Virtual Reality in Practice

Exploring Programs and Outreach
Virtual Reality Exposure Therapy for PTSD in the military
A review of promising emerging evidence

PTSD may be the most urgent problem that America faces just now. The personal, social and economic disbenefits of PTSD, and its treatment, are significant. The disorder is estimated to affect between 4% and 17% of the US population, with the highest rates seen among combat veterans of the wars in Iraq and Afghanistan. After decades of research and development, clinicians and researchers have refined treatments, but new technologies like virtual reality (VR) hold promise for better outcomes for patients and their families. This article reviews the research to date on the use of VR exposure therapy for PTSD and summarizes the evidence that suggests it may be an effective treatment option.
## Logistics

### Youth Program Kits Calendar

**Add Youth and Adult Services Equipment / Kit Request**

- [Printer-friendly version](#)

#### March 2018

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<th>Sun</th>
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- **Tech: LittleBits and Cublets, Heritage (C)**
  - 9:00 - 9:15
- **Tech: Bees and Beeswax, Pleasant (C)**
  - 9:15 - 9:30
- **Tech: LED Treasure, Tech: LittleBits and Cublets, Tech: Origami, Tech: Snap Circuits, Pleasant**
  - 9:30 - 9:45
- **Tech: LittleBits and Cublets, Tech: Makey Makey, Tech: Origami, Tech: Snap Circuits, Pleasant**
  - 9:45 - 10:00
- **Tech: Virtual Reality Kit, Robert Trail (F)**
  - 10:00 - 10:15

- **Arts & Crafts: Duct tape crafts, Tech: Origami, Tech: LED Treasure, Inner Gain**
  - 4:30 - 4:45
- **Arts & Crafts: Box kits, Tech: LittleBits and Cublets, Tech: Snap Circuits, Pleasant**
  - 4:45 - 5:00
Program Kits

- Bee Bots and Pro Bots
- LED Throwies
- Lego Mindstorms
- Littlebits and Cubelets
- Makey Makey
- Ogobild
- Ozobots
- Snap Circuits
- Virtual Reality
- Games
  - Board games
  - Chess
  - STEM Games
- Legos, Duplos and Mega Bloks
- Obstacle Course
- Button Making
- Duct Tape Crafts
- Gift Bags
- Glass Bubble Magnets
- Greeting Cards
- Hardware Jewelry
- Manga Drawing
- Origami
- Paper Bag Puppets
- Rainbow Loom
- Stamping
- Wearable Washers
- Karaoke Machine
- Game Show Buzzer System
- PA system
- Also storytime materials
# Research, Proposal, Logistics

<table>
<thead>
<tr>
<th><strong>Immersive device</strong></th>
<th><strong>Cardboard-style viewers</strong></th>
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<tbody>
<tr>
<td>One user</td>
<td>Multi user</td>
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<td>Expensive</td>
<td>Cheap</td>
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<td>Requires gaming computer</td>
<td>Requires mobile devices</td>
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<td>High quality, immersive experience</td>
<td>Lower quality, less immersive</td>
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<td>Create on high level (TiltBrush, 3D modeling, etc)</td>
<td>Create on lower level (photos, CoSpaces)</td>
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<td>Continually improving quality and price</td>
<td>Consistent; lower risk of obsolescence</td>
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<td>HTC Vive, Oculus Rift, etc.</td>
<td>Cardboard, plastic construction, DIY</td>
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First Round of Programs
Next Steps
Future?

http://i.imgur.com/JLnn2re.gif
We’re born to do what can’t be done
Demo Time!

Explore VR Basics
Games in VR
VR Photography and Tours
Build a VR World
Discoveries?

Issues?

Ideas?
Thank you!

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