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TOPICAL

## XR FOR AVERSION THERAPY



UNC ARVR

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## XR FOR AVERSION THERAPY

XR can be used along with behavioral therapy to treat anxiety disorders. This involves exposing the patient to a source of anxiety (such as spiders) using an XR headset without direct exposure, helping patients overcome their anxiety or distress.

**RELATED CARDS:**

(29) VR in Medicine  
(59) VR Meditation  
(68) VR Rehabilitation

*For more  
information, visit  
our website*



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<https://go.unc.edu/arvr>

Make a card:

1. Cut along the red lines
2. Glue the backs together

For best results, use a heavy cardstock for printing