



Virtual Reality: An innovative way of treating psychological conditions

THE OICBT IS
COMMITTED TO
PROVIDING EFFECTIVE,
INNOVATIVE MENTAL
HEALTH SERVICES IN A
COST-EFFECTIVE WAY

The OICBT has made virtual reality exposure therapy – an innovative and effective way of treating certain anxiety disorders and phobias – available to its clients through the OICBT Virtual Reality Program.

Much like virtual reality in other realms such as gaming, the OICBT Virtual Reality program makes use of virtual reality headsets and software. This allows the client to virtually experience situations related to their anxieties or fears. Consistent with best practice in treating anxiety-related disorders and phobias, the OICBT Virtual Reality Program allows clients and their therapists to work through anxiety-provoking situations in a “real world” manner without leaving the office.

Conditions and fears addressed:

Virtual reality has shown great promise in helping clients address a broad range of anxiety-related conditions, situations, and fears. Currently, the OICBT Virtual Reality Program is focused on providing treatment related to:

- fear of flying
- social anxiety;
- specific phobias like cats, dogs, snakes, and spiders;
- stimuli and situations that may be related to clients’ obsessive compulsive disorder symptoms, such as fears of germs or certain environments.

Contact Information

For more information, please contact us at info@ottawacbt.ca or 613.820.9931, ext 0.

We will be able to provide you with further details regarding this service.

Dates

The virtual reality program is not offered on one specific date or time. You will work with your therapist to find a time during your treatment at which to make use of the virtual reality equipment. Visit our website at www.ottawacbt.ca for further information about our group program and staff.

Cost

There is a set rate for the integration of virtual reality into your treatment at the OICBT.

Insurance coverage

This type of service is usually covered for individuals with extended health care benefits; however, we recommend that you follow-up with your insurance company to confirm this.

Increasing Access to Services in the Community

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