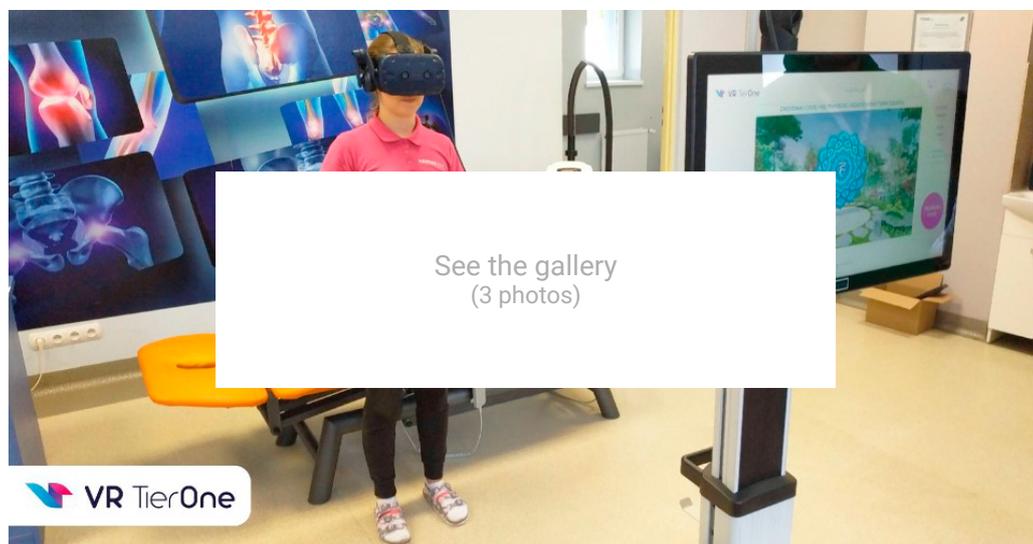


A brand new formula for fighting anxiety and depression is now available

Sponsored article "Stolgraf" Pasternak, Rodziewicz Sp. j.

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The team from Lower Silesia has created a device and application to support patients in the fight against these ailments

Interview with the creators of the VR TierOne concept - Paweł Pasternak - team leader, and Tomasz Bednarski responsible for the strategy and product development.

In a pandemic, anxiety is the number one topic. And depression is the second civilization disease in the world. These are really serious topics. What does your team have to offer in this regard?

Paweł Pasternak: A revolutionary medical device. And I say this with full conviction. We have managed to combine the latest technology - virtual reality with elements of psychotherapy.

What does that mean exactly?

Paweł Pasternak: We have created a safe medical device, thanks to which we isolate the patient from everyday life, transferring him to the virtual world created by us. There, we take him on a therapeutic journey, designed by a team of outstanding - known in the world - experts in the field of psychotherapy and physiotherapy. Thanks to a carefully composed scenario, it becomes possible to reduce the level of anxiety and depression. The effectiveness of the entire process has been confirmed in scientific studies, more about which you can read on our website:

<https://vrtierone.com/pl/effeczne-wsparcie-procesu-leczenia-i-rehabilitacji/>

Please tell me more about this device.

Tomasz Bednarski: VR TierOne is a medical device consisting of virtual reality glasses and a system supporting the therapeutic history.



The therapeutic history is the heart of the entire device. And she is the most important in it. A team of excellent specialists worked thousands of hours on it. It was developed in accordance with the principles of Ericksonian Psychotherapy. It contains elements of music therapy and garden therapy, which significantly increases the therapeutic value of the entire process. We have engaged experts in many fields - psychotherapists, physiotherapists, neurologists, music therapists and musicologists.

How long does this virtual therapy last and when are the first results?

Paweł Pasternak: The therapy is short and the effects can be seen relatively quickly. As part of scientific research, we have proved that after just eight therapeutic sessions, the patient's condition improves significantly. The effects also persist after the end of therapy, and the research carried out shows further improvement. This is the length - 8 session days - of the entire therapeutic cycle. Eight sessions of approximately 20 minutes each.

What does this session look like? What does the patient do during it?

Tomasz Bednarski: I cannot reveal too many details so that each interested person can experience the full therapeutic history on their own. I can say that we interact with many senses. The patient receives many stimuli simultaneously. First of all, he listens to therapeutic messages that operate in the conscious and unconscious sphere.

He observes extremely colorful and realistic surroundings, listens to specially composed music, learns about the details of a wonderfully prepared garden, cares for the garden and performs various therapeutic tasks. These exercises are designed to support various areas of health, e.g. spatial orientation, memory improvement, and cognitive abilities. The patient also performs breathing exercises.



Does it really work?

Paweł Pasternak: Absolutely. We have conducted research on over two hundred patients with various diseases. I mean neurological, cardiological and geriatric diseases. Everywhere, patients struggled with various fears, depressive states, reduced motivation for rehabilitation or limited drug effects.

The results indicate that our therapeutic solution reduces the level of depression by 37% (according to the GDS scale), lowers the level of anxiety by 36% (according to the HADS scale) and lowers the level of stress by 27% (according to the PSQ scale).

So objectively, the therapeutic process is working.

Where, then, can patients benefit from your solution?

Tomasz Bednarski: We have just arrived in Wrocław. We have completed the research and started the commercialization period of our solution. We are looking for clinics and health centers that would like to cooperate with us. The first step is to establish cooperation with the Analgomed pain treatment clinic from Wrocław, located in the Sky Tower on the second floor.

The clinic has our device, trained staff and a psychologist on standby. Therefore, we invite those willing to contact the clinic.

We invite you to familiarize yourself with the details of the presented solution - a specially prepared promotional offer awaits you on site:

<https://vrtierone.com/leczenie-depresja>

Original material: A completely new formula for fighting anxiety and depression is now available - Gazeta Wrocławska



depression medicines

