

Step-by-step how a VR session works

1

Your therapist will prepare the VR headset, headphones and electrodermal response sensor.



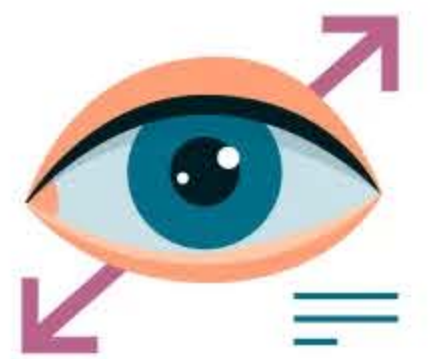
2

The velcro sensors in the electrodermal response sensor will be positioned on your left hand's index and middle fingers.



3

When you put on the headset, you'll see a code appear. When you do, let your therapist know. This code will help your therapist pair the VR headset with the platform.



4

You'll now see a field. Please wait for your therapist to prepare the following scene.



5

At this point, your virtual session has begun and your therapist will begin to guide you through the VR scene. During the session, your therapist may ask you to define your level of anxiety using a scale from 1 to 10.



6

VR will transport you to a virtual environment. Part of its success is attributable to your ability to let yourself go and be both immersed and present in the experience. If you do that, you'll have a more vivid VR session that generates emotions and thoughts and helps your therapist support you.

