



Our new and effective therapy method

Virtual Reality (VR) Therapy

By Mind by Design® powered by Amelia Virtual Care



About the approach

At Mind By Design®, we believe in constantly improving and providing accessible services to all individuals. As a result, we have partnered with *Amelia Virtual Care* to bring a new, simple solution for remotely accessing exposure therapy and relaxation sessions.

Fear of resuming certain activities can be debilitating to those who have experienced a traumatic loss and we are offering VR therapy to help overcome this. VR provides a dynamic and interactive environment through technology that immerses the client and allows for safe and effective exposure to various stimuli.

Backed by 25 years of research, VR therapy accelerates the therapeutic process in a controlled environment and provides the opportunity to recreate difficult-to-access scenarios. Sessions are controlled by one of our experienced therapists with great privacy, designed to create a safe environment where our clients can be exposed and desensitized to everyday situations.





How it works

VR therapy can be used both for assessments and treatments, giving the client the option to interact with the environment from the comfort and safety of their own home. A personal headset and a set of sensors are sent to the client, and are covered by most insurance plans, to ensure the accessibility and hygiene of our practice. Your therapist will be right there with you: once you've scheduled an appointment,

they'll guide you step-by-step through your remote session over a phone or video call. During each session, one of our qualified and experienced therapists guides the client via a video call while controlling what the client is exposed to, over the VR platform. The software also records the level of stress in the client using the sensors that were shipped to the client prior to the session. This information is then used to assess the clients psychological state and the effectiveness of each session, which will then be used to personalize each session and obtain optimal results for the client.





The various environments are designed to help clients in the following areas:

- Acrophobia (Fear of Heights)
- Addictive Disorders
- Aerophobia (Fear of Flying)
- Agoraphobia (Fear of New Environments)
- Amaxophobia (Fear of Driving)
- Bullying
- Claustrophobia (Fear of Small Spaces)
- Depressive Disorders
- Eating Disorders
- Generalized Anxiety
- Medical Procedures
- Mindfulness
- Nyctophobia (Fear of Darkness)
- OCD
- Pain Management
- Public Speaking
- Relaxation
- Sleep-Wake Disorders
- Social Anxiety
- Sport Performance
- Stress & Trauma
- Test Anxiety
- Zoophobia (Fear of Animal)





Benefits of VR Therapy

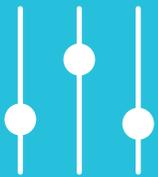
- Scientifically Validated
- More Privacy
- Lower Cost
- Easy and Accessible
- Personalized Treatments
- Beyond the Reality
- Self-training
- Greater Control
- Safer Environments



Why choose therapy with VR?



Virtual reality is a complementary tool for traditional therapy, with its effectiveness supported by more than 25 years of scientific research.



By allowing the therapist greater control and personalisation than traditional methods such as imagined exposure, virtual reality facilitates faster progress for the patient.



Amelia Virtual Care has environments created to mitigate the effects of anxiety and stress. It allows you to access that immersion from the comfort of your home.



You will have the possibility to do tailored-made, guided remote VR sessions, and also have access to the automatic VR-based relaxation and mindfulness exercises.



How to access Amelia Virtual Care?

- Download the Amelia Healthcare app from the Google Play store
- Enter the app and accept all the permissions required
- When you see the image of the mountain with a four-digit code in the center, you can start the session

If you have problems with the installation, you may contact:
+34 932 20 95 10 (for technical assistance for patients only)



Contact Us

Home-visits and locations throughout
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