

Outline

A Clinicians Guide to Virtual Reality (VR):

Your Biggest Questions Answered

What is VR and How is it Created
What Client and Therapist Equipment Is Needed
Six Common Therapist Concerns and FAQs
Clinical Experience and Case Studies

Benefits, Risks, and Research Findings

VR Exposure vs Imaginal or In Vivo Exposure
Risks and Contraindications
Key Research Findings and Limitations of Research

VR in Exposure Therapy for Anxiety

Breaking the Anxiety Cycle: How VR Can Help
Preparing for Successful VR Exposure
In-Office and Teletherapy VR Strategies
How Not to Do VR Exposure
Trouble-Shooting Common Problems

How to Apply VR in the Treatment of Specific Disorders

Specific Phobias
Social Anxiety and Performance Anxiety
Panic Disorder and Agoraphobia
PTSD
OCD, GAD, and Health Anxiety

Choosing a VR System

Clinical Issues
Technical Issues
Practical Issues
VR Apps

Emerging Uses of VR

Body Image and Eating Disorders
Substance Abuse Refusal Skills
Pain, Positive Mood States, Quality of Life, EMDR

Live Webinar Schedule (Times listed in Pacific)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

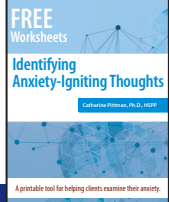
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Utilize immersive therapeutic virtual experiences with clients in office or teletherapy sessions.
2. Plan individualized, controlled VR exposure (VRE) with anxious clients.
3. Apply a comprehensive model of anxiety to guide incorporation of VR treatment.
4. Use VR to uncover fears, provide reinforcement, prevent relapse, and facilitate relaxation, and mindfulness skills.
5. Investigate common problems and solutions in the utilization of VR in clinical practice.
6. Evaluate VR systems, hardware and applications that best meet the needs of an individual's practice.

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Virtual Reality (VR) for Anxiety and Phobia Treatment

A How to Guide to Using VR for More Practical, Rapid and Effective Exposure Therapy

LIVE Interactive Webinar
Friday, May 14, 2021

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Virtual Reality (VR) for Anxiety and Phobia Treatment

A How to Guide to Using VR for More Practical, Rapid and Effective Exposure Therapy

Easy and affordable to implement in your practice, Virtual Reality interventions are strongly supported by research!

- Enhance clinical effectiveness with individualized and authentic VR experiences
- Help clients build skills in safe and immersive virtual environments
- Have more control over the intensity of your clients' exposure experiences
- No special computer skills required!
- Demonstrations and case studies included

LIVE Interactive Webinar
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VIRTUAL REALITY (VR) FOR ANXIETY AND PHOBIA TREATMENT

Exposure is a vital component of treating anxiety and phobias so clients can face their fears and take control of their lives.

But no matter how much you try to prepare them, many clients are too frightened to face specific anxiety and panic inducing situations and scenarios on their own. And accompanying them is expensive, time-consuming, creates confidentiality risks, and is often impractical.

Virtual Reality (VR) is a major advance in anxiety treatment that lets your clients face their fears and anxieties head-on in a safe, practical way that leads to faster results and gives clients and clinicians the ability to control, gradually increase the intensity, and repeat exposures in ways that are impossible in real life.

Now you can have clients fly in virtual planes, drive virtual cars, stand at virtual heights, or speak to virtual audiences while you monitor and coach them at each step!

Join licensed psychologist and Virtual Reality Treatment pioneer Elizabeth McMahon, PhD for this **live one-day training** as she makes VR completely accessible, understandable and useable for all clinicians regardless of their skill with a computer! From the technical to the clinical, Dr. McMahon will put it all within your grasp so you can use VR in your own practice working with anxious clients in-person or via telehealth!

Attend and discover:

- How to use VR in the treatment of specific anxiety and panic disorders
- How VR works in conjunction with the therapeutic approaches you already use
- How VR can be tailored to fit the needs of individual clients
- A hardware, app and VR system guide

- Answers to your biggest questions about costs, technology and practical issues

Add a new dimension to your practice and enhance your treatment of anxiety with Virtual Reality!

Register today!

Target Audience:

Counselors • Social Workers • Psychologists • Marriage & Family Therapists
Addictions Counselors • Psychiatrists • School Psychologists • School Counselors
Pastoral Counselors • Psychiatric Nurses



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Meet Your Speaker

Elizabeth McMahon, PhD, is an expert on Virtual Reality Therapy (VRT) for anxiety and an engaging and sought-after teacher known for her ability to translate research into practical skills for clinicians. She has been using VR in therapy and training other therapists in this technology since 2010.

Dr. McMahon has presented at VR and healthcare conferences, at the Technology Mind & Society conference, and has taught accredited CE workshops for PESI, APA, California Psychological Association, regional psychological associations, and other organizations. Her 10-week webinar on VRT was attended by therapists around the world and her talks receive the highest ratings.

Her workbook, *Overcoming Anxiety and Panic Interactive Guide* helps clients prepare for treatment. Her therapist workbook, *Virtual Reality Therapy for Anxiety: A Guide for Therapists*, will be published in 2021 by Routledge.

Dr. McMahon earned her PhD in clinical psychology from Case Western Reserve University, completed a post-doctoral residency at Sheppard-Pratt Psychiatric Hospital, and worked for Kaiser Psychiatry Department in Fremont before entering private practice. While at Kaiser, she helped create regional best practices for anxiety disorders, wrote the first health education class on anxiety, supervised post-doctoral psychology residents, and gave numerous presentations on anxiety and using VR to professional and lay audiences.

Speaker Disclosure:

Financial: Elizabeth McMahon is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Elizabeth McMahon is a member of the American Psychological Association; the American Society of Clinical Hypnosis; and the California Psychological Association.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Psychologists, and Social Workers.**

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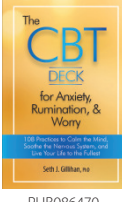
- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



Feeling Great
The Revolutionary New Treatment for Depression and Anxiety

David D. Burns, M.D.
~~\$26.99~~ **\$19.99***



The CBT Deck for Anxiety, Rumination, & Worry
108 Practices to Calm the Mind, Soothe the Nervous System, and Live Your Life to the Fullest

Seth J. Gillihan, Ph.D.
~~\$19.99~~ **\$14.99***

* Discount Included with purchase of the Webinar

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