PsyTechVR

Detailed PsyTechVR presentation
Implementation, Technology, VR content

In partners with:

AMERICAN PSYCHOLOGICAL ASSOCIATION

ADAA
Anxiety & Depression Association of America
Triumphing Through Science, Treatment, and Education

psytechvr.com

Contents

Our advisory board

Our customers portfolio

Testimonials

Our Technology

VR for Mental health

VR for Wellness

Team

Our advisory board

Dr. Elizabeth McMahon

CBT Advisor

Clinical Psychologist since 1980, author of "Virtual Reality Therapy for Anxiety" book

Dr. Gwilym Roddick

CBT Advisor

Psychotherapist (DSW, LCSW), Founder of CBT of Central and South Florida

Dr. Udi Oren

EMDR Advisor

Clinical psychologist and senior medical psychologist, PhD, Past President at EMDR-EUROPE

Russel Wharton

EMDR Advisor

Psychotherapist, CBT & EMDR Approved consultant, Flash Technique expert

Dr. Marina Gershkovich

OCD Advisor

Psychologist, Assistant professor of Medical Psychology at Columbia University

Shmuel Fischler

OCD Advisor

Clinical Social Work/Therapist, LCSW-C specialized in OCD

Dr. Gianni Serra

Anxiety Disorder Advisor

Clinical and Digital Psychologist, Psychotherapist (CBT)

Dr. Richard Lamb

Neurofeedback Advisor

Ph.D. science education, Ex-Director of NeuroLab of East Carolina University

Our client portfolio

Real testimonials

Sherrie Holmes

Clinical psychologist (CBT)
Private Practice - Sherrie Holmes Counseling
Owner of Women's world metaverse

If you're looking to enhance your therapy approach, don't hesitate to embrace VR with PsyTech. I see this tool revolutionizing mental health and wellbeing. Clients are able to work along side their provider utilizing immersive experiences to gain control over their lives faster. It specifically helps those suffering from anxiety, phobias, PTSD, and anger; while seemsly working through levels and having the ability to retrieve to safe spaces. I also like that patients can use this as a self guidance tool for homework. I've experienced anxiety driving in the mountains, and it's been a game changer using the amaxophobia. I now feel more relaxed as evident by the reported stress indicator. Now I'm less anxious thinking about my trip to Colorado Springs to visit my daughter. I wholeheartedly recommend PsyTech VR to anyone in the field, or those looking to increase their wellbeing.

James Husband

Clinical psychologist (CBT/EMDR)
Practitioner at East Sussex Healthcare NHS Trust
Owner of "Psychology on Demand" YouTube

The most exciting things that I've seen... During trauma therapy, we often use a technique called the Safe Place. When revisiting a childhood event, this can be incredibly destabilizing, particularly if the individual did not have a sense of safety or security at the time. Our aim is to create a safe mental space for the individual. However, some people struggle to imagine such a place on their own. In these cases, PsyTech's AI-powered Safe Place can be an excellent resource.

NHS
East Sussex Healthcare
NHS Trust

Dr. Tomáš Havelka

Psychotherapist, psychiatrist
Psychiatrická nemocnice Havlíčkův Brod

PsyTech is a valuable tool to our ward. It's efficient and amusing. It helps us through the wide scale of therapeutic problems and psychiatric diseases such as OCD, eating disorders, anxiety and fobic disorders. It also offers great relaxation techniques. We greatly appreciate the quick and efficient communication, the personal approach and the willingness to fulfill all our requests.

Psychiatrická nemocnice
Havlíčkův Brod

James Wick

Psychotherapist
Thamesview Family Health Team

Through the use of PsyTech VR I am able to share experiences with clients that I wouldn't normally have in my office. Being able to have a client put on the headset and be exposed to their fears and phobias in the safety of my office is a powerful experience. PsyTech VR's diverse library of experiences is an engaging way to interact with clients. It is one thing to have clients talk about their fears and phobias but to allow them to experience them is next level therapy. PsyTech's platform is easy to navigate and being able to use my own Meta Quest headset was convenient and familiar allowing me to easily integrate VR into my practice. I believe this technology has the potential to be a game changer in the field of mental health.

Thamesview
FAMILY HEALTH TEAM

Our Technology

LMS Platform
- Platform with the knowledge base, where specialists can learn how to use PsyTechVR

Launchpad for Therapist
- To see, control and modify patient's VR exposure

VR exposure for Patient
  - CBT and EMDR
  - Various forms of Anxieties
  - Relaxation practices and Gen-AI

Dashboard
- Platform where you can see the statistics and improvements of users
- Bio-sensors feedback

Biosensors
- Sensors are embedded into the VR mask allowing real-time measurement of Pulse, HRV, Concentration and Stress

Airplane landed
Your first flight ended!

Spider was found!
2 out of 5 were left!

1/31

Anemophobia
fear of dr...

Back

HIPAA COMPLIANT

EU GDPR COMPLIANT

Compatible with various VR headsets:

Available on META Quest

Available on PICO 3&4

Available on VIVE FOCUS

LMS Platform

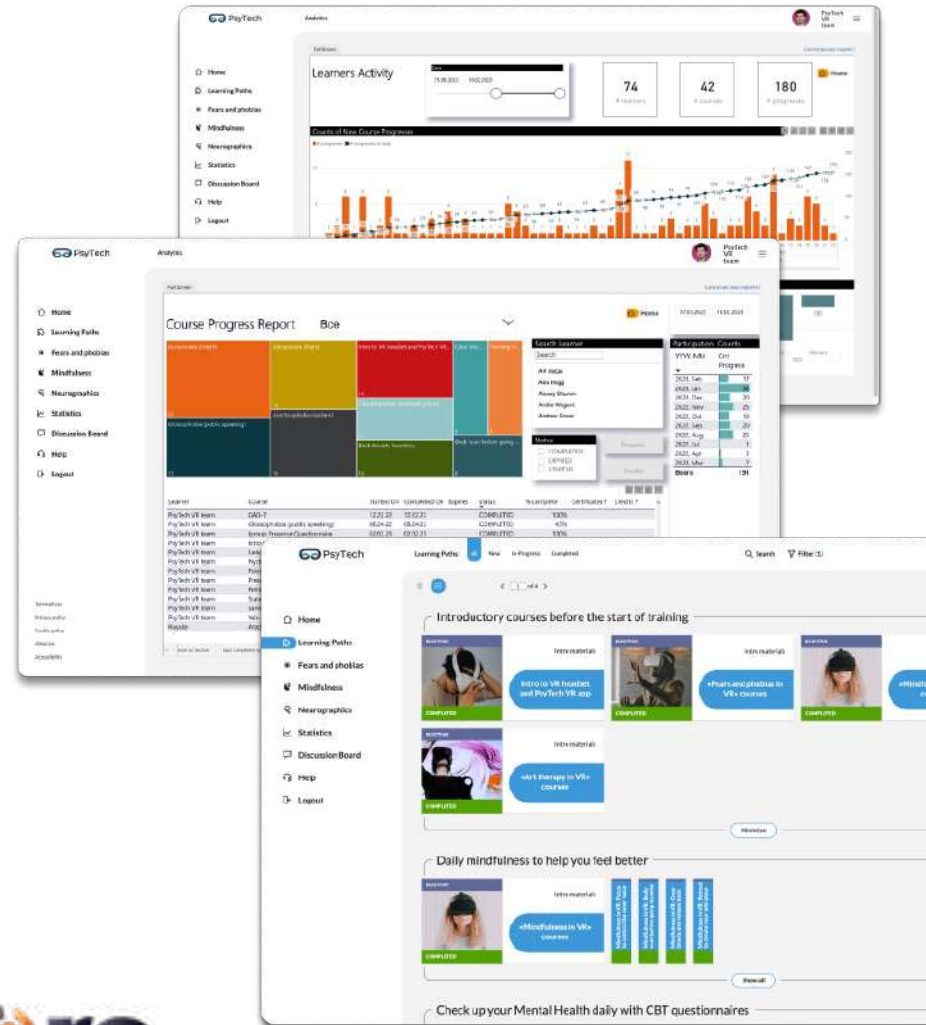Courses on implementation of the VR and preparation for the VR training

Automated questionnaires: BAI, LSAS, GAD-7, etc.

Customizable LMS platform and Microsoft Power BI statistics with reports

Based on the awarded CoreAchieve LMS

Launchpad

PsyTech VR therapists can monitor and control VR therapy sessions with External Control, enabling real-time adjustments

Direct Launch

Experience instant immersion with our launchpad. Easily start any scenario and transport users to exposure or relaxation right from your desktop PC

Real-time Control

VR allows for real-time interaction with scenarios, unlike imaginal exposure. While a user is in VR, you can watch the stream from your desktop, and control the session

Monitor or Participate

With a patient, you can create avatars and see each other in the same exposure environment. This can be done with up to 20 patients at a time
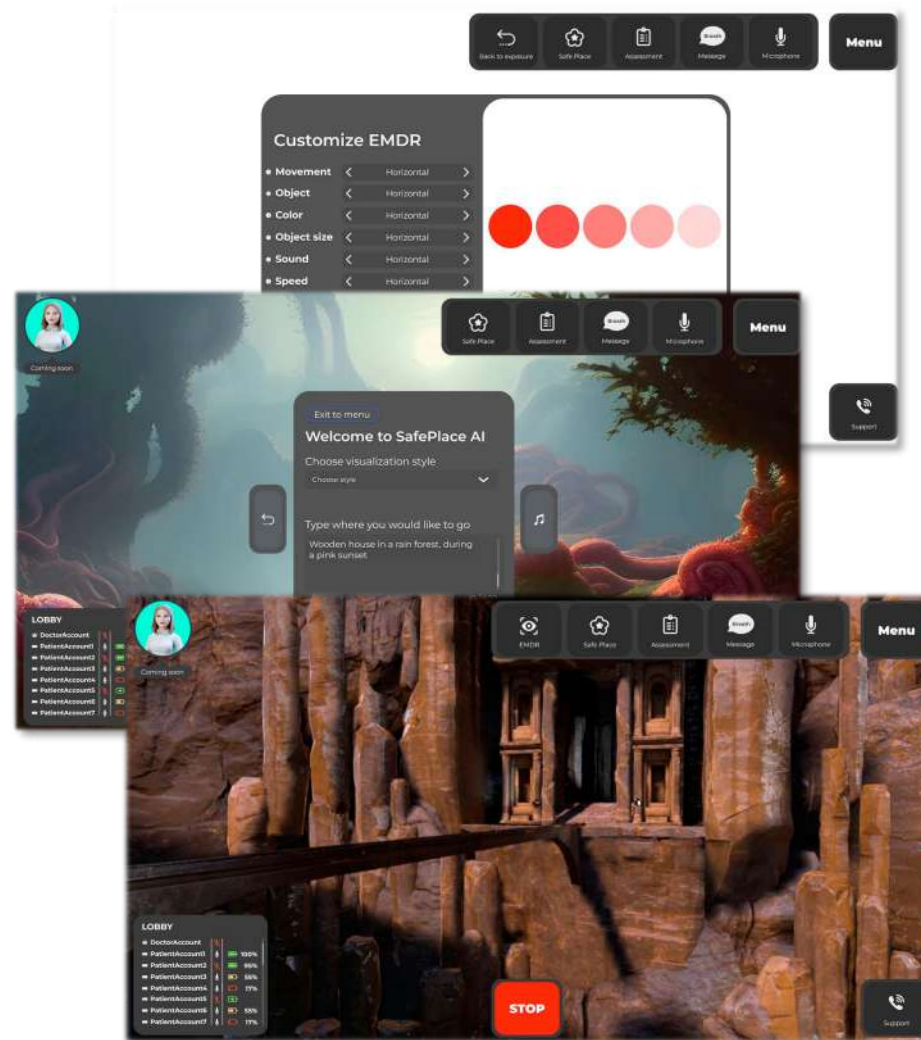
Omni-user mode

PsyTechVR allows conducting sessions with up to 20 users, whether it be a one-on-one therapy or a group session.

1-on-1

In-person or online, you can control your patient's VR session using the launchpad. You can transport a patient to a safe place and start a breathing exercise during the virtual exposure, or start Desensitization right away

Up to 20 users concurrently

In-person or online, up to 20 users can participate in exposure therapy or relaxation practices. Therapists have full control over the sessions, allowing them to manage groups of users simultaneously

Choose the presence mode

Never was it possible to be with the patient(s) in the
same environment during the VR exposure
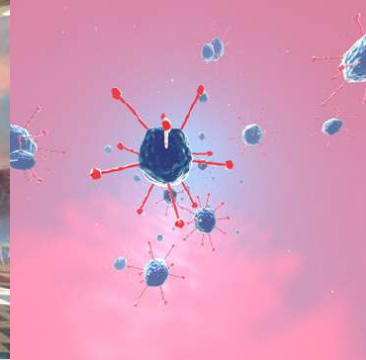

Therapist - PC, Patient - VR

PsyTechVR's solution makes VR therapy
sessions easy with its simple Launchpad
control panel and complete VR
exposure protocols (CBT/EMDR)

Therapist – VR/PC, Patient - VR

Customize avatars to engage in
virtual exposure therapy with patients
or groups. Drama therapy, working
with kids or a group mindfulness?

VR exposure app

Mental health

100 scenarios

Phobias, OCD, PTSD, Addictions, Anger

Mental wellness

∞ levels

safe place AI, mindfulness, breathing, virtual travelling

Each month we publish up to 20 new scenarios

We use Unreal Engine 5 to bring the best quality

We have both CBT (Virtual Exposure) and EMDR (VR Desensitization)

Dashboard (statistics of users' sessions)

VR training statistics:
- Name of the scenario
- Status (Finished or not)
- Start/end time
- Duration of training
- Subjective assessment
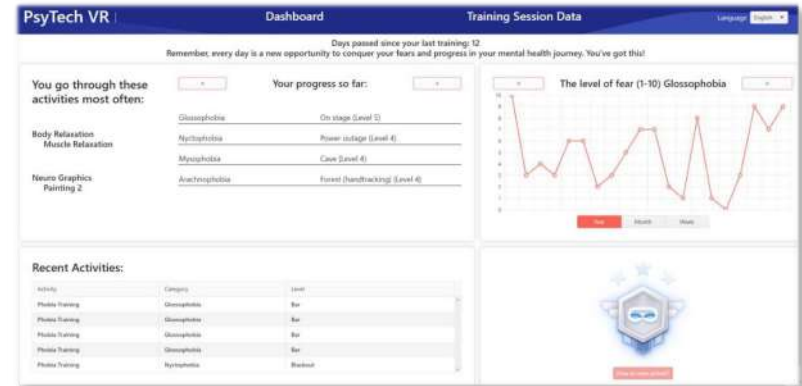
Overall VR statistics dashboard for business owners

For admins:
- Track users' results of remote VR training (e.g., home training)

Real time statistics broadcasting from the biosensors
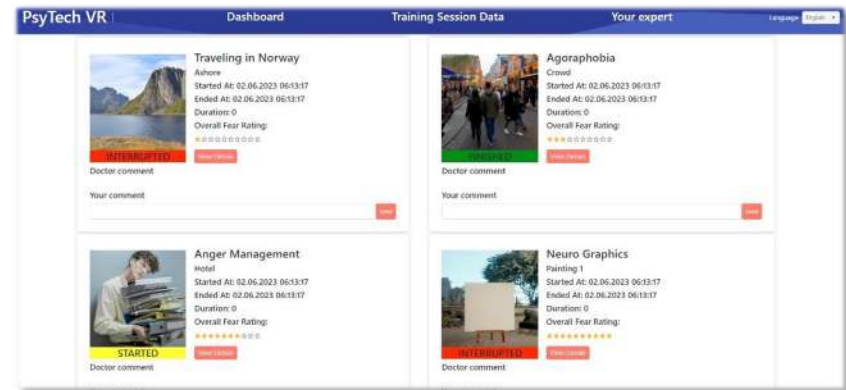
Data protection:

Biosensor #1

PsyTechVR biosensor (sensors on the Meta Quest mask + receiver) is a device that connects to the therapist's PC via Wi-Fi. By connecting the device, you will be able to track these indicators in real time: pulse, heart rate variability (HRV), concentration, and stress level. The device works in conjunction with the smart software system which helps gather and analyze the user data.

Left side - User wearing the VR mask with biosensors, right side – desktop application for real time monitoring

Our device (Standard VR mask with biosensors)

Desktop application for real time monitoring: biosensors connection status, level of concentration, brain signals

The starting price for each device is $2,500. We offer bulk discounts, PsyTechVR is the exclusive distributor

Biosensor #2

With a compact and light-weight design, the eVu TPS is an elegantly portable sensor that brings biometric data measurement out of the clinic and into your client's smartphone and tablet.

Applied to a single finger with a fabric strap, the sensor detects and transmits three highly-researched measurements of psychophysiological health: heart rate variability, skin conductance and surface temperature. Data transmission takes place in real time via Bluetooth to the PsyTechVR Dashboard, providing the user with immediate information for stress, focus, relaxation and recovery. Included with the eVu TPS sensor is the carrying case, ensuring the sensor is protected wherever it goes in the user's pocket, purse or side bag.

Website

The starting price for each device is $450

CBT and EMDR

Every environment can be used with VR exposure therapy (CBT) or Virtual Reality desensitization (EMDR)

We follow the recommendations of the WHO in using CBT and EMDR to reduce vivid, unwanted, repeated recollections of traumatic events

CBT

Cognitive Behavioural Therapy
Use VR exposure therapy for overcoming anxiety disorders, PTSD and other mental issues from the available VR content library of 100+ scenarios. The CBT mode activate the VR exposure and allows the transition from the scenario to Safe Place and other relaxation techniques

EMDR

Eye Movement Desensitization and Reprocessing
A new technique utilizing EMDR and Virtual Reality to alleviate traumatic stress has been developed. You can choose to activate Bilateral Stimulation which sends vibrations to the controllers, as well as synchronized sound which sends to the stereo dynamics of the headset. You can activate the Desensitization before/after or during the VR exposure

The following psychologists and psychotherapists helps us defining the development of our CBT/EMDR products and their methodology.

Dr. Elizabeth McMahon	Dr. Gwilym Roddick	Dr. Udi Oren	Russel Wharton
Clinical Psychologist since 1980, author of "Virtual Reality Therapy for Anxiety" book	Psychotherapist (DSW, LCSW), Founder of CBT of Central and South Florida	Clinical psychologist and senior medical psychologist, PhD, Past President at EMDR-EUROPE	Psychotherapist, CBT & EMDR Approved consultant, Flash Technique expert

VR content of Mental health:
Phobias, PTSD, OCD, Anger, Addictions

VR content: Phobias

Inna Maltzeva
Chief Science Officer

" In the following slides, scenarios are grouped into anxiety disorders. When we reached the milestone of 60 levels, we realized that some levels might represent darkness and trigger claustrophobia or autophobia, etc.. And we discovered plenty of other combinations. That's why we designed this guide to highlight all the possible combinations of VR levels.
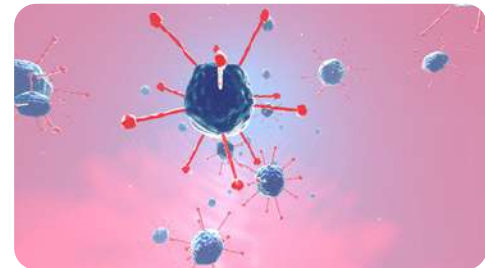
If the level is taken from another scenario, you will find hints on how to locate a specific level above the preview screenshot of the levels.

Example (see photo below):
Germo1 = Germaphobia, level №1
(so, you need to open the Germaphobia section in the VR app and click level №1) "

Germo1

1. Bacteria and bacillus

During, before, or after training, the user can complete the **SUDs assessment**, which will be displayed on the statistics dashboard. The therapist can manage the assessment from the Launchpad.

VR content: Phobias

Heights
Acrophobia

Airport, airplane & flight
Aerophobia

Hard-to-escape places
Agoraphobia

Driving
Amaxophobia

Storm, flood, etc.
Anemophobia

Spiders
Arachnophobia

Being alone
Autophobia

Dogs
Cynophobia

Crowds
Enochlophobia

Office & work
Ergophobia

Bridges & tunnels
Gephyrophobia

Bacteria & germs
Germophobia

Public speaking
Glossophobia

Blood
Hemophobia

Doctors
Iatrophobia

Cockroaches, flies, etc.
Insectophobia

Unsanitary conditions
Mysophobia

Hospitals
Nosocomephobia

Darkness & night
Nyctophobia

School
Scolionophobia

Subway & train
Siderodromophobia

Acrophobia - Heights

1. Balcony view over the city

2. Escalators in a mall

3. Cafe in a skyscraper

4. Bridge over a canyon

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

✈ Aerophobia: Airport, airplane, flight

1. Waiting for a taxi to arrive

2. Taxi ride to an airport

3. Waiting for a departure

4. Wheels up!

5. Landing

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Agoraphobia: Hard-to-escape places

1. City square

2. Street

3. City festival

4. State opera

5. City square

6. City park

7. City centre

8. Cultural destination

9. Cultural destination

🚗 Amaxophobia: Driving/Being a passenger

1. Mountain road

2. Hills

3. Hills (high speed)

4. Stormy weather

5. Tunnel

6. Autobahn

7. City road

8. Roundabout

⛈ Anemophobia: Storm, bad weather, etc.

Aero2

1. Taxi ride in a storm

Aero4

2. Flight during a bad weather

Nycto3

3. Storm & power outage

Amaxo4

4. Driving in a storm

Arachnophobia: Spiders

1. Terrarium at home

2. Exhibition of spiders

3. Cave with spiders

4. Grab a spider with a hand #HANDTRACKING option
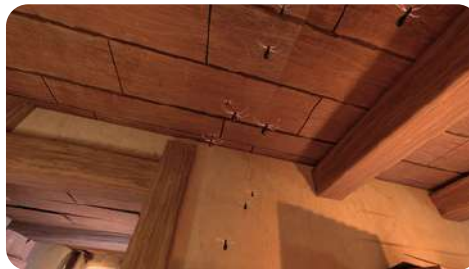
Insecto2

5. Country house with spiders

Insecto3

6. Tunnels with spiders

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Autophobia: Being alone

Aero1

1. Apartment

Nycto2

2. Pedestrian underpass

Amaxo1-4

3. Car

Claustro5

4. MRI session

Claustro2

5. Office building

Glosso4

6. Presenting alone in front of the audience

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

📶 Claustrophobia: Enclosed spaces

Nycto1

1. Elevator with people

2. Tiny elevator

3. Pedestrian underpass

4. Parking garage

5. Subway

6. MRI-scan

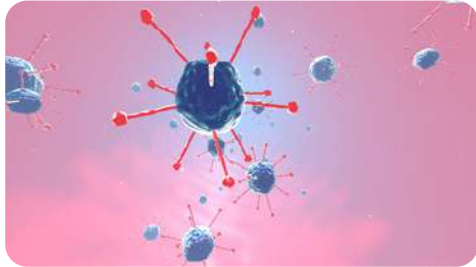**3D** Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

🐕 Cynophobia: Dogs

1. Dogs at home

2. Dog in an office building

3. AI-powered Dog

More levels are coming soon

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

👥 Enochlophobia: Crowds

**1. City square**

2. Street

3. City festival

4. Shopping mall

Glosso5

5. Music concert

![desk icon] # Ergorophobia: Office, work

Claustro1

1. Office building

Glosso2

2. Meeting with colleagues

Aero5

3. Flight to a business trip

Amaxo1-4

4. On the way to work

Glosso4

5. Conference

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Gephyrophobia: Tunnels, bridges

Myso1

1. Pedestrian underpass

Nycto2

2. Underground station

Claustro4

3. Metropolitan

Claustro3

4. Underground parking

Myso4

5. Grotto

Acro4

6. Bridge

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Germaphobia: Bacteria, germs, infections

1. Bacteria and bacillus
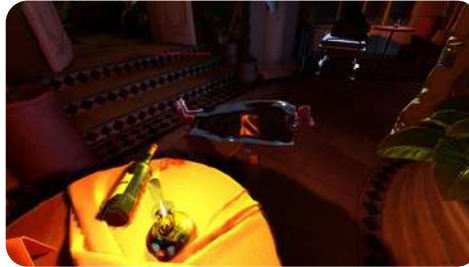
2. Quarantine zone

3. Infectious department

4. Laboratory of Infectious Diseases

5. Dirty underpass

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Glossophobia: Public speaking

1. Meeting with friends in bar (2 people)

2. Presenting at work (7 people)

3. Presenting in front of class (20 people)

4. Presenting on conference (30+ people)

5. Presenting on concert (50+ people)

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Hemophobia: Blood

Trypano1

1. Blood collection

Germo2

2. Dead body in the restaurant

Germo3

3. Hospitals morgue with corpses

Myso1

4. Dirty underpass with blood pools

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

🚌 Hodophobia: Travel and transport

Amaxo1

1. Mountain road

Amaxo2

2. Hills

Amaxo3

3. Hills (high speed)

Amaxo4

4. Stormy weather

Amaxo5

5. Tunnel

Amaxo6

6. Autobahn

Amaxo7

7. City road

Amaxo8

8. Roundabout

Aero4-5

9. Air flight

👨‍⚕️ Iatrophobia: Doctors, hospitals, surgery

1. Ambulance

2. Hospital

3. Pre-surgery: hospital wards

4. Surgery

Trypano1

5. Procedure room and blood collection

Claustro5

6. MRI-scan

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Insectophobia: Ants, cockroaches, flies

1. Cockroaches in an old chalet

2. Ants & spiders in a house

3. Spiders/cockroaches in tunnels

More levels are coming soon

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Mysophobia: Unsanitary conditions, dirt, contamination

1. Dirty underpass with unsanitary conditions

2. Dirty cafe with unsanitary conditions

3. WC at a train station

4. Dirt grotto with worms

Anger1

5. Dirt/clutter in apartment

Anger2

6. Dirt/clutter in hotel room

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Nyctophobia: Darkness, night

Claustro3

1. Darkness in a pedestrian underpass

2. Darkness in a parking garage

3. Blackout in an apartment

4. Power outage in an apartment building

5. Night in a forest

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Siderodromophobia: Subway, train

Nycto2

1. Entering the subway

Claustro4

2. Subway station

Claustro4

3. Subway train

Claustro6

4. Subway station #2

Claustro6

5. Subway train #2

More levels are coming soon

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Trypanophobia: Needles

Myso1

1. Blood collection

2. Blood collection in office

3. Underpass (syringes can be found on the floor)

More levels are coming soon

3D Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

VR content: OCD

PsyTech VR is offering VR scenarios that aim to simulate real-life situations encountered by individuals with OCD. Through engaging VR training, you can practice and build skills to manage patients' symptoms. The esteemed advisory board supervises the scientific component of the VR development, and all members are working in specialized private practices. Dr. Marina Gerskovich, who serves as the Assistant Professor of Medical Psychology at Columbia University, is also a member of the advisory board.

Dr. Gwilym Roddick

Psychotherapist (DSW, LCSW), Founder of CBT of Central and South Florida

Dr. Marina Gershkovich

Psychologist, Assistant professor of Medical Psychology at Columbia University

Shmuel Fischler

Clinical Social Work/Therapist, LCSW-C specialized in OCD

In April 2024, the OCD library consists of

6 scenarios which aim to simulate real-life situations that individuals with contamination OCD encounter

1. Public toilette

2. Dirty toilette

3. Toilette of hospital

4. Messy kitchen

5. Sharp Knives

6. Kitchen cleaning

The team will spend April to June creating more scenarios related to OCD for testing.

Locked... or unlocked door?
Checkers: Fear of Tragic Mistakes

Cluttered Room
Hoarders: Fear of Discarding Something Needed

Messy wardrobe
Hoarders: Fear of Discarding Something Needed

20+ scenarios will be added in Q2 of 2024

VR content: PTSD

Inna Maltzeva

Chief Science Officer
Clinical psychologist,
CBT and EMDR
certified counsellor

"
PsyTechVR's VR library of PTSD contains various scenarios: Violence, Natural disasters, Man-made disasters, Traffic collision, Terrorist attacks, Gunshots, Explosions and Military transport. Each scenario has a variety of levels which you can check after this slide.

Some of the triggers were filmed with a 360 camera to create colorful and immersive VR videos. However, certain PTSD scenarios could only be recreated with audio, so we produced a variety of audio levels recorded by professional voice actors and sound director.
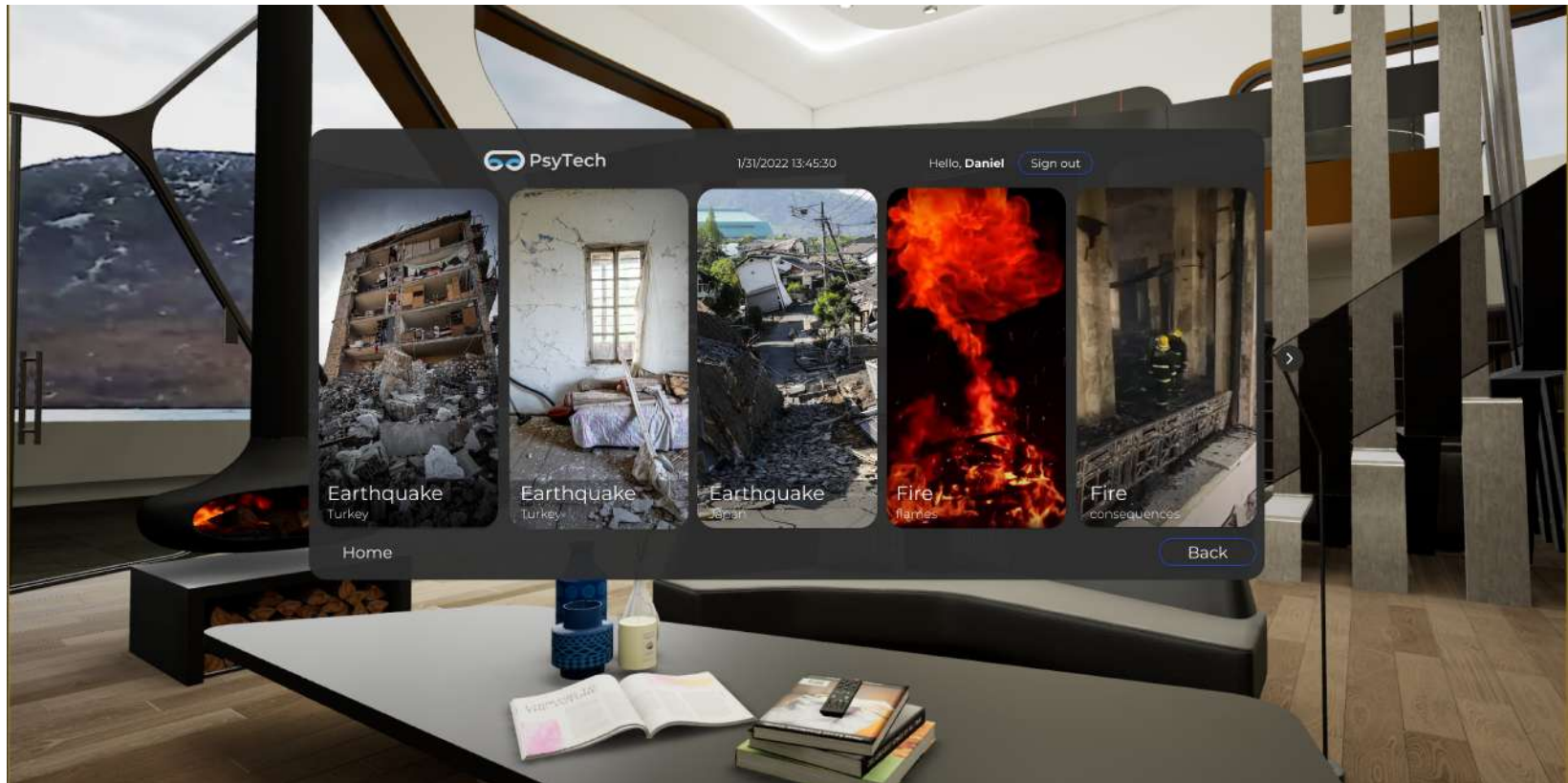"

During, before, or after training, the user can complete the **SUDs assessment**, which will be displayed on the statistics dashboard. The therapist can manage the assessment from the Launchpad.

VR content: PTSD

Family abuse
Violence

Sexual assault
Violence

Brawl
Violence

Bullying at school
Violence

Bullying at university
Violence

Earthquake
Natural disaster

Flood
Natural disaster

Volcano
Natural disaster

Tornado
Natural disaster

Storm
Natural disaster

Snow storm
Natural disaster

Fire
Technological disaster

Forest fire
Technological disaster

Burning house
Technological disaster

Fire consequences
Technological disaster

Fireworks
Technological disaster

Car accidents
Traffic collisions

Terrorism
Terrorist attacks

Explosions
Terrorists attacks

Gunshots
Terrorists attacks

Bombarding
War

Military aircraft/vehicle
War

War consequences
War

Atomic explosion
War

During, before, or after training, the user can complete the **SUDs assessment**, which will be displayed on the statistics dashboard. The therapist can manage the assessment from the Launchpad.

VR content: PTSD (360 videos)
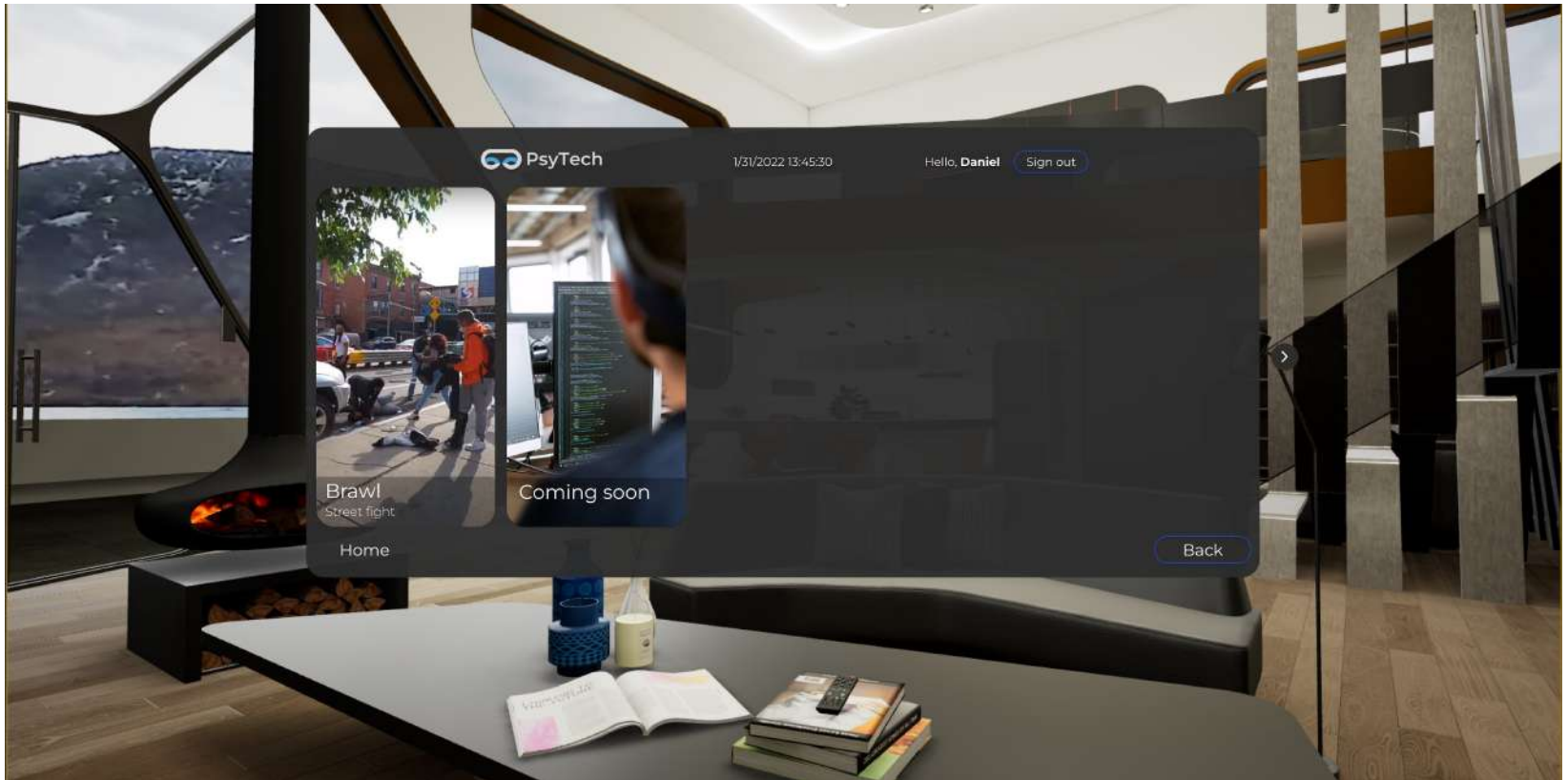
VR content: PTSD (360 videos)

VR content: PTSD (360 videos)
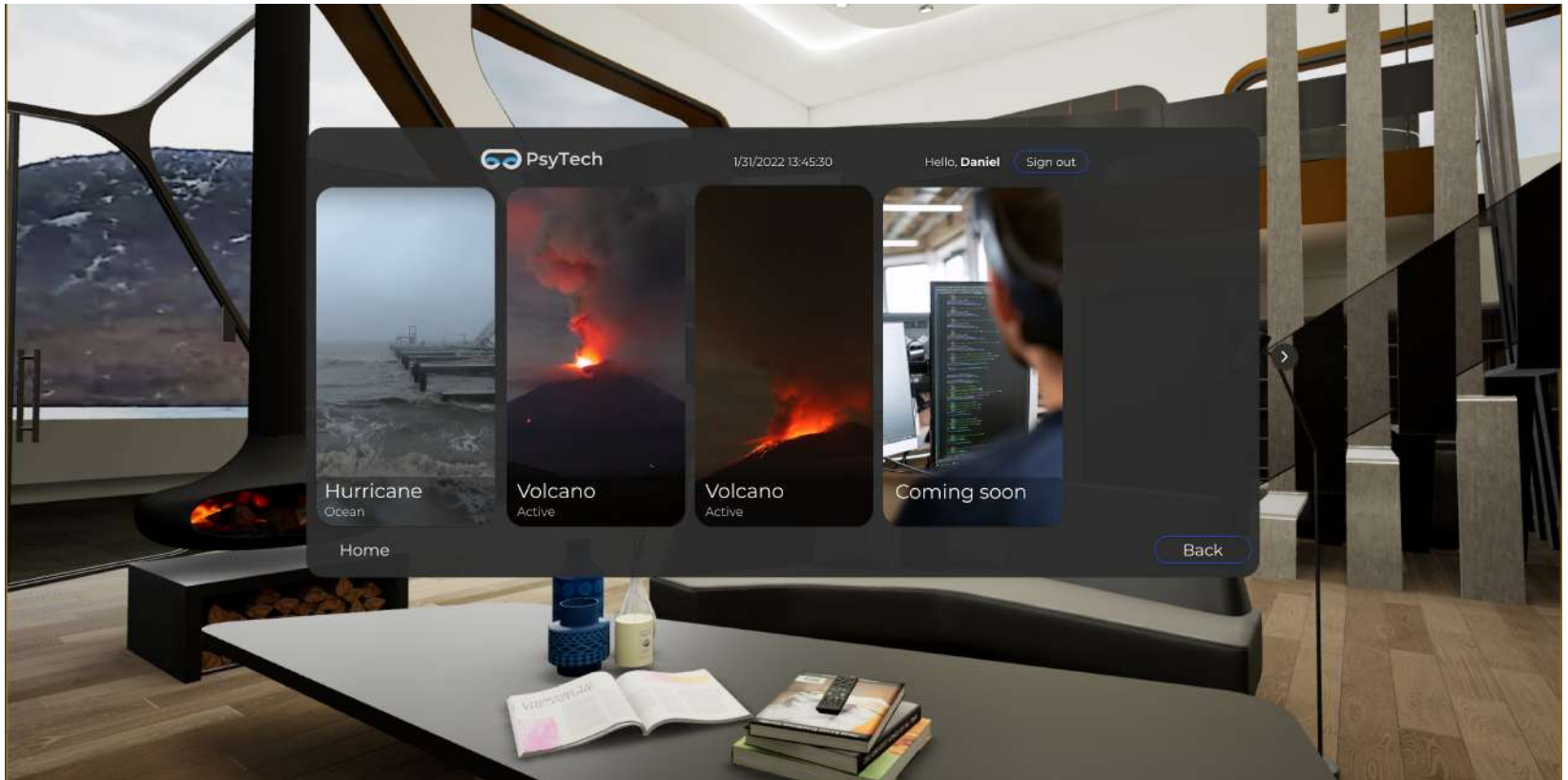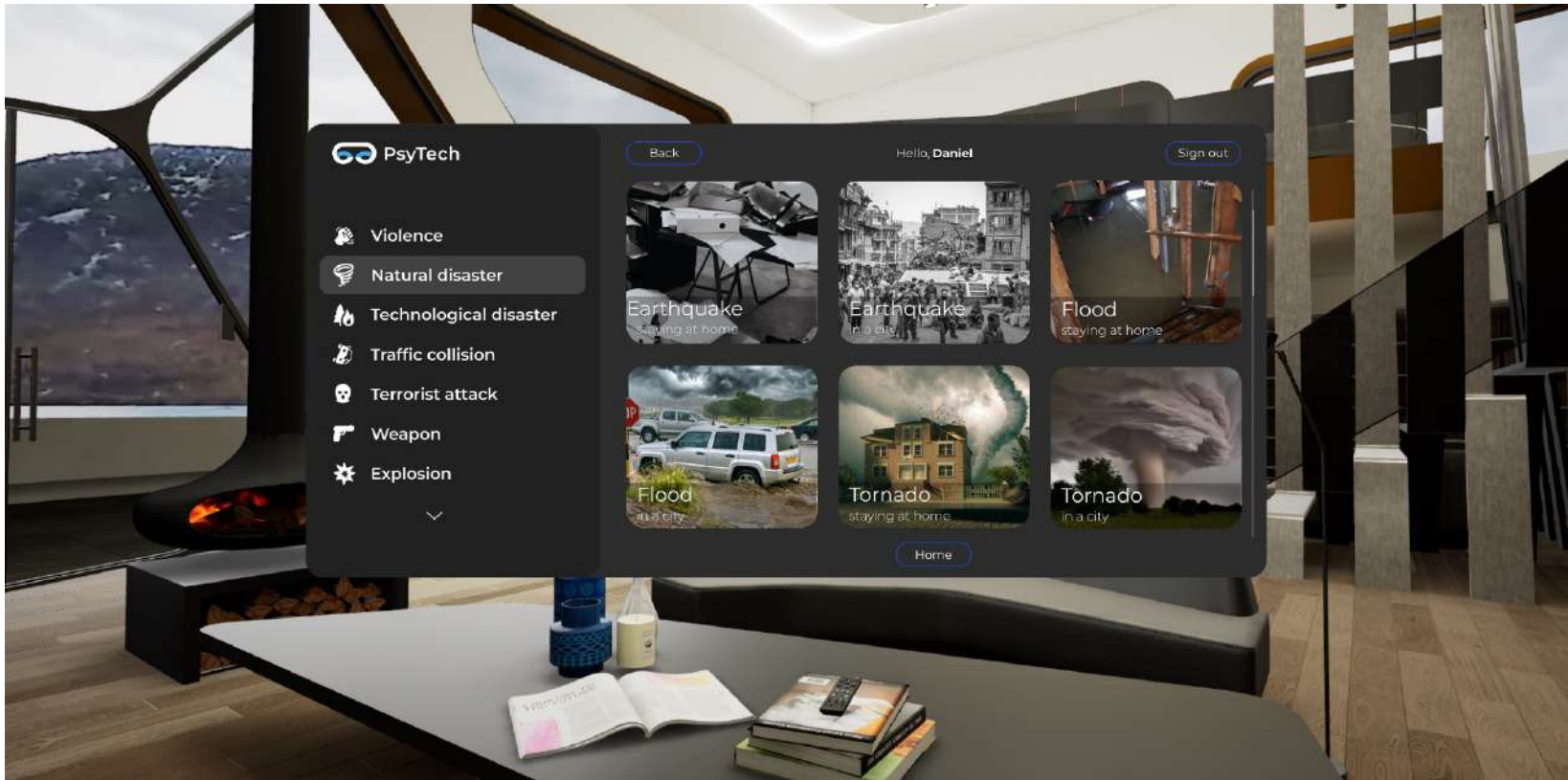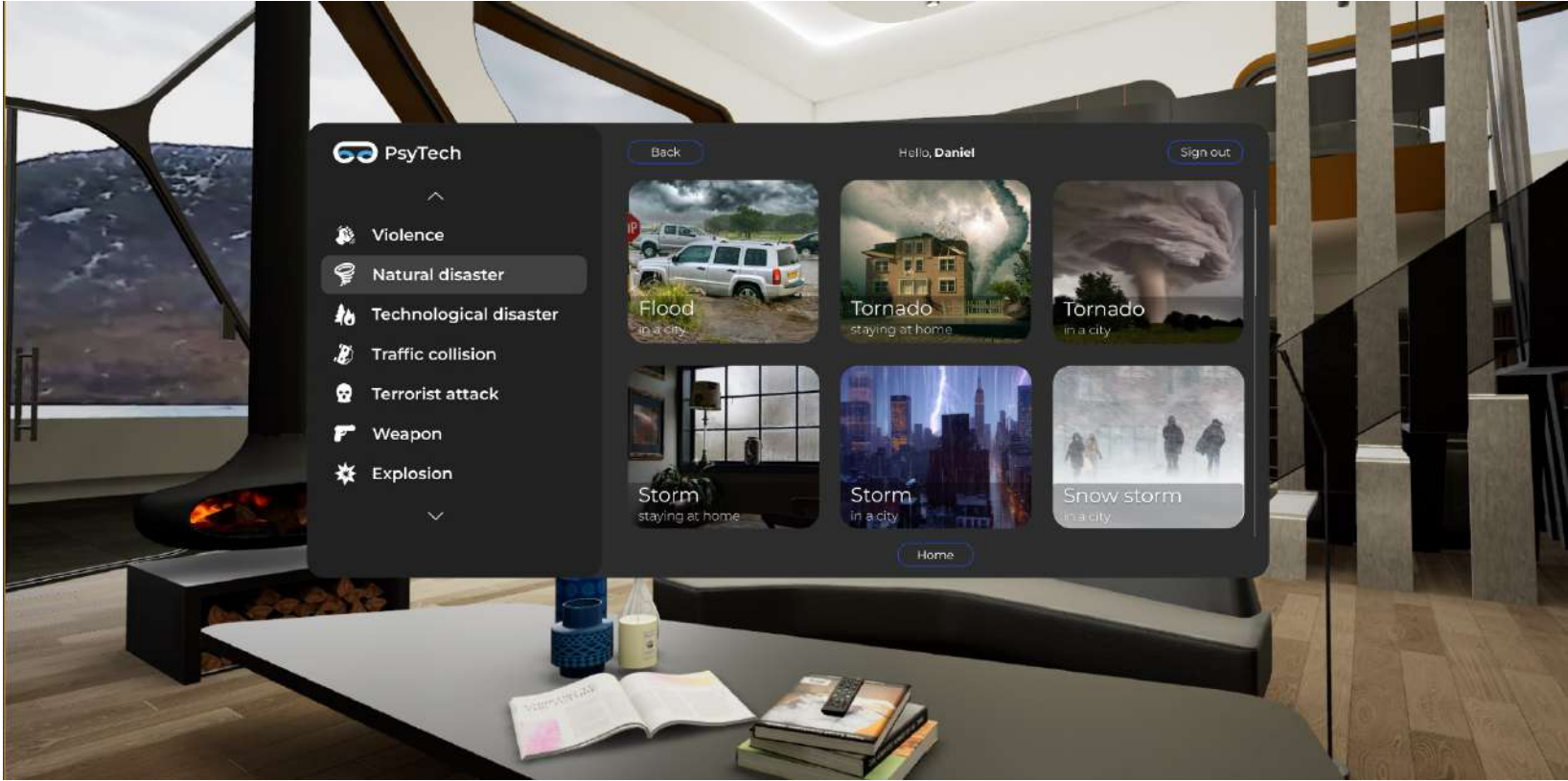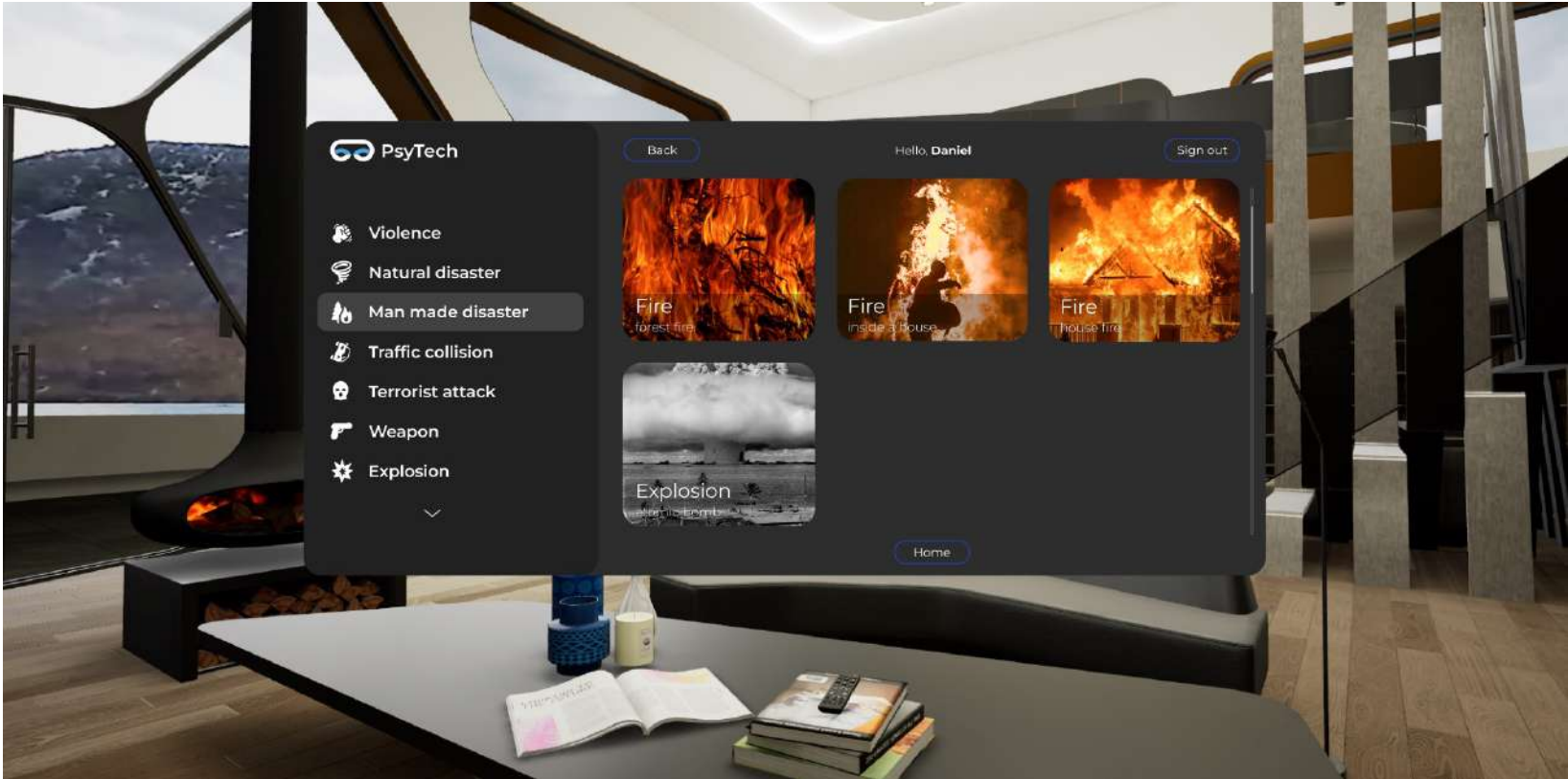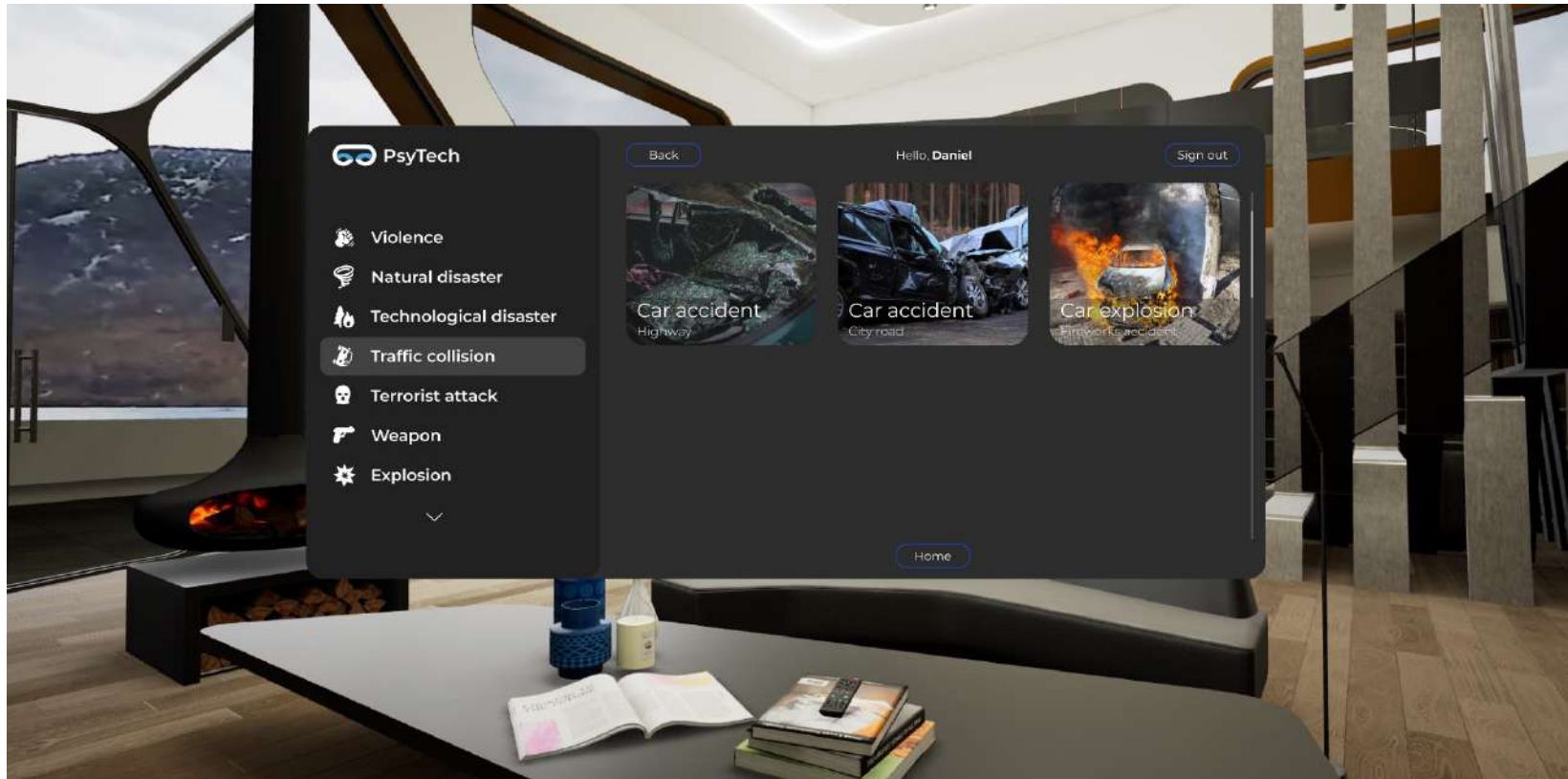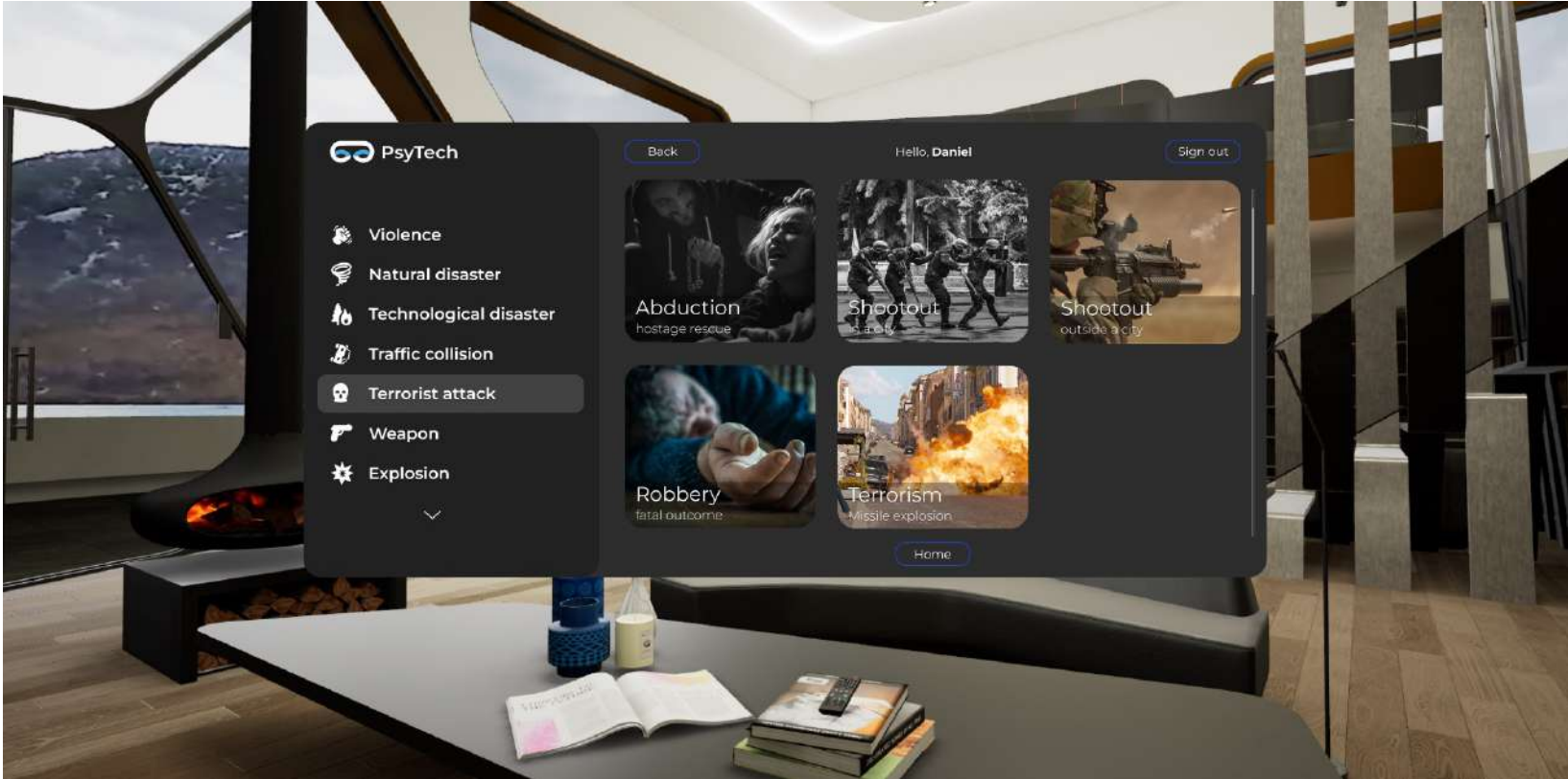
VR content: PTSD (360 videos)
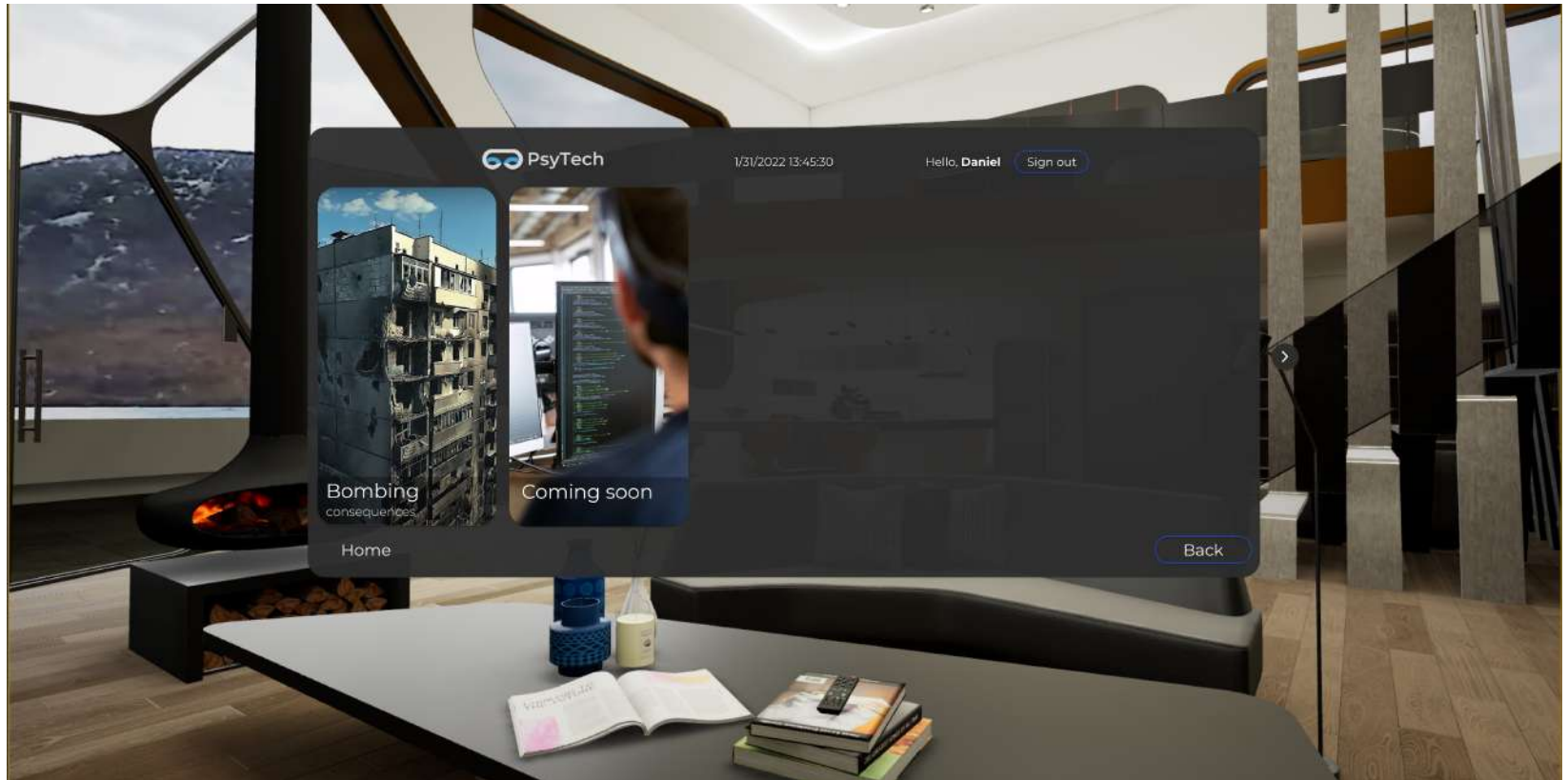
VR content: PTSD (audio)
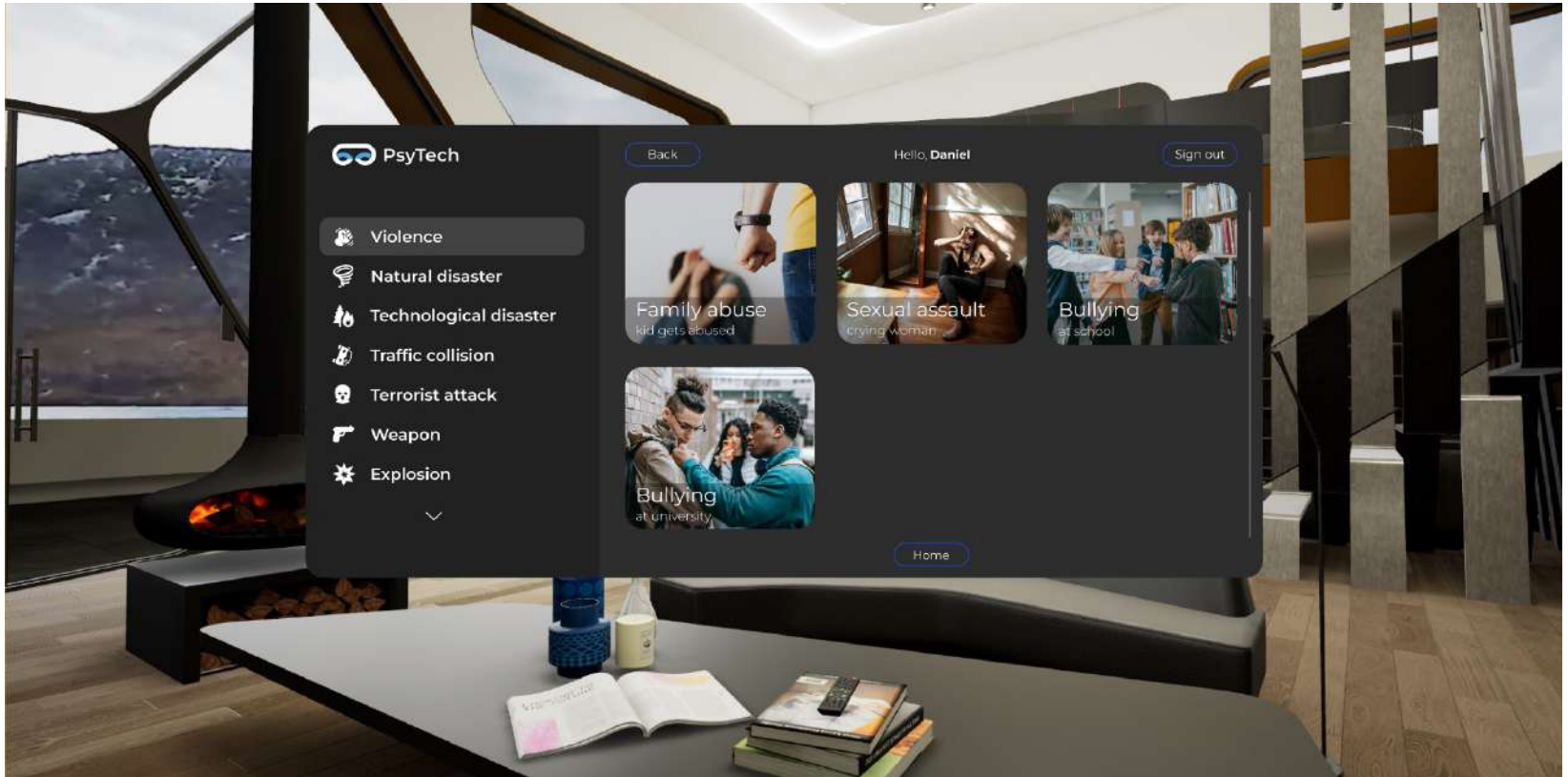
VR content: PTSD (audio)

VR content: PTSD (audio)

VR content: PTSD (audio)
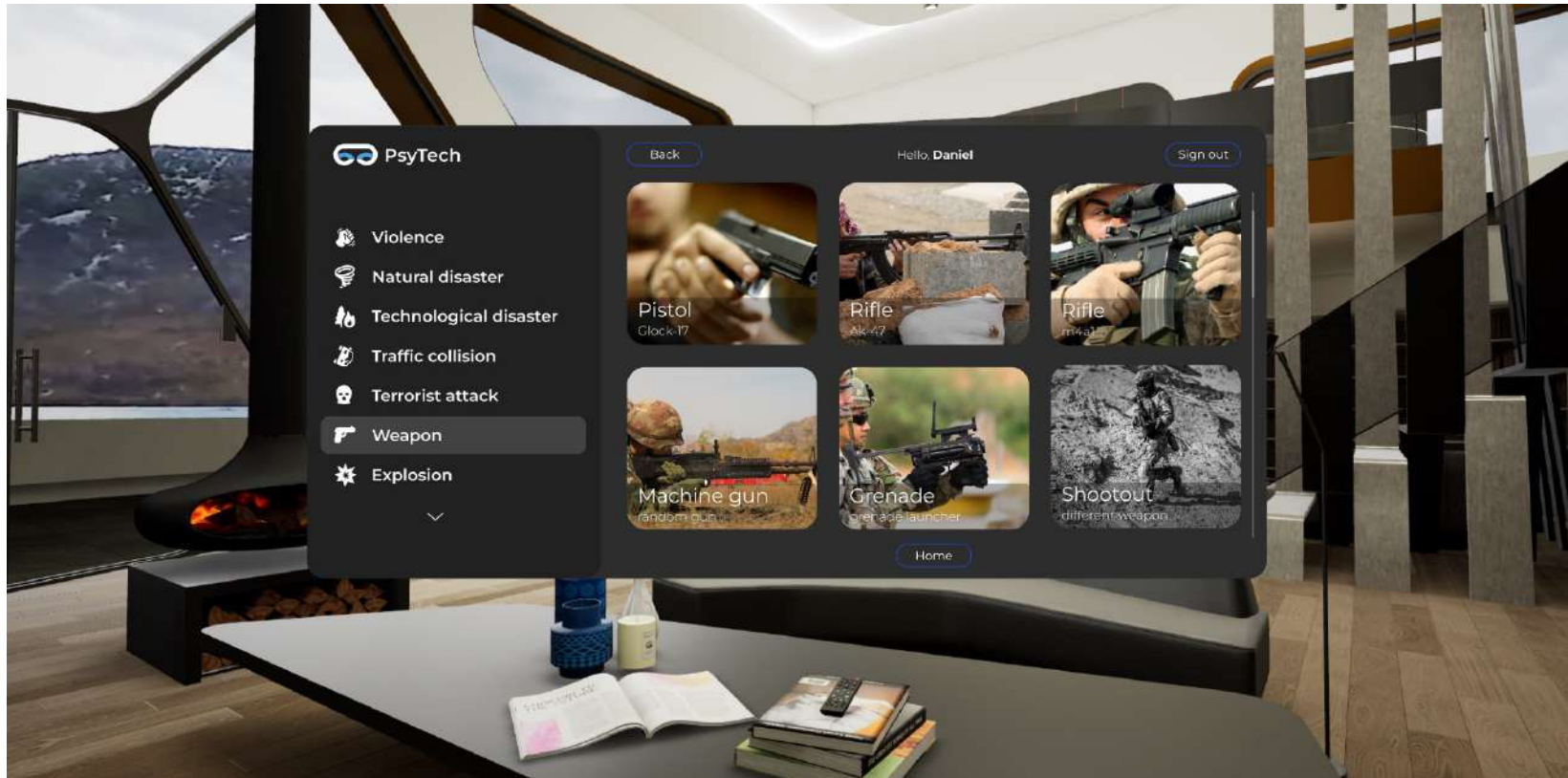
VR content: PTSD (audio)
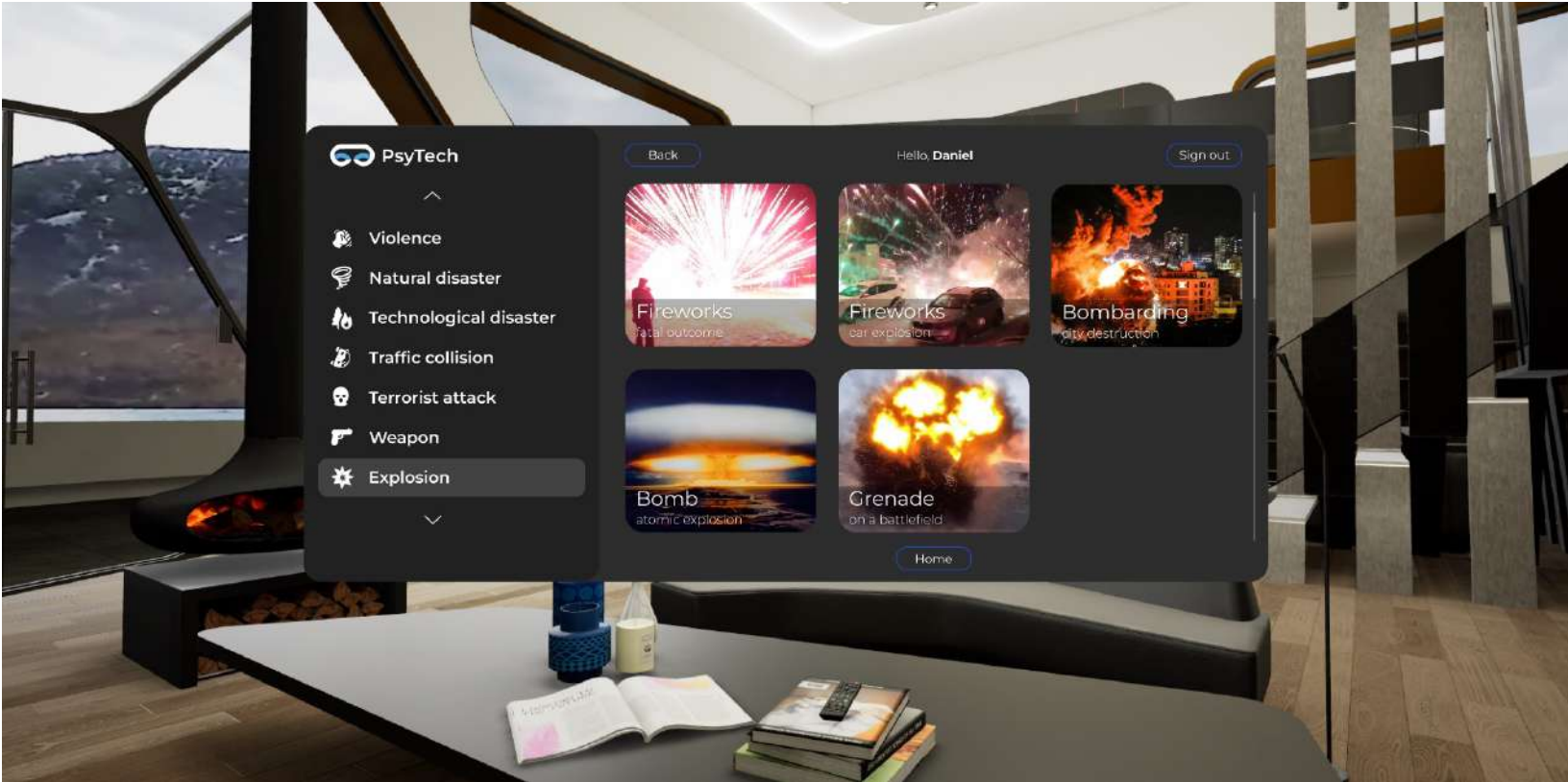
VR content: PTSD (audio)
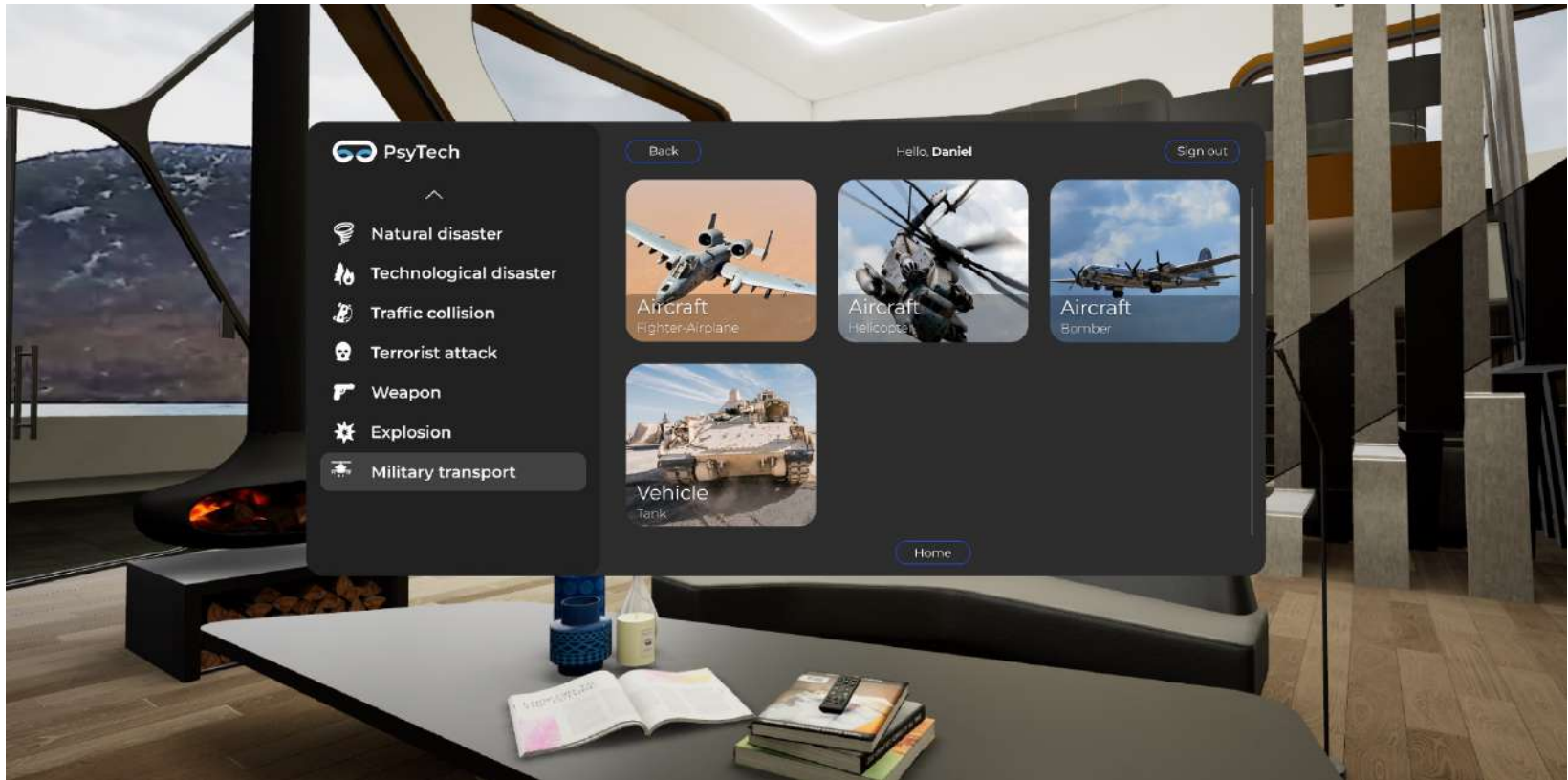
VR content: PTSD (audio)

VR content: PTSD (audio)

VR content: PTSD (audio)

VR content: PTSD (3D scenarios)
will be added in Q2 of 2024

VR content: Anger management

During, before, or after training, the user can complete the **SUDs assessment**, which will be displayed on the statistics dashboard. The therapist can manage the assessment from the Launchpad.

Anger management

PsyTech VR utilizes the REBT method in anger management by immersing users in a **3D environment to confront anger triggers**, followed by a **5-minute muscle relaxation** exercise. Subsequently, users experience a trigger-free environment and are guided to **transform irrational thoughts into rational** ones using REBT techniques.
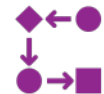

User-friendly and easy to use:
In the initial step, called "Anger Trigger," users will spend 4-6 minutes guided by a virtual assistant who directs their actions and provides instructions on navigating the virtual environment.

Anger Trigger → Muscle Relaxation → Transformation of irrational thoughts into rational

3D — Fully interactive scenarios made with 3D assets for 6-DOF headsets allow walking, teleporting, and object interaction.

Anger management

1. Office: Late assignment, reprimand from boss

2. Hotel: Unsanitary conditions, lousy service

3. Transport (late to work): Traffic jams, car honks

4. Home: clutter, mess

4. Home: clutter, mess

Will be available in q2 2024:

5. Bullying in university/college

6. City department queues

7. Blocked car on parking

VR content: Addictions

Inna Maltzeva

Chief Science Officer
Clinical psychologist,
CBT and EMDR
certified counsellor

" We leverage virtual reality to simulate real-life scenarios triggering cravings in those battling addictions. Our VR experiences induce thirst for alcohol, cravings for smoking, and desires for food, helping users confront and manage their addictive behaviors in a controlled environment conducive to recovery.

Furthermore, our platform incorporates analytics algorithms to track user progress, so the specialist can optimize therapy plans, and provide valuable insights for clinicians, enhancing the efficacy and efficiency of addiction treatment within virtual reality environments. "

During, before, or after training, the user can complete the **SUDs assessment**, which will be displayed on the statistics dashboard. The therapist can manage the assessment from the Launchpad.

Addictions

Food

2. Hotel: Unsanitary conditions, lousy service

2. Fast-food

Alcohol

4. Bar (alone)

4. Bar (with colleagues)

Cigarettes

5. Smoking on the street

6. Smoking in the cafe

20+ scenarios will be added in Q2 of 2024

# VR content of Mental Wellness: Relaxation techniques

Safe Place AI (locations created by user)

You can **establish a space to manage stress and anxiety**, which will help you gain control over your thoughts and emotions. This system serves multiple purposes, such as relaxation, manifestation, and facing your fears, and will create **customized environments based on your specific needs**

Use the text input to request any desired location. The **AI system will design the needed space in 25-30 seconds** and immerse you in the virtual world

| User sends request | AI generates world | VR shows generated result |
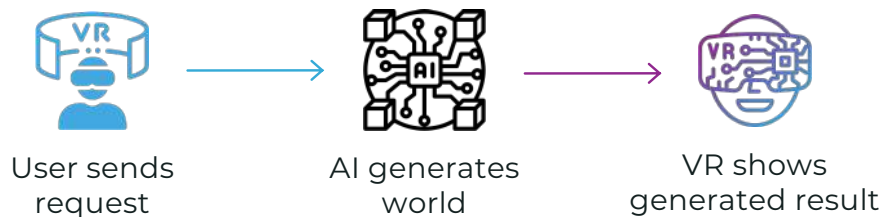
You can always send the patient from the exposure to their saved Safe Place

MindGap AI (locations created by user)

1. Safe place

prompt: Cosmos

prompt: Country road

2. Manifestation

prompt: ocean beach

prompt: supercar

🧘 Muscle relaxation

Body scan relaxation is a technique that involves bringing awareness to different body parts, one by one, **to promote relaxation and reduce stress**. The user will need to repeat each movement the virtual avatar will show

As attention is brought to each part, the individual may visualize the area becoming relaxed, releasing any tension or discomfort that may be present

🕐 5-min session

🪷 Release tension in muscles

🧍 Extremely helpful for Desk Workers

During, before, or after training, the user can complete the **SUDs assessment**, which will be displayed on the statistics dashboard. The therapist can manage the assessment from the Launchpad.

Breathing exercises

Mindfulness practices, such as breathing exercises, are associated with decreased gray matter density in the amygdala, the brain region initiating a stress response. This reduces the inclination to interpret an uncertain environment as a threat and thus react defensively. In this way, **breathing improves mental agility**

Explore breathtaking virtual locations while practicing breathing exercises with PsyTechVR

Inhale

🕐 3-min session

⚡ Far more refreshing than caffeine

🏞️ Includes high-quality nature sounds

During, before, or after training, the user can complete the **SUDs assessment**, which will be displayed on the statistics dashboard. The therapist can manage the assessment from the Launchpad.

✈️ Travel therapy

Researchers from Ohio University have found [1] that people relieve stress by viewing natural landscapes using virtual reality headsets

Immerse yourself in our unique locations filmed in various parts of the world! Inside our VR app, you will have access to travel therapy, which allows you to travel without leaving your office or office

360° videos

4K High resolution

Ambient sound of nature

During, before, or after training, the user can complete the **SUDs assessment**, which will be displayed on the statistics dashboard. The therapist can manage the assessment from the Launchpad.

[1] *A tranquil virtual reality experience to reduce subjective stress among COVID-19 frontline healthcare workers (link: https://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0262703)*

✈️ Travel therapy: Australia (Tasmania)

1. Waterfall in Mount Field National Park

2. Beach of the Bay of Fires

3. Wineglass bay beach

4. Sunset in the Bruni island

🌐 Travel therapy: Austria (Vienna)

1. State opera

2. Hofburg, Vienna

3. Hofburg, Vienna

4. Column of Pest

5. Setphansplatz

✈️ 🌐 Travel therapy: Cyprus (Limassol/Paphos)

1. Pissouri beach

2. Zapallo bay

3. Chantara Waterfall

4. Pissouri Beach

5. Aphrodite beach

6. Prastio Stream

7. Trodos

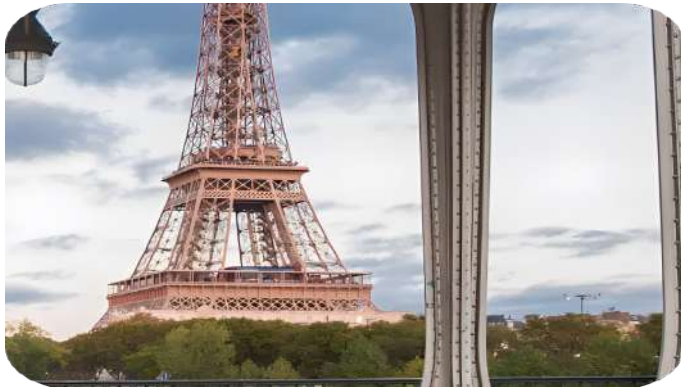**8. Potamossias waterfall**

9. Mount Olympus

✈️ Travel therapy: France (Paris)

1. Eiffel tower

2. Louvre

3. Eiffel tower

4. Notre Dame

✈ Travel therapy: Germany (Bavarian Alps)

1. Lake in the Berchtesgaden Park

2. Mountain view of Alps

3. Mountain view of the Northern Limestone Alps

4. Misty lake - the Obersee

5. Meadow in Bavarian alps

6. Wimbachklamm waterfall

7. Meadow in Eitorf

8. Market in Bonn

9. Eltz Castle

✈️ Travel therapy: Netherlands (Amsterdam)

1. Carbridge over the canal

2. Footbridge over the canal

🌐 Travel therapy: Norway (Lofoten islands)

1. Grassy headland in Hamnøy

2. Panoramic view of Norwegian Fjords

3. Reinebringen Summit, Lofoten Islands

✈️ Travel therapy: UK (London)

1. Tower Bridge

2. London-EYE

3. Trafalgar Square

4. Big Ben

Mindfulness meditations

PsyTech VR mindfulness meditations offer a unique approach to enhance mindfulness practice. By immersing users in a virtual environment, distractions are minimized, enabling a deeper engagement with mindfulness exercises. The immersive nature of VR technology fosters a stronger mind-body connection and promotes relaxation.

User picks meditation type

User will be immersed into relaxing location

User will hear meditation given by podcaster

During, before, or after training, the user can complete the **SUDs assessment**, which will be displayed on the statistics dashboard. The therapist can manage the assessment from the Launchpad.
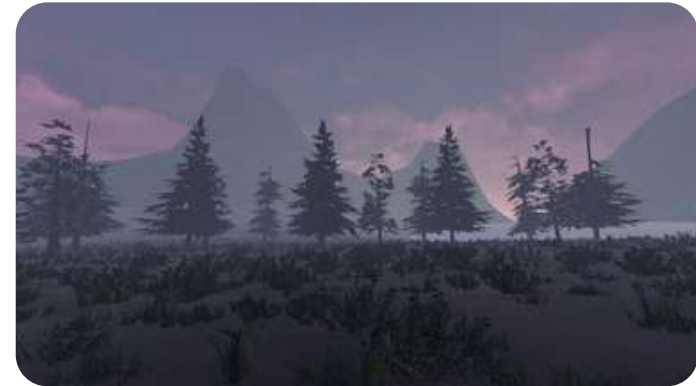
Mindfulness meditations

1. Focus and relax to control the inner voice

2. "Body scan" meditation


3. "Safe place" meditation

4. Clear blocks to release the body limits

Neurographic Art. A therapeutic art form

PsyTech VR Neurographic Art offers a transformative and therapeutic experience for individuals seeking **emotional expression, stress relief and self-discovery** through art

Individuals can create intricate artworks symbolizing personal journeys with interactive tools and customizable features. Through this transformative art form, individuals can cultivate self-awareness, manage stress, and embark on a healing journey of self-discovery
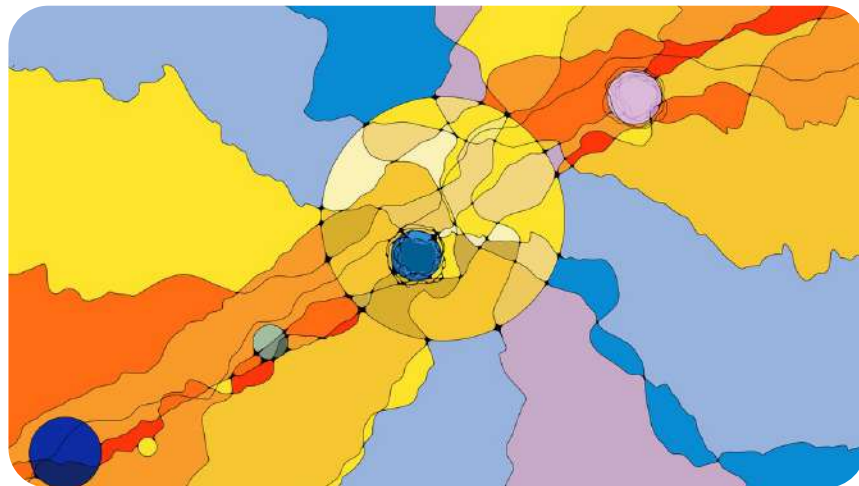
Complete the course on the LMS

Launch the VR level, and pick a digital pan

Change the settings of the pen: color, thickness, etc.

During, before, or after training, the user can complete the **SUDs assessment**, which will be displayed on the statistics dashboard. The therapist can manage the assessment from the Launchpad.
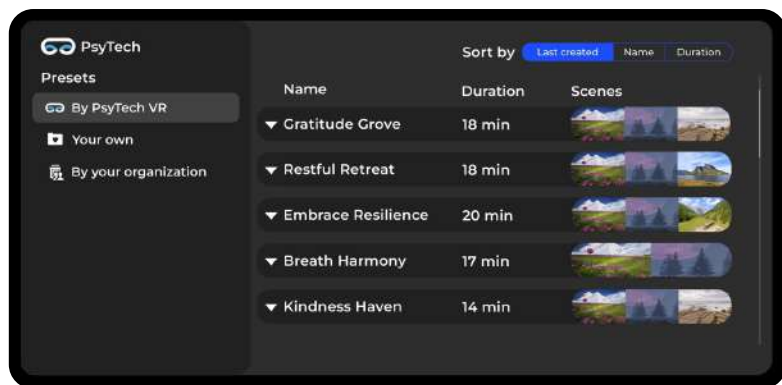
Neurographic Art. A therapeutic art form

**1. Japanese summer garden**

2. Castle on the beach

Presets for Relaxations

Introducing our VR relaxation solutions! Explore ready-to-use presets or create your own tailored sessions, from quick 5-minute respites to full 60-minute experiences, all featuring PsyTechVR's wellness modules.

Ready presets

We recognize that users may not always have the time to navigate through an extensive VR library to find the relaxation content they need. Therefore, we provide ready-to-use presets for specific durations. Each program is tailored and includes diverse content to cater to various relaxation needs
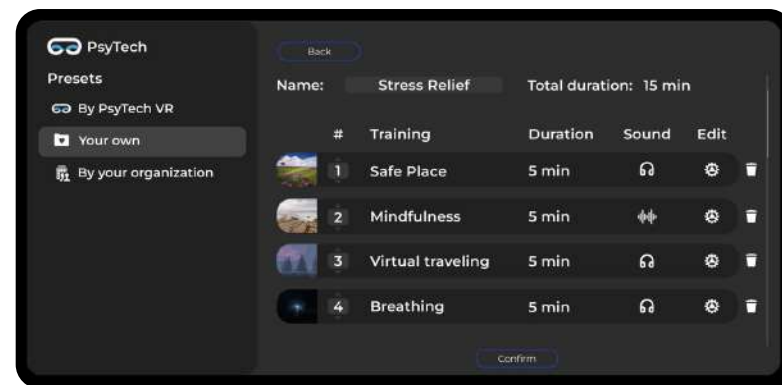
Custom presets

Users and organizations have the flexibility to create unique, personalized presets tailored to their preferences. From a 5-minute safe space to a 60-minute relaxation session, these presets can incorporate all of PsyTechVR's wellness modules, providing a customizable experience suited to individual needs

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LMS business owner:
1 mil users, 200
developers

Ivan Andreev

Co-Founder & COO

For 20 years in business
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startups:
Gaming and EdTech

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