

Therapy Island

Making regular therapy sessions more immersive through VR

1



I know it is difficult for my patients to keep talking about their struggles. How do I make therapy more engaging for them?

Welcome aboard! You have been invited to this island where we go on a journey to uncover your buried emotions and understand what troubles you within.

2



Wait a minute.. I was in my office just now. How did I get transported to an island?

3

Try today's activity

4

The thought worrying you today



5

Matters much less



6

This sounds like a great idea! I am excited to take my patients to try different activities here in the island, as part of my office sessions



7

Scan this to read about the entire research of the designer who helped me!



So patients can see in this forest, how the worry from today will matter less as time passes. The new plants depict the new successes in their life!



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FACULTY INSTRUCTOR
Sai Shruthi Chivukula

ASSOCIATE INSTRUCTOR
Ariel Wang

DESIGNER

Sampada Bhatnagar