



NIGHTLIFE: A STUDY IN REAL AND VIRTUAL CONTEXT

**Workshop: Exploring Virtual Reality Applications in
Mental Health and Addiction**

MONDAY, 23.9.2024.

ONLINE

- the link to the workshop will be sent to participants via e-mail -

**Workshop will be held by Prof. dr. Rosa María Baños Rivera
(University of Valencia) and Prof. dr. Rocio Herrero Camarano
(University of Zaragoza).**



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NextGenerationEU

Workshop: Exploring Virtual Reality Applications in Mental Health and Addiction

AGENDA

Time	Activity
10:00 - 10:10	Welcome and Introduction <ul style="list-style-type: none"> • Overview of Workshop Goals • Introduction to Virtual Reality and Mental Health
10:10 - 10:45	Relevant Concepts for Intervention Applications <ul style="list-style-type: none"> • Sense of Presence, Reality Judgment, Embodiment • Virtual and Mixed Realities • 360-Degree VR: Concepts and Applications
10:45 - 11:30	VR in the Treatment of Psychological Disorders I <ul style="list-style-type: none"> • Historical Overview • Benefits and Limitations of VR in Mental Health • Key Components of an Effective VR Intervention • Anxiety and Phobia Treatments Using VR • VR for PTSD and Trauma Recovery • VR for Depression and Mood Disorders • Body Image and Eating Disorders • VR in Psychosis
11:30 - 11:45	Break
11:45 - 12:45	VR in the Treatment of Psychological Disorders II <ul style="list-style-type: none"> • VR for Emotion Induction and Regulation • VR and Perspective-Taking and Empathy • VR in Health Applications: Pain Management • Preventive Interventions Using VR • Exploring Future Trends in VR and Mental Health
12:45 - 13:30	Lunch Break
13:30 - 14:15	VR Applications in Addiction Treatment <ul style="list-style-type: none"> • Challenges in Treating Addiction • How VR is Used to Treat Addiction • Exposure Therapy and Coping Strategies in VR • Preventive Approaches Using VR in Mental Health and Addiction
14:15 - 14:30	Ethical Considerations and Patient Safety <ul style="list-style-type: none"> • Ethical Dilemmas in VR Interventions • Ensuring Patient Safety and Privacy in Virtual Environments
14:30 - 14:45	Lessons Learned from 25 Years of Experience <ul style="list-style-type: none"> • Insights and Recommendations from VR Experts
14:45 - 15:00	Discussion and Conclusions <ul style="list-style-type: none"> • Summary of Key Insights • Q&A Session

All participants will receive a Certificate of Attendance.