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Ottawa Institute  
of Cognitive  
Behavioural Therapy



Institut de thérapie  
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**Virtual Reality: An  
Innovative Way of  
Treating  
Psychological  
Conditions**



**OTTAWA INSTITUTE  
OF COGNITIVE  
BEHAVIOURAL  
THERAPY**

# VIRTUAL REALITY INDIVIDUAL THERAPY

- 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, our program makes use of virtual reality headsets and software
- It allows clients to virtually experience situations related to their anxieties or fears.
- Consistent with best practice in treating anxiety-related disorders and phobias, our program allows clients and their therapists to work through anxiety-provoking situations in “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.



## FAQs

### When can I start?

- 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](http://www.ottawacbt.ca) for further information about our group program and staff.

### How many sessions are recommended for virtual reality therapy and how much does it cost?

- One course of treatment for phobias includes an estimated 10 sessions. Individual virtual reality sessions for anxiety and OCD are charged at the standard clinician rate.

### Is it possible to pay with insurance or a treatment plan?

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