Welcome to Self-Attachment Therapy AR. A new and immersive way to perform psychotherapy with the aid of technology.

Self-Attachment therapy enables you to form a new secure attachment with your inner-child.

Your inner-child embodies your emotions and vulnerabilities. Through this therapy you will comfort your inner-child by interacting with them through a series of protocols.

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Here is your inner-child shown as a hologram.

You will be performing various protocols with your inner-child through the aid of this hologram.

During our struggles… Our inner-child can become very fearful

But through practicing positive exercises with our inner-child, we can overcome our struggles and eventually self-regulate our emotions