

Virtual Reality Therapy – Frequently Asked Questions (FAQ)

Now offered at select Christian Psychological Associates locations.

1. What is Virtual Reality Therapy (VRT)?

Virtual Reality Therapy is an innovative mental health treatment that uses immersive VR technology to simulate real-life environments or therapeutic scenarios. This enhances traditional therapy by helping clients engage with therapeutic material in a more interactive, controlled, and effective way.

2. What mental health issues can VR therapy help treat?

VR therapy can support treatment for:

- Anxiety and panic disorders
- Phobias (e.g., flying, public speaking, heights)
- PTSD and trauma-related symptoms
- Stress management
- Social anxiety
- ADHD and Autism Spectrum Disorders (ASD)
- Mindfulness and relaxation training

It is used in combination with talk therapy and under the supervision of licensed clinicians.

3. How does VR therapy work in a session?

You'll wear a comfortable VR headset in a private therapy setting. Your therapist will guide you through tailored virtual experiences designed for therapeutic goals—such as exposure therapy, mindfulness, or relaxation environments—while offering real-time support and discussion.

4. Is it safe? Are there side effects?

Yes, VR therapy is safe when administered by trained professionals. Most clients tolerate it well. Some may experience mild motion sensitivity or eye strain, which is temporary. Your therapist will always monitor your comfort and can stop the session at any time.

5. Do I need to bring anything or prepare in advance?

No preparation is needed. We provide the equipment and explain the process beforehand. All you need is an open mind and a willingness to try something new.

6. Is this covered by insurance?

VR therapy is typically billed as part of your regular therapy session. Most insurance companies cover this as long as it falls under a reimbursable mental health service. Please check with your provider or contact our billing department for assistance.

7. Is Virtual Reality Therapy Christian-based?

While not inherently spiritual or religious, VR therapy at Christian Psychological Associates is delivered within the context of our values-based approach. If desired, we can incorporate spiritual components that align with your beliefs and treatment goals.

8. What makes VR therapy different from traditional talk therapy?

VR therapy allows for **immersive, experiential learning**—you don't just talk about challenges; you engage with them in realistic scenarios, safely and under guidance. It speeds up progress for many clients, particularly those with anxiety or trauma-related issues.

9. Which locations offer VR therapy?

Currently, VR therapy is offered at the following offices:

- Bloomington
- Peoria

More locations may be added based on client interest.

10. Who is eligible for VR therapy?

Most adolescents and adults are eligible, pending an initial assessment by your therapist. VR therapy is tailored for each client and may not be suitable for individuals with certain medical conditions (e.g., epilepsy or severe vertigo).

11. How do I get started?

Talk to your therapist or contact our front office. 309-692-7755