VIRTUALLY BETTER

Virtual Reality Exposure Therapy (VRE)

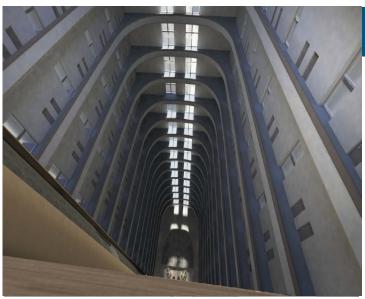**2-Day Training Workshop**

Hosted by: **Virtually Better, Inc.**

Location: **Decatur, GA**

January 9 & 10, 2020

8:45am-5pm**(includes lunch breaks)*

Objectives:

Upon completion of this course, participants will be able to:

- Identify the specific components of a typical Virtual Reality Exposure Therapy (VRE) system
- Summarize the emotional processing theory as applied to VRE
- Describe the VRE protocol for anxiety-based disorders, addictions, and PTSD
- Select and design VR exposures to match patient needs
- Use emotional processing theory to guide VR exposures
- Prepare for everyday implementation of VRE at one's clinical setting

REGISTRATION:

Click here to register or email training@virtuallybetter.com

12 CE credits for participation in the entire workshop. No partial credit will be given.

VBI™

APA APPROVED SPONSOR

Virtually Better, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. Virtually Better, Inc. maintains responsibility for this program and its content.

Target audience and level of activity:

This introductory workshop is designed for clinicians who use prolonged exposure (PE) and who would like to partner virtual reality environments for exposures within their practice setting.

Agenda*:

Day 1 (6 hours CE)

Time	Activity
8:30-9:00	Check In, Sign In & Tour
9:00-9:20	Welcome & Overview of VRE
9:20-10:25	Intro to VRE for PTSD (with Review of PTSD)
10:25-11:00	Demonstrations of VR System
11:00-11:15	Break
11:15-12:30	Role-Plays: Orientation to VR (using Bravemind)
12:30-1:20	Lunch - Your Choice!
1:30-2:30	Overview of VRE for PTSD Protocol
2:30-3:15	Demonstration of Bravemind Content & Controls
3:15-3:30	Break
3:30-4:45	Role-plays: VR Imaginal and Processing
4:45-5pm	Questions & Sign Out

Day 2 (6 hours CE)

Time	Activity
8:45-9	Sign In
9-9:15	Welcome & Review of Day 1
9:15-10:15	Therapeutic VR for Phobias, Addictions, & Relaxation
10:15-11	Demo of VR for Phobias, Addiction & Relaxation
11-11:15	Break
11:15-12:30	Role-Plays: Orientation to Various VR Environments
12:30-1:30	Lunch
1:30-2:15	Challenges and Special Issues
2:15-3:15	Role-play: VR Phobia Exposure and Processing 1
3:15-3:30	Break
3:30-4:15	Role-play: VR Phobia Exposure and Processing 2
4:15-4:45	Implementation Discussions
4:45-5pm	Questions & Wrap Up, Evaluations & Sign Out

Time spacing subject to vary

Instructor:

Dr. Andrew Sherrill is an assistant professor in the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine. Dr. Sherrill has worked with a wide range of anxiety presentations and diverse trauma populations including military service members and veterans, victims of sexual and physical assault, and first responders. Currently, he provides Prolonged Exposure (PE) and Virtual Reality Exposure Therapy (VRE) at the Emory Healthcare Veterans Program. He also serves as program manager of the Emory University PE Consultant Training Program. Dr. Sherrill earned his Ph.D. from Northern Illinois University and completed his clinical internship at Veterans Affairs Puget Sound Health Care System, American Lake Division. He has authored papers in the areas of PTSD etiology and treatment, mindfulness, and aggression. His current research aims to understand effective implementation strategies (e.g., experiential training and technology applications), especially with respect to evidence-based interventions for PTSD.

REGISTRATION&Fees:

Workshop fee for this two-day 12-hour CE is $995 per participant. Group rates are available (additional seats $795). Contact training@virtuallybetter.com for coupon codes for service contract renewal customers. Register at: VRE Training Registration or training@virtuallybetter.com.

Commercial support and conflict of interest disclosures:
Dr. Sherrill is a paid consultant of Virtually Better, Inc. The instructor's respective organization approved their role as a consultant for this specific workshop in accordance with the applicable conflict of interest policies.