Introduction

* Virtual reality therapy started to treat phobias
* Eventually split off
* One of the earliest uses was to treat Vietnam veterans with PTSD

Advantages

* Control of the environment
  + Fear of heights
* Easier imagination
* May be more suitable for patients who can’t talk about their issues
* Control exposure in VR
* Easily repeatable
* Diverted attention

Disadvantages

* High price cost
* Potentially unstable due to glitches.

Uses

* SnowWorld
  + Distracts from pain (35-50%) lesss
  + Joyous environment
* Bravemind
  + Treatment for PTSD
  + Customizable environment
  + Effective on 16 patients out of 20

Future

* Therapeutic Stories
* Research in negative effects
* Virtual embodiment

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