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## Virtual Reality Therapy Helps Conquer Phobia, Anxiety

### *Most Medical Insurance Companies Cover Costs*

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**NEW YORK** -- Virtual reality therapy, being done at a San Diego hospital, is helping hundreds of people conquer anxiety, phobias and more.

Stephanie Wall, a virtual reality patient, geared up to get back on the road after a near-fatal highway crash.

"I knew that I wanted to get back into driving, but just didn't quite know how to go about it," said Wall.

"With the help of heart and breathing monitors, you learn how to control your anxiety while doing what you fear most," says therapist Brenda Wiederhold.

"The surround sight and sound therapy has more than a 90 percent success rate. We do fear of flying, public speaking, heights, driving, claustrophobia, panic disorder, agoraphobia phobia, fear of spiders," Wiederhold said. "That covers it."

Realistic road conditions drove Wall out of her phobia. Wall said, "I had an ultimate goal of driving to school, which was about 20 miles away, on the freeway."

And after just eight sessions, Wall met her goal.

Virtual programs for eating disorders, weight loss, and autism are expected to be up and running by this summer.

And because this is considered standard cognitive-behavioral therapy, most medical insurance companies cover it.

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