



Mental Health VR system

For Private practice, Mental health centers and home-usage

In partners with:



Association
for Cognitive and Behavioral
Psychotherapy



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

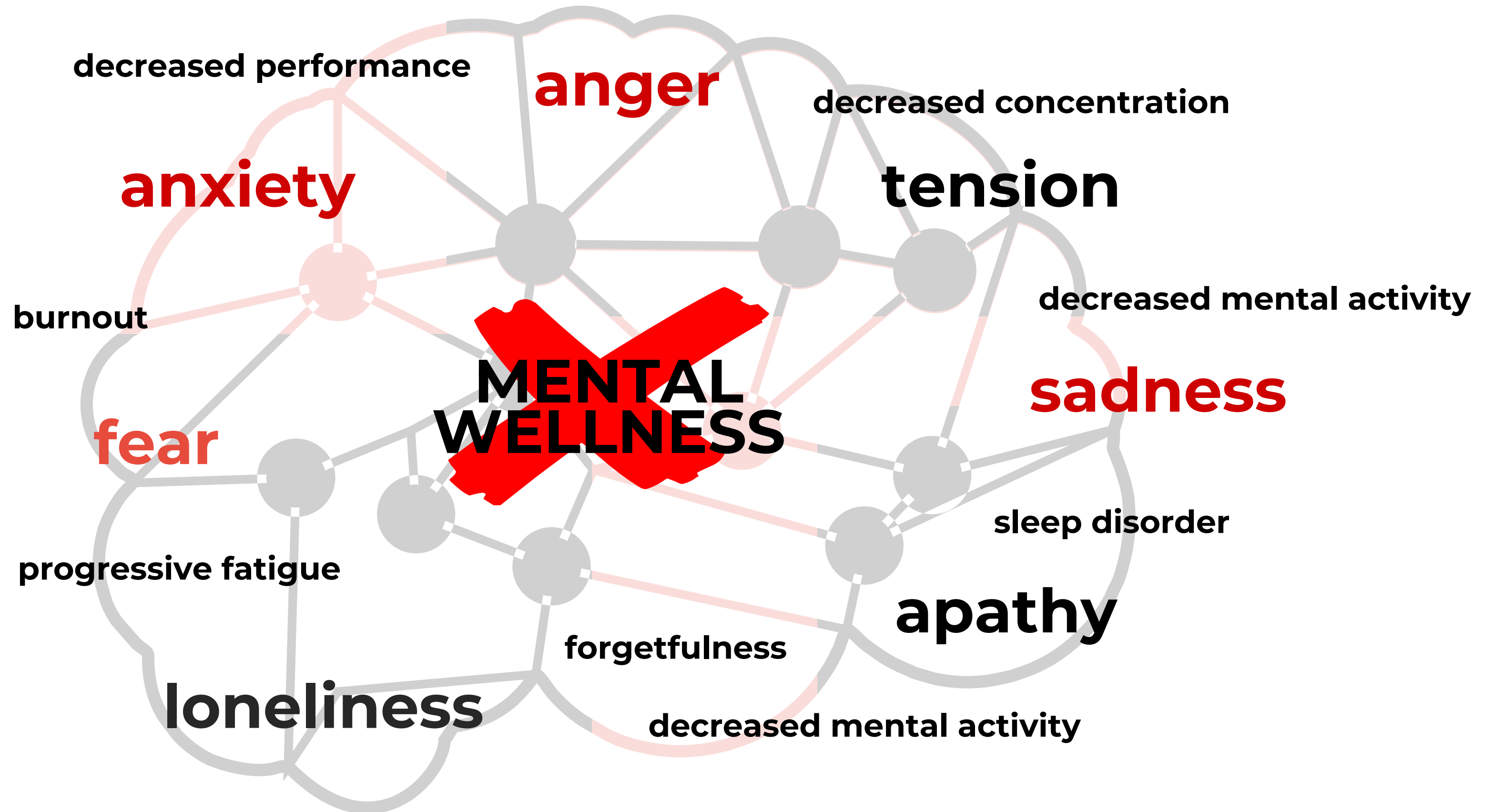


Anxiety & Depression
Association of America
Triumphing Through Science, Treatment, and Education

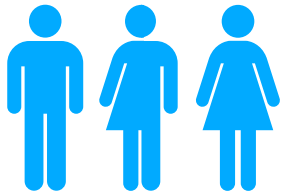


psytechvr.com

Negative emotions destroy Mental Health





Out of 8 bln people
1,2 bln 
struggle with anxiety,
phobia and depression

...over-work, conflicts, bad news...
almost everything affects mental health daily



How do psychologists treat anxiety, stress & fears traditionally?



Imaginal exposure

Vividly imagining the anxiety object, situation or activity in order to reduce feelings of fear and stress



The imaginal exposure method was coined in the 1960s by Dr. Aaron Beck - the great founder of CBT

Afterward, in 1995* scientists and the first VR adopters understood that this method could be improved with **Virtual Reality**, so this led to the appearance of VR Exposure Therapy (VRET)

@ Rothbaum BO, Hodges L, Alarcon R, Ready D, Shahar F, Graap K, Pair J, Hebert P, Gotz D, Wills B, Baltzell D. Virtual reality exposure therapy for PTSD Vietnam Veterans: a case study. J Trauma Stress. 1999 Apr;12(2):263-71. doi: 10.1023/A:1024772308758. PMID: 10378165.

Scientists found how to improve Imaginal exposure with VR

Problem 1

It's hard to imagine



Solution 1

Patients can meet anxieties in VR without escape (in front of the eyes)

Problem 2

Low immersion



Solution 2

VR uses 3 primary human senses, but Imaginal exposure doesn't use one

Problem 3

Dr can't control mindset



Solution 3

Control of patient's VR experience with the online video streaming



shows that

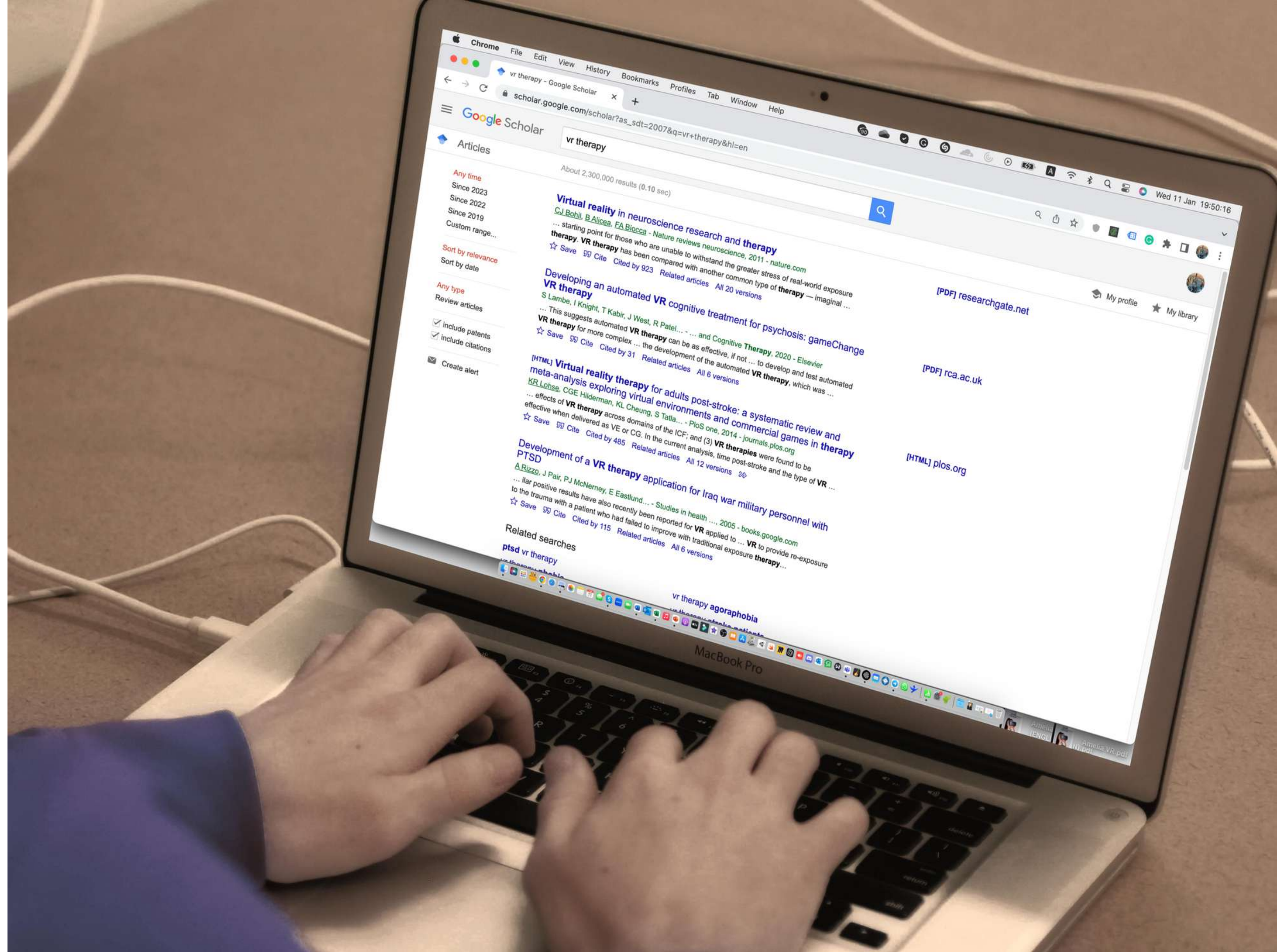
"VR therapy"

has 2,320,000 citations

and 440,000 articles

As you see,
we didn't invent
VR therapy

but we decided
to combine
VR and Mental Health
to create
SaaS service



Solution – Software-as-a-Service product



LMS Platform

- Knowledge base
- Check-up questionnaires

VR exposure app

- Micro-training system:
 - Anxieties
 - Anger management
 - Stress control

Dashboard

- Training analytics
- Biofeedback (pulse, HRV, etc.)



Our way



Peter Oykhman

IT entrepreneur
30+ years of experience



Ioan Andreev

Businessman
20+ years of experience



Daniel Andreev

VR/AR specialist
5 years of experience



Inna Maltzeva

Psychologist (CBT)
15 years of experience



We designed **concept** of VR therapy with PsyTech VR

October 2020

2

Studied **167 scientific articles**, launched MVP,
tested concept with **245 CBT Psychologists**

May 2021 - April 2022

3

Partnered with the **CBT Association**, **American Psychological Association** and **ADAA**

May 2022

4

Work with **19** mental health centers,
240 psychologists in the US/EU
December 2022

5

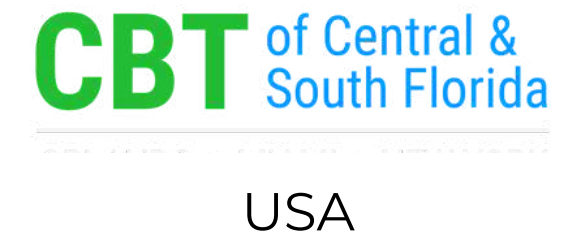
We will finalize clinical research
with East Carolina University

August 2023



In 2023, PsyTech is operating in

1. Private practices and clinics



2. Universities and colleges



3. HR departments (enterprise)



4. Psychology and Psychotherapy associations



How to use PsyTech VR now?



1. Training with specialist

guided VR session using VR telemedicine

In the **private practice (offline)** or **online**

1. Patient **meets** psychologist online/offline
2. Patient takes VR headset
3. Psychologist supervises VR experience from PC
4. Psychologist provides **feedback** using dashboard

2. Self-guided training of patient

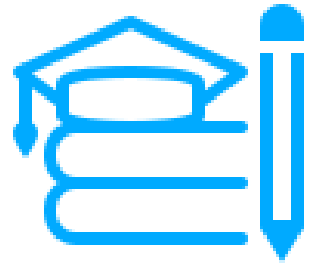
without specialist (as home task)

In the comfort of **office** or **home**

1. User learns **courses** on the platform
2. Passes 15-20 min **micro-training** in VR
3. Checks training analytics on the dashboard
4. **THE SPECIALISTS TRACK STATISTICS OF PATIENT'S VR EXPERIENCES FROM THE OFFICE**

LMS platform and dashboard

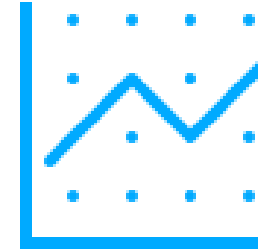
Engaging learning platform with digital assets



Courses on how to use VR exposure therapy



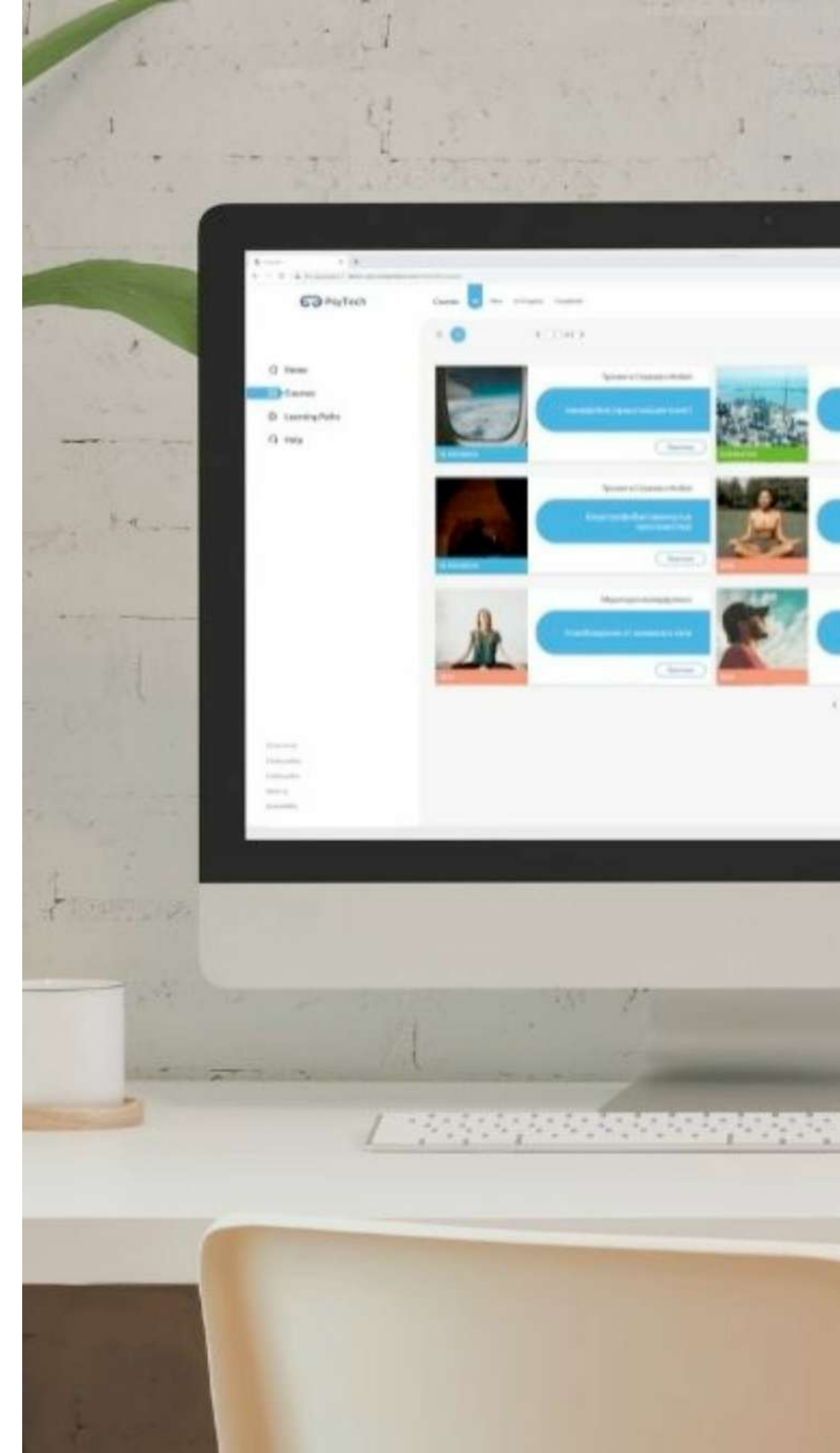
Automated questionnaires: BAI, LSAS, GAD-7, etc.



Analytics from VR sessions and patients management



trusted by



Available VR library

abnormal
psychology

60 levels

of anxieties, phobias, stress
& soft skills training



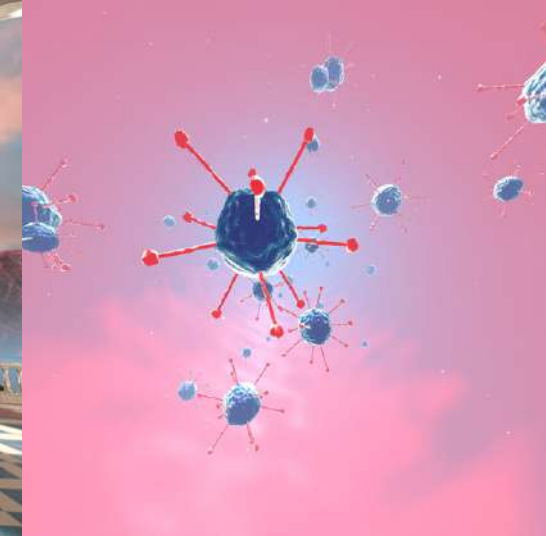
wellness
& relaxation

20 levels

of mindfulness, travel
therapy, art therapy, etc.



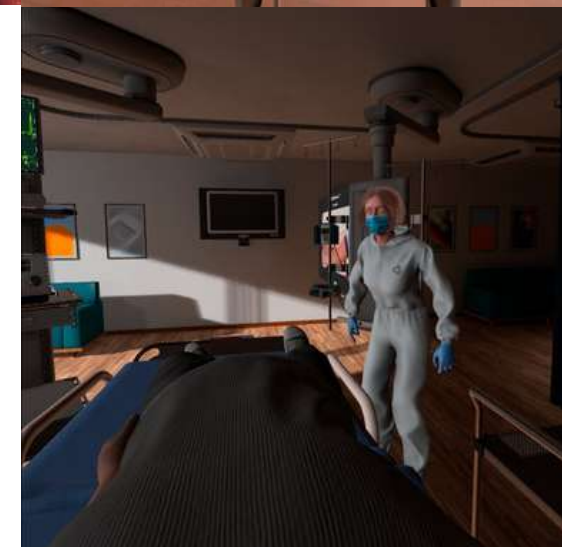
 200 new levels coming in 2023



It takes us
two weeks &
two people
to publish
new content
























We have an
in-house team
of developers,
designers and
scenarists



Anxieties and Phobias in VR

Micro-learning training system

- | | | |
|--|--|---|
|  Heights
Acrophobia |  Dogs
Cynophobia |  Doctors
Iatrophobia |
|  Airport, airplane & flight
Aerophobia |  Crowds
Enochlophobia |  Cockroaches, flies, etc.
Insectophobia |
|  Hard-to-escape places
Agoraphobia |  Office & work
Ergophobia |  Unsanitary conditions
Mysophobia |
|  Driving
Amaxophobia |  Bridges & tunnels
Gephyrophobia |  Hospitals
Nosocomophobia |
|  Storm, flood, etc.
Anemophobia |  Bacteria & germs
Germophobia |  Darkness & night
Nyctophobia |
|  Spiders
Arachnophobia |  Public speaking
Glossophobia |  School
Scolionophobia |
|  Being alone
Autophobia |  Blood
Hemophobia |  Subway & train
Siderodromophobia |

**200+ levels
coming in 2023**

**60 scenarios
of VR content
and more coming soon**

Anger training in VR

Anger management system



Home environment

Instances and items that trigger feelings of anger at home



City life

Circumstances that trigger rage in urban settings: office, cafe, etc.



Transport

Traffic jams, breakdowns and occasions that trigger feelings of fury



Society

Bullying, job loss, and other triggers that provoke feelings of anger

20+ levels coming in 2023



Relaxation practices in VR

Stress management & wellness



mindfulness
meditations



body
relaxation



breathing
relaxation



art
therapy



AI powered Mindfulness
coming in April



360 Views
4k resolution
Ambient sound



virtual
travelling

Bavarian Alps

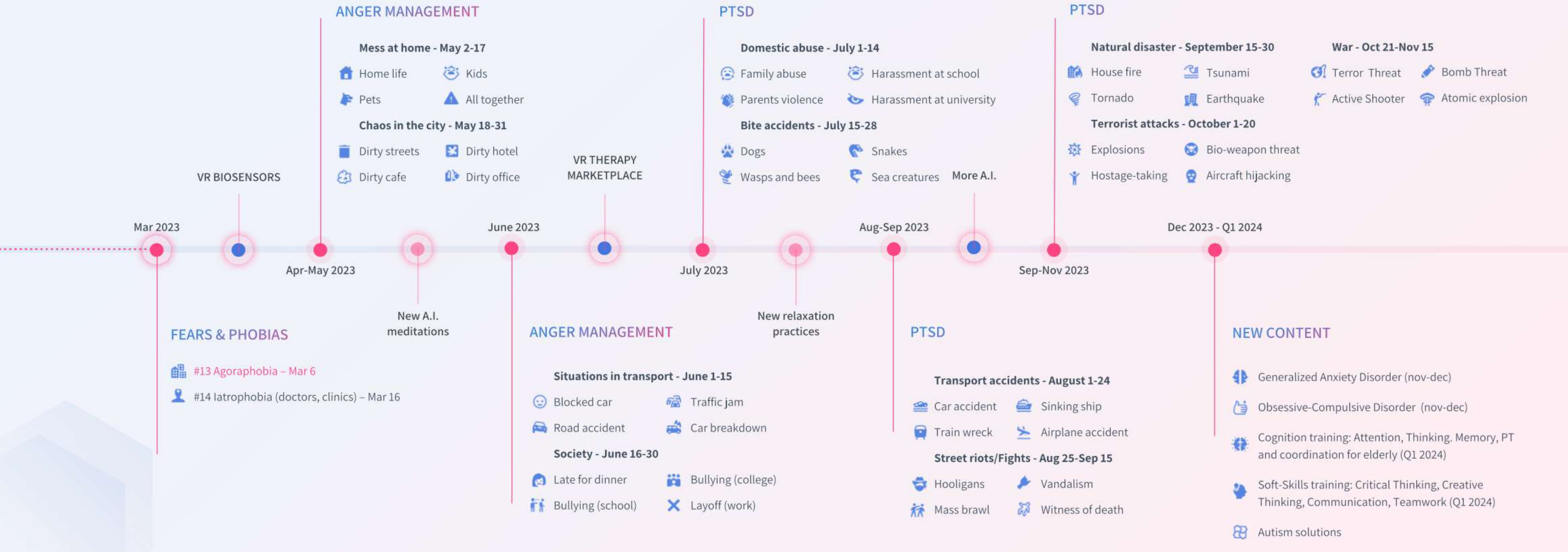
Tasmania

Lofoten Islands

and more!

PsyTechVR's Roadmap

There is nobody else on the market who offers a complete VR/AR mental health and mental wellness concept



Biosensors for VR training



Track health indicators



Pulse



HRV



Stress



Concentration



The new level of analytics

Users and psychologists can track indicators in VR or PC in real time

Testing period

FREE access for 30 days

1. Onboarding
2. LMS platform
3. VR app
4. VR updates each 2 weeks
5. Analytics Dashboard
6. VR telemedicine
7. 24/7 Tech support

SOON: VR marketplace

SOON: Bio-sensors

After trial

Subscription

For practice
or organization

For patients*

Pricing

\$140 / 1 month

\$995 / 1 year

\$50* / 1 month



With each plan, you will be given 50 active accounts for patients (for offline VR therapy). You can replace one patient with another when they leave your practice so that you will stay in the 50 quota

If you want to make VR telehealth consultations, each account will cost \$50 per month

*\$50 per 1-month option is a special offer with a reduced rate for patients that can participate in VR telehealth consultation and can use PsyTech VR without a doctor (as a hometaks out of consultations. E.g. during a week)

Team of industry professionals



Peter Oykman

Co-Founder & CEO

LMS business: 1 mln users, 200 developers



Ioan Andreev

Co-Founder & COO

For 20 years in business development, MBA



Daniel Andreev

Co-Founder & CPO

Launched 2 VR startups: Gaming and EdTech



Inna Maltzeva

Co-Founder & CSO

Psychologist (CBT) with 15 years of therapy



Richard Lamb

Advisot

Ph.D. science education,, Director of NeuroLab of East Carolina University



Gianni Serra

Advisor

Clinical and Digital Psychologist, Psychotherapist (CBT)



Russel Wharton

Advisor

Psychotherapist, CBT & EMDR consultant

Team of **12** professionals and

80+ years of technical

40+ years of therapy

50+ years of business

EXPERTISE
of team





Thank you!

Self care isn't selfish



Daniel Andreev

Co-Founder & Chief product officer

daniil@psytechvr.com



psytechvr.com

6 W 3RD ST FREDERICK, MARYLAND, USA

