



Virtual Reality

Mental Health Therapy

Experience Healing in a New Dimension

Using cutting-edge technology, Virtual Reality (VR) Therapy provides a safe, controlled, and interactive environment for individuals to address a variety of mental health conditions.

Challenges that Virtual Therapy can help address:

- Phobias including fear of flying, fear of heights, fear of spiders, fear of public speaking, claustrophobia, and agoraphobia.
- Anxiety disorders
- Post-Traumatic Stress Disorder (PTSD)
- Trauma reprocessing
- Depression and mood disorders
- Substance use disorders
- Sleep disorders

How It Works:

- Participants wear VR headsets that immerse them in realistic scenarios.
- Canvas Health's trained and skilled therapists design customized virtual environments tailored to specific therapeutic needs.
- Users interact with the virtual world, facing and overcoming mental health challenges.
- Real-time feedback from our compassionate therapists helps participants navigate their experiences.
- VR sessions can be adjusted based on the participant's progress and comfort level.



Benefits of VR Therapy:

- Reduces stress and anxiety through exposure therapy.
- Enhances emotional resilience in a controlled setting.
- Supports mindfulness and relaxation techniques.



For more information, scan the code to the left, visit CanvasHealth.org/VirtualReality, or call (651) 777-5222.

Virtual reality therapy sessions are currently available at Canvas Health's Cottage Grove Clinic.

CanvasHealth.org