

Virtual reality versus depression

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photo: VR TierOne

Today in the Radio Emergency Department we will move into virtual reality. Our guests, Tomasz Bednarski and Paweł Pasternak, will talk about the VR TierOne program, which helps patients recover after strokes, cardiac surgeries or in depression.

The "Garden of Rebirth" is a therapeutic journey in virtual reality, during which the patient fixes the world while repairing himself. The patient puts on goggles on his head and solves tasks, and the degree of difficulty depends on his level of rehabilitation. The program, implemented under a grant awarded by the National Center for Research and Development, was designed by a team of many specialists, has already undergone clinical trials and its authors already know that it is paying off.

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