*Arachno*THERAPY **VR**

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Problem

Current exposure therapy techniques, especially for arachnophobia pose danger with unpredictability of spider behaviour. Virtual reality exposure therapy is one step safer; however, interactions the user has are often only passive. These things, coupled with the increasing demand and shortage of therapists available make exposure therapy less accessible than necessary.

Solution

ArachnoTherapy VR is an Oculus application created to improve accessibility and efficacy of current exposure therapy techniques by allowing for level-based progression and optional guidance from a virtual therapist.
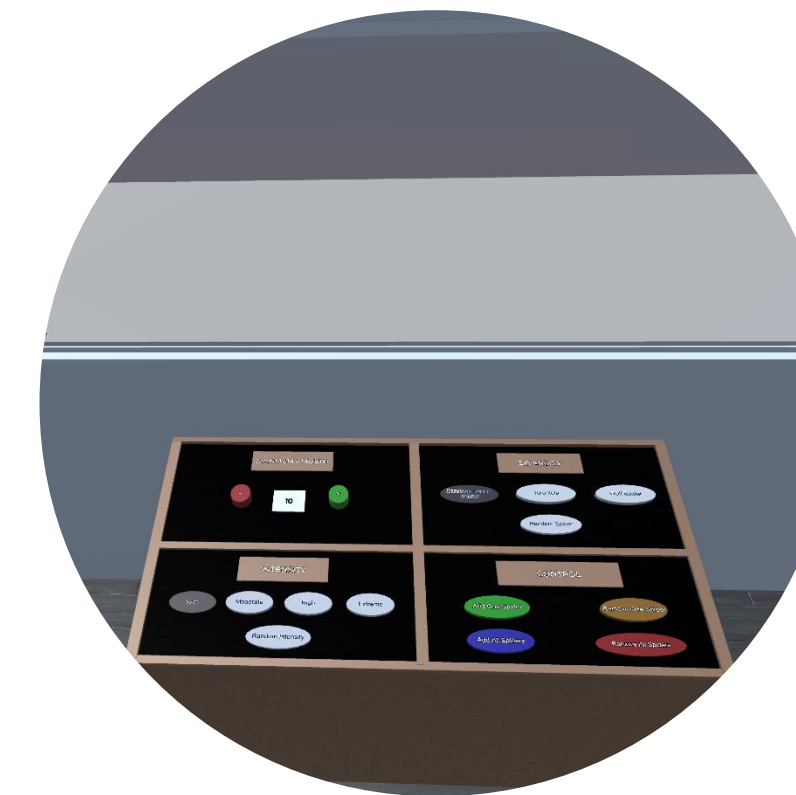
Learn some facts about spiders by reading posters in Room 1.

Clay models in Room 3 allow you to see the scale of the spiders and educate yourself on species specific information.
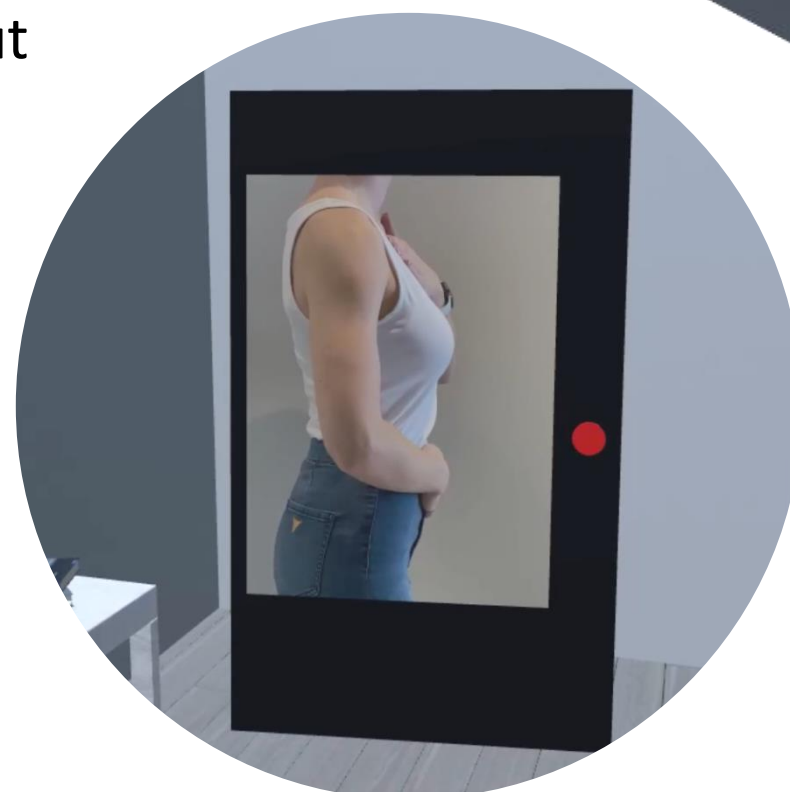
The spider control interface allows you to add or remove spiders and view them in the terrarium in Room 4.
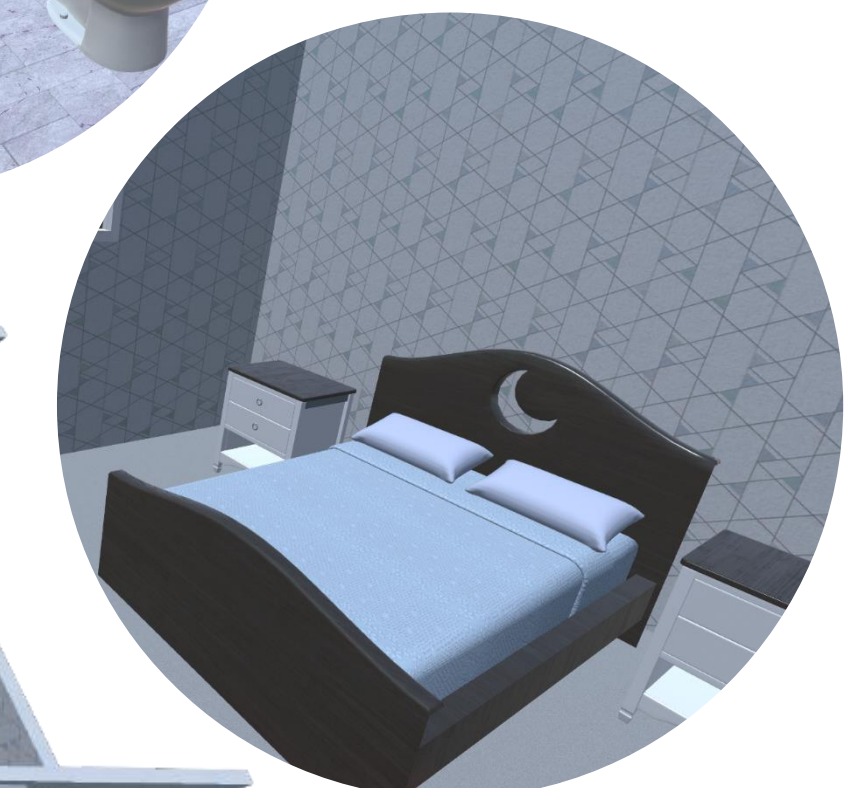
See spiders in the bathroom with you.

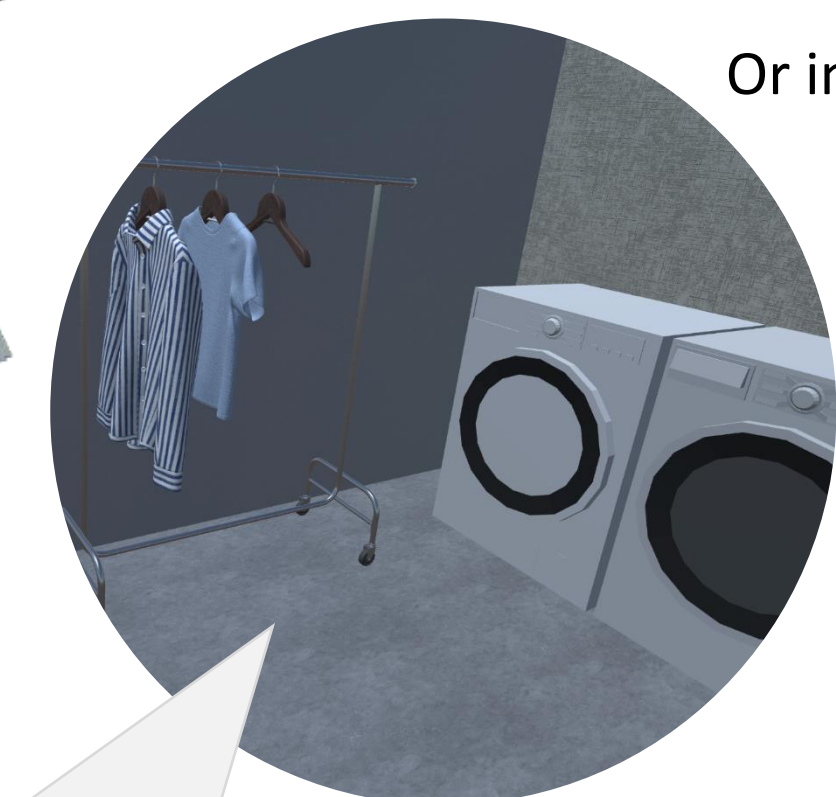Start out in the introductory room where you learn about the VR controls and coping techniques.

Or in the bedroom.

See spiders moving for the first time on TV in Room 2.

Or in the laundry room.

Future

This is the first in what could be a series of exposure therapies delivered with VR. Creating virtual environments allows for realistic interactions with future possibility of remote monitoring and intervention from live therapists.

View a spider up close in the jar in Room 4.

The hallway is a safe zone that the spiders will never enter. This is where you control each of the live spider rooms.

Live Demo

In the tradeshow! Or download it for your headset from our Github.

Capstone Project
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