



With Melody Bass

How VRT works

VRT is used in a wide range of therapeutic applications, which includes: anxiety, depression, self image, acute and post traumatic stress disorders, addictions (e.g. alcohol, weight, smoking and benzodiazepine), pain management, panic, psychosomatic disorders, sleep disorders, coping strategies, psycho-immunology, psycho-oncology symptoms, and latent viral infections. The list of areas of use is continuously growing.

The VRT system uses state of the art technology to induce a deep meditative state. A head mounted audio visual display delivers crystal clear sound and vision while removing all external stimuli. The headset is compact and un-encumbering, allowing for use in any environment.

VRT refocuses the mind from pain and anxiety to pleasant sensory stimuli- potentially shielding the patient from full awareness of a wide range of noxious stimuli.

In a virtual environment, auditory and visual overload are combined with distraction and subliminal hypnotic suggestions, leading to an altered state of consciousness, deep muscle relaxation, amnesia, time distortion and reduced levels of stress and perceived pain. According to psycho-neuro-immunology research, a reduced level of stress and anxiety can have a positive influence on wound healing and immunity, and reduce psychosomatic pathology, disability, morbidity and mortality. VRT provides immediate access to the benefits of mind-body medicine in a consistent, reliable manner. VRT is a cognitive pain management therapy, which can be used in isolation, or in conjunction with traditional pharmacological strategies.²⁵

Altered states of consciousness / meditative states induced by audiovisual presentations are economical, extremely safe, and time efficient. Health care workers do not require expert knowledge of the process. An audio visual relaxation method can be delivered repeatedly in a consistent and reliable manner.

The Science

The Central Nervous System, the autonomic nervous system, neuro-peptides, cytokines and hormones provide a conduit for communication between the mind and the body

Psycho-neuro-immunology research indicates that progression and outcome of disease is strongly influenced by methods and treatments that encourage cognitive handling of emotionally charged information.

The benefits of cognitive therapy have been reported on countless occasions in psycho- neuro-immunology research, and strongly recommended in the use of mind-body therapies to complement conventional medical treatments.

Mind body therapies like hypnosis, guided imagery and meditation are a mechanism for influential communication, which can be used to focus the mind's inner unconscious resources to activate or inhibit psychological or physiological responses.

Hypnosis is a recognised medical technique used in obstetrics, surgery, anaesthesia, paediatrics, psychiatry, nursing and dentistry.¹⁴ In surgical environments, painless operations have been reported using hypnosis instead of pharmacological anaesthesia and analgesia. In medical intensive care units, burn injury pain control has been reported using hypnosis when opioid medication was shown to be dangerous or ineffective. ^{18,19} Virtual Reality Hypnosis has been used successfully in all of these environments and continues to be used everyday.

In a virtual environment, metaphors can be coordinated with visual and non-verbal stimuli to create theatrical surrealism, which immerses the user in a role-play environment where therapeutic suggestion is linked with metaphoric narrative. In surreal theatrical environments created by virtual reality, lessons embedded in metaphoric narrative are more likely to evade conscious, critical analysis, and be assimilated in belief structures at subconscious levels; providing alternative pathways for inappropriate thought. In practitioner-guided hypnotherapy, theatrical surrealism and effective role-play are more difficult to achieve, so the lessons from metaphoric narrative may be lost in critical analysis at conscious or semiconscious levels.

The **Virtual Reality Medicine** system is a flexible, portable unit, which is used in various clinical environments including hospitals private medical centers and counseling clinics.

Program List

Patient Suitability for VRH

A1 Relax

Module 1 is used to test the patient's ability to relax and follow suggestions that lead to an altered state of consciousness (normally a light hypnoidal state).

Test B1 Hypno profile

Module 2 was developed as a research tool to assess hypnotic susceptibility. In clinical practice, hypnosis susceptibility testing can be used to quantify the patient's ability to follow suggestions during altered states of consciousness. Patients with high hypnosis susceptibility scores are more likely to achieve the targeted outcomes.

Smoking Cessation

The smoking cessation programs were designed to help people overcome nicotine addiction. The 4 module program was designed to address the chemical and/or habitual components of smoking.

The VRH Stop Smoking program was developed as a "stand alone" strategy to assist people in their efforts to stop smoking. The VRH program can also be used as an adjunct to pharmacological strategies (e.g. nicotine patches and gums).

Emotional Conditioning

This program focusses on some of the choices we make in life and the consequences of those choices if we do not change. It is a journey which highlights the possibilities we all have within us to be powerful, confident and in control of our own destiny.

Coping

The Virtual Reality Hypnosis / hypnosleep "Coping" module is a psychotherapy tool designed to modify coping strategies dominated by negative beliefs and catastrophizing. The module is used

in patients presenting with stress related syndromes: e.g. intractable pain, complex pain syndromes, psychosomatic disorders, anxiety, panic, minor depression, ASD, PTSD and others.

Reframing

The VRH reframing module uses a more traditional style of hypnosis, and enhances the experience with the use of visual metaphors and other methods. During an altered state of consciousness, the patient is provided with an alternative view to reframe the emotional / psychological motivation behind the problem behaviour (e.g. smoking), and this provides the patient with a new understanding of the health implications associated with negative habits and a subconscious avenue to manage those urges.

Ego Strengthening

The Ego Strengthening module uses altered states of consciousness and numerous subliminal processes to modify inappropriate behaviors (e.g. addictions), which may be generated by existential depression.

Biophilia Programs

Over millions of years of evolution, we have been conditioned or "hardwired" to seek out environments which are most conducive to our safety and survival. Environments such as lush forests, containing plenty of water, food and shelter are instinctively secure and comforting to us. Each module progressively leads the participant through a journey to the hidden paradise of Shambala. The journey to Shambala is a visual and narrative metaphor for life's journey, which acts, additionally, as a mechanism for cognitive therapy to reduce feelings that lead to anxiety, grief, panic, depression and their psychosomatic co-morbidities (e.g. sleep disturbances, irritable bowel, shingles etc).

Victor Frankl Coping Module (Anxiety and Depression)

The client is led into an altered state of consciousness where the induced emotional state is used for ego strengthening, reframing the client's existing reality, and exploring a new meaning to their existence. The module assists people experiencing existential depression and anxiety and includes references to coping with the difficulties they may experience as they search for meaning in their own existence.

Savouring Coping Module (Anxiety and Depression)

In the savouring module, waking hypnosis and guided imagery are used to create empathy and guide the client through a savouring technique used to help the client get more out of life - without any associated feelings of guilt, anxiety or depression.

Pre-Surgical Anxiety

The pre-surgery anxiety program contains three modules, which were developed for use in pre- and post-surgical environments. The program was originally developed for Schriners Burns hospital in Cincinnati USA and is designed to reduce pre-surgical anxiety in patients presenting for surgery. It is also useful for dental procedures, needle phobia and other procedures where anxiety is heightened by the anticipation of a painful medical procedure.

Hypnosedation

This program was designed to access the natural states of heightened suggestibility, which normally occur when a patient enters the surgical or medical environment. The module delivers hypnotic suggestions to reduce anxiety and post procedural pain.

Virtual Analgesia™ Pain Management Program

Biophilia Forests

"Biophilia Forests" was developed as a general pain management tool, but its use in clinical environments indicate that a much broader application is possible. Clinicians (i.e. anesthetists, psychiatrists, psychologists, medical practitioners and hypnotherapists) have reported positive results from patients presenting with Acute Stress Disorder, post operative pain (Friedriksen's ataxia), cancer pain, reduced analgesic requirements, emotional stress, post herpetic neuralgia (shingles pain), sleep disorders, repetitive strain injury, bipolar disorder, irritable bowel syndrome, migraine, back pain, complex pain syndromes, burn pain, pain during burn debridement, hypnosedation (caesarian section).

Biophilia Beaches

"Biophilia Beaches" was developed as a follow up procedure to reinforce hypnotic suggestions delivered in "Biophilia Beaches". The guided imagery and hypnotic suggestions in "Biophilia Beaches" and "Biophilia Forests" are almost identical, so their clinical applications should be comparable.

Journeys to paradise parts 1 to 5

Each module uses a different audio visual presentation to progressively lead the participant through a journey to the hidden paradise of Shambala. The journey to Shambala is a visual and narrative metaphor for life's journey, which acts, additionally, as a mechanism for cognitive distraction.

Relaxing the body and focusing the mind on a narrative and visual metaphor during hypnosis and integrating the altered states of consciousness with cognitive behavior therapy is designed to induce deep relaxation, alter perceptions of "real world" problems, and help to reduce feelings that lead to anxiety, grief, panic, depression and their psychosomatic co-morbidities (e.g. sleep disturbances, irritable bowel, shingles etc).

To your success!

Melody Bass

Hypnosis Trainer (ABH)
Master Hypnotherapist (ABH)
Master NLP Coach (ABNLP)
Master Time Line Therapist ®