

THETA TECHNOLOGIES INC.

VOYAGER XL SERIES: SPECIALIZED SESSIONS

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D. CHANGE SESSIONS

1. Overcoming Your Fears: The Expanding Video Screen

In a gradual and worryfree way, begin to face your worst fears, phobias, and anxiety situations. Rehearse ways to cope with and ultimately overcome these worrisome situations.

PURPOSE: This session is specifically designed to help people overcome phobias and anxiety disorders, but can be adapted to very common difficulties such as public speaking or performance evaluation and test anxiety. The theory is based on the well-established principle of systematic desensitization, known to be quite effective with these disturbances.

However, what is unique is this program is that, through the expanding video screen principle, difficult scenes can be viewed in their entirety, rather than interrupted and broken into freeze frames, if the viewer becomes disturbed. This innovation allows for highly effective as well as efficient and rapid results. Clinical experience has demonstrated that a single phobia can be overcome in 3-9 sessions, rather than the 12-22 sessions typically reported for desensitization in the clinical research literature.

DESCRIPTION: The session begins as usual in a beta (16 Hz) state, ramping towards alpha (12 Hz) as the user progresses through tension-release exercises, withdrawing into a quiet, safe, comfortable, and private room. In this place (similar to the Room for Improvement of the previous session) the user can view scenes of situations that are difficult to handle in real life. (For example, a person who is afraid of cats could use this session). The user is then presented with scenes at a beginning level of coping, merely remaining in a mildly threatening environment, (a bookstore that only has pictures of cats) seeing it from a side camera angle, with a small black-and-white video screen. As the user settles down with the situation, the camera swings behind the user and over his/her shoulder, the monitor expands in size and color, and the sounds of the imagined scene surround the user as the scene proceeds. During this time the

actual session has ramped from 12 to 10 Hz. The scene is then switched off for a few moments while the user continues to enjoy the room and its comforts.

The second scene is presented in the same manner while the session stimulation ramps from 10 to 8 Hz. The second scene is graded by the user at a slightly higher level of intensity or challenge. (In our example, the user is now in a house, but the cat is secure in another room with the door locked.) Again the requirements are quite simple and passive, merely remaining in the threatening scene as the video monitor expands and the camera angle shifts. This scene is also ended with a return to The Room For Improvement, appreciating its comfort and safety.

The third scene is accompanied by an 8-6 Hz ramp of light and sound, with the same type of scene presentation. What is different is that the user is invited to interact with elements of the scene in some mild approach to a feared element, then allowing for a graceful retreat while still remaining in the scene itself (The cat is in the same room; the user makes a gentle step towards it, then away).

The fourth scene (6-5 Hz ramp) has a similar theme, but this time the user is invited to assertively approach the feared element (e.g., pet the cat), and stay with the interaction for a few moments, then retreat somewhat (the cat is now back in its owner's arms) while the scene continues, ended with a return to The Room, to recover further.

The fifth scene (5-4 Hz ramp) proceeds as before, but now with the user interacting in an assertive and sustained way with the feared object (picking up and holding the cat in his/her arms, and cuddling it for a little while). While this is admittedly difficult to do in real life, the user is encouraged to go as far as he/she can with the imagined scenes.

Now that the user has completed the scenes for this session, there are a series of positive attributions about the user's ability to face and overcome difficult and personally challenging situations. The user hears these while bathed in the warmth of the fireplace in The Room (4 Hz), feeling comfortable and satisfied with the progress of today's session, developing resolve to engage a friend to help him/her enact and practise in real life the kind of scenes just mastered in imagination. Meanwhile, the session ramps in the last 2 minutes back from 4 to 10 Hz and soft-off, as the user leaves The Room For Improvement and rejoins the outside world.