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

Postad Feb 18, 2017

PTSD may be the most urgent problem of modern warfare. The personal, social and economic costs are immense; including compensation, and productivity loss in the workplace and society broadly. After decades of research, the nature or treatment of the psychological disorder characterised by combat-related flashbacks, nightmares and feelings of guilt, helplessness and rage remains unclear. However, the potential of virtual reality (VR) to treat PTSD is promising. VR allows users to be immersed in a digital environment, which can be used to recreate combat scenarios. The technology could be particularly useful for treating PTSD in soldiers who have experienced combat trauma. However, more research is needed to determine the effectiveness of VR in treating PTSD.

Physical Training and Rehabilitation Platform
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Logistics**

- Add Youth and Adult Services Equipment / Kit Request
- Printer-friendly version

**MARCH 2018**

- **Tech: LittleBits and Cublets**, Heritage (C), 6:00 - 9:00
- **Tech: Bee Bots and Pro Bots**, Pleasant 140

- **Tech: LED Treasure**, Tech: LittleBits and Cublets, Tech: Oobleck, Tech: Snap Circuits, Pleasant (B), 12:00 - 3:00

- **Tech: Virtual Reality Kit**, Robert Trail (F), 1:00 - 3:30

---

**Logistics**

- **Arts & Crafts: Human-Making Cublets**, 12:45 - 3:15

- **Tech: LittleBits and Cublets**, Tech: Makey Makey, Tech: Oobleck, Tech: Snap Circuits, Pleasant (B), 10:00 - 1:00

- **Arts & Crafts: Duct tape crafts**, Tech: Origami, Tech: LED Treasure, Pleasant (F), 4:30 - 6:30

- **Tech: Snap Circuits**, Tech: Oobleck, Tech: LittleBits and Cublets, Tech: Bee Bots and Pro Bots, Tech: Makey Makey, Heritage (C), 6:00 - 9:00

- **Tech: Virtual Reality Kit**, Robert Trail (F), 1:00 - 3:30
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>Immersive device</th>
<th>Cardboard-style viewers</th>
</tr>
</thead>
<tbody>
<tr>
<td>One user</td>
<td>Multi user</td>
</tr>
<tr>
<td>Expensive</td>
<td>Cheap</td>
</tr>
<tr>
<td>Requires gaming computer</td>
<td>Requires mobile devices</td>
</tr>
<tr>
<td>High quality, immersive experience</td>
<td>Lower quality, less immersive</td>
</tr>
<tr>
<td>Create on high level (TiltBrush, 3D modeling, etc)</td>
<td>Create on lower level (photos, CoSpaces)</td>
</tr>
<tr>
<td>Continually improving quality and price</td>
<td>Consistent; lower risk of obsolescence</td>
</tr>
<tr>
<td>HTC Vive, Oculus Rift, etc.</td>
<td>Cardboard, plastic construction, DIY</td>
</tr>
</tbody>
</table>
First Round of Programs
Next Steps
Future?

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

https://youtu.be/lGCP154Ojy8
Demo Time!

Explore VR Basics
Games in VR
VR Photography and Tours
Build a VR World
Discoveries?
Issues?
Ideas?
Thank you!

Tom Jorgenson  
Teen/Technology Librarian  
thomas.jorgenson@co.dakota.mn.us

Julia Carlis  
Youth Programming and Outreach Librarian  
julia.carlis@co.dakota.mn.us