment for psychological intervention related to fear of darkness and storms. Aimed at minors and adults.

Fear of darkness

ANXIETY TEST

Two virtual environments to overcome test anxiety in high school and University period.

High School

University
Virtual environments indicated for the treatment of flying phobia. The hierarchy of environments runs includes waiting at home to leave for the airport, the taxi ride to the airport, waiting at the boarding gate, and the flight (take off, flight, and landing).
ACROPHOBIA

A hierarchical treatment for fear of heights that includes two static scenes, Barcelona and New York, as well as an interactive environment with heightened realism, ending with a precarious walk on top of a skyscraper, followed by relaxation on a calm terrace.
AGORAPHOBIA

Virtual environments to start the treatment of agoraphobic symptoms by exposure to various levels of open and inescapable spaces, including a square, subway (metro) station and ride, and many live videos.
PSICOEDUCACIÓN AGORAPHOBIA & PANIC

Brief explanatory videos about key concepts related to agoraphobia.

Fear get down

Fear heart attack

Fear fainting

Fear fear

Fear panic attacks

Definition of emotions
Treat claustrophobic patients through gradual exposure to confined spaces in small and large elevators, and a more intensive environment traversing a narrow hallway toward a room where the walls cave in gradually.

Therapies focused on treating disorders generated by school abuse or bullying.
Virtual environment to treat social anxiety by exposing the patient to situations where interaction is required.

Virtual Environments for the treatment of anticipatory anxiety: excessive concern for children, diseases or work.

SOCIAL ANXIETY

Group in bar

GENERAL ANXIETY

- Worrying about relatives
- Worrying about infants
- Worrying about work
- Worrying about diseases
USES AND APPLICATIONS
Each environment has been designed to treat a specific disorder, but it can be used for many more functionalities.
### OTHER USES

Each environment has been designed to treat a specific disorder, but it can be used for many more functionalities.

<table>
<thead>
<tr>
<th>OTHER USES</th>
<th>ENVIRONMENTS</th>
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<tbody>
<tr>
<td>Alcohol addiction</td>
<td>-Social anxiety, at the bar.</td>
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<tr>
<td>Sports training</td>
<td>-All relax and mindfulness environments</td>
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<tr>
<td>Social skills</td>
<td>-The office, fear of public speaking</td>
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<td>Hypochondria</td>
<td>-Generalized anxiety, concern for diseases; fear of needles; MRI room.</td>
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<tr>
<td>Insomnia</td>
<td>-All relax and mindfulness environments</td>
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<td>Games to reinforce at the end of a the therapeutic session</td>
<td>-Distraction</td>
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<td>Guided Meditation</td>
<td>-Relax</td>
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<td>Thought management</td>
<td>-Mindfulness</td>
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<td>Management of acute pain and chronic pain</td>
<td>-All environments for relaxation and mindfulness, through attention management, especially hypervigilance.</td>
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<td>Paranoia of persecution</td>
<td>-Bar, subway, elevator with people</td>
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<tr>
<td>To use before any exposure</td>
<td>-Relax</td>
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<tr>
<td>To end any session</td>
<td>-Relax</td>
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<tr>
<td>Mood Disorders (Depression or Dysthymia)</td>
<td>-Mindfulness</td>
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<tr>
<td>ADHD</td>
<td>-Mindfulness for kids</td>
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<td>-Fear of animals: room with spiders and cockroaches</td>
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<td>Posttraumatic Stress Disorder</td>
<td>-Car accident: fear of driving</td>
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<td>-Sexual aggression and fear of being alone with men: Claustrophobia,</td>
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<td>elevator, agoraphobia, subway; fear of driving, taxi driver driving to the</td>
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<td>airport</td>
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<td>-Theft or assault at home: fear of flying, at home alone at night</td>
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<td>Obsessive compulsive disorder</td>
<td>-Physical aggression: social anxiety, group bar</td>
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<td>-Hygiene: Agoraphobia, subway</td>
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<td>-Jump from the heights: Acrophobia, elevator, New York and Barcelona</td>
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<td>-Reckless action: fear of driving, road and city</td>
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<td>Emotional regulation</td>
<td>-Mindfulness</td>
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