

Virtual Reality Therapy for Fear of Flying

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The San Diego campus of the California School of Professional Psychology (CSPP) showcased virtual reality therapy technology at the California Computer Expo 98 in San Diego.

According to Brenda Wiederhold, director of the CSPP Center for Advanced Multimedia Psychotherapy, the school featured a virtual reality system for the treatment of the fear of flying, as well as state-of-the-art biofeedback equipment used to monitor real-time physiological reactions to virtual stimuli.

Wiederhold is a pioneer in the use of virtual reality applications in mental health and psychology. In addition to phobia treatment, the center also uses biofeedback treatments for migraine and tension headaches, hypertension, anxiety disorders, and stress management.