

## *The Virtual World and Mental Health*

### **The virtual world as a recovery medium for people with mental health problems**

Marta Anczewska, Piotr Świtaj

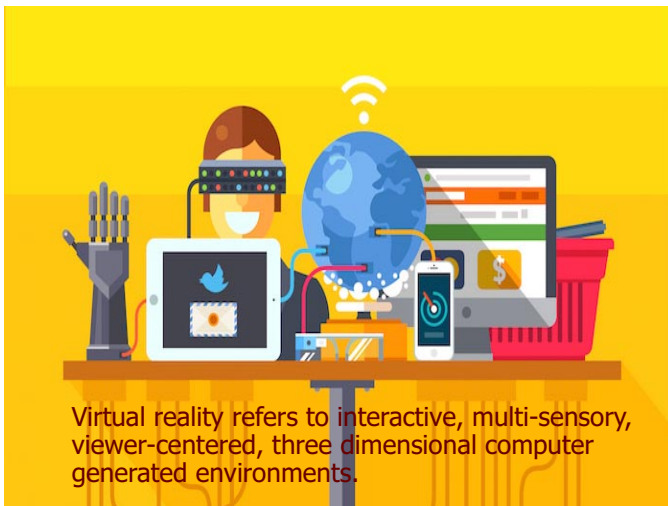


Institute of Psychiatry and Neurology,  
Sobieskiego 9, 02-957 Warsaw, Poland

## psychological therapies – talking treatments

“Talking with voices” is a relational approach which emphasizes the importance of understanding voices (and voice relationships) within the person’s biographical context.

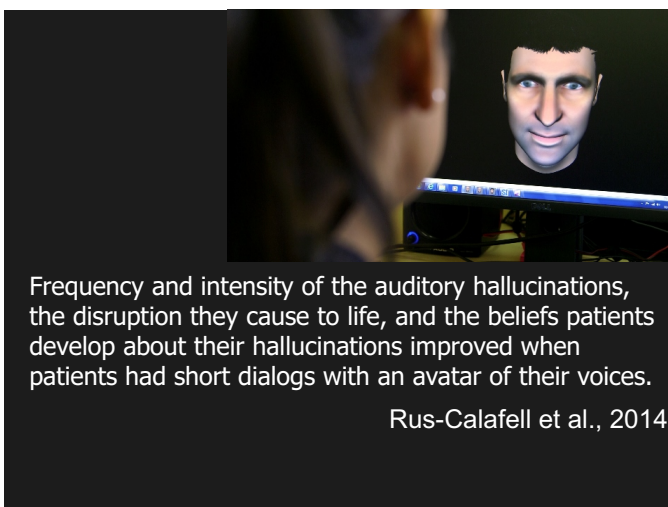
Corstens et al., 2012; Longden et al., 2012



The are seven uses of virtual reality for psychosis:

- symptom assessment,
- establishing symptom correlates,
- identification of predictive variables,
- identification of differential predictors,
- identifying environmental predictors,
- establishing causal factors, developing treatment

Freeman, 2008



Conclusion:



Although virtual reality technology offers significant potential as a recovery medium for people with mental health problems it needs farther investigation of both consumer and clinician attitudes and preferences toward this technology.