

Amelia by XRHealth Clinical Case

Polio and Panic Attacks With VR



**Health care professional with expertise in VR:
Cristina Ballenilla**

Patient

Female, 62 years old.

Lives with her partner, no children.

Works in an association which facilitate access to people with a disability.

Reference diagnosis.

Severe congenital malformation of the cervical spine affecting the lower extremities (Degree of total disability, never walked).

She has tried other treatments but none have been effective.

For 5 years she has suffered from generalized anxiety .

She mentions respiratory difficulties as a result of her illness but there is NO biological evidence to support it.

She refers to feeling constant distress.

Evaluation

Self-registration is carried out to detect if the sensation of drowning is generalized → it's concluded from the self-registrations that the sensations of drowning occur in specific situations.

A first guided **Meditation** session is done before incorporating Amelia by XRHealth to see the patient's response → Responds positively.

After the evaluation it's concluded:

- High needs to **control others** and her surroundings.
- **Approval seeking.**
- **Lack of limits** in all contexts, " She doesn't know how to say no". Everything has to get ahead.

All these factors lead her to **repress her emotions** and to carry the emotional aspects of others. → She is given permission to explain everything that she feels and what she expects from the people around her.

Objectives

Objectives to be achieved

Reduce choking sensation.

Provide tools to reduce anxiety levels.

Change the locus of control from internal to external.

Methodology

1. Psychoeducation.
2. Cognitive restructuring.
 - Buddhist-based mindfulness training (hold, don't forget and don't wander). The patient is trained to react towards negative situations, by being able to detach from the anxious emotional state, not being able to change the situation.



Development

1. Psychoeducation

Use "Breathing under the sea" to become aware of the importance of attention in the regulation of anxiety. - Lower the level of anxiety.

Result: Anxiety levels are significantly reduced. The focus of her attention is changed, from her surroundings to the seahorse, causing the anxiety levels to reduce.

2. Cognitive restructuring (Unconscious processes).

The 4 stages of emotional development used are explained to create awareness to modify them.

1. To dominate and control others.
2. Desire to be loved at will: Need for others to love me.
3. Desire to love and protect others: Overprotection and expressive offering to be valued and to receive approval.
4. Repentance and forgiveness from ourselves and others: Forgive yourself for not respecting yourself.

The 4 stages of emotional development and consciousness			
1	2	3	4
To dominate and control others	Desire to be loved at will	Desire to love and protect others	Repentance and forgiveness from ourselves and others

Development

The patient is trained to accept her emotions and not to repress them, as well as to include limits and barriers in different contexts.

She identifies herself as a "victim" in the different mental states that are presented. → Becomes aware of the way she acts in the different situations and the reason why she acts that way.

Mental state		
Victim	Ostrich	Warrior
They blame others	They want to change but don't do anything for the change	Become aware of their responsibility

She's explained how she's covering her needs and the adaptive alternatives to solve them.

- She takes refuge in security and control in order to obtain love and recognition. **"I'm going to do this so you owe me something"**.
- Becomes aware pretty quickly that she belonged to the victim state **"I'm not responsible for anything"**.

→ She ended up becoming aware and identifying these processes in a very progressive way.

Results

Distribution of the sessions and evolution of the patient (6 months; 16 sessions, follow-up 1 session per month).

Shows positive responses to relaxation and mindfulness techniques since the beginning .

Becomes progressively aware of the changes from internal to external control. When it begins to occur, she automatically stops performing the unadaptive behaviors.

The incorporation of mindfulness gives very positive results, takes awareness of her actions with the reduction of anxious response in certain situations.

- During the summer the word **"fueguito"** (Little fire) -associated to conscious walk- is incorporated when the patient ruminates out of the scope, this word is used to reduce the anxiety and facilitates the self consciousness.



Results

The use of VR in this case was a motivational element and a therapeutic engagement, as mentioned by the patient, by giving her the sensation of being able to walk, the sensations that were presented in that state are more engraved.

After the therapy, the patient reported a very substantial improvement compared to her initial situation.

Anxiety, ruminations, anguish and drowning sensations disappear. She also reported an improvement in her breathing (it's possible to determine that the ailment was not due to biological causes).

She feels much better with her partner, she already knows how to manage those situations that caused problems. Limits have been incorporated into her relationships and certain individuals have been eliminated from her life.

She refers to a single panic attack after therapy but states that she was able to overcome it.

COLATERAL level.

Weight reduction from the beginning of the treatment (4 kg). Goes from eating out of anxiety to eating consciously.

Work continues to generate stress but tries to control and manage it.



amelia
by XRHealth