

Change interview recording transcription

00:00:00:00 - 00:00:16:05

Researcher

Fantastic. Okay, cool. So, um, so first of all, like the change interview says that will be conducting this in the office and everything. I'm just going to change that and just say, listen, you had the flu, and.

00:00:16:07 - 00:00:18:19

Facilitator

That isn't even a lie. I do have the flu.

00:00:18:21 - 00:00:29:16

Researcher

Yeah, And you do have the flu. And that's why we're meeting online and not in person. Um, I see you have coffee, so you have your refreshments so that.

00:00:29:18 - 00:00:30:14

Facilitator

It also works.

00:00:30:16 - 00:00:54:07

Researcher

Um, so just to reiterate this whole change interview, we are interested in the overall experience of each of the treatment methods and which aspects of each of them led to your experience. So while I do have a couple of questions of individual sessions here with me, like I've got like, like, like ten of them, just a couple.

00:00:54:07 - 00:00:55:05

Facilitator

Of.

00:00:55:07 - 00:01:04:11

Researcher

More curiosities sake things because I have to constantly tap myself on the nose and say, Don't go into too deep in too deep, because at the end of day we are just looking for

00:01:04:12 - 00:01:07:19

Facilitator

Yeah, I kind of focused on the research questions.

00:01:07:19 - 00:01:09:00

Researcher

Yeah, because I can't.

00:01:09:04 - 00:01:09:23

Facilitator

Sometimes.

00:01:10:01 - 00:01:34:05

Researcher

I'm nit picking my own data at the moment and um, and I should just calm down a little bit. So that's why I'm following and this is my own instructions very clearly here. So the focus is on comparing the helpful and the hindering aspects of both treatments to determine the viability of utilizing virtual environments in the context of the SHIP process.

00:01:34:06 - 00:02:12:03

Researcher

So that's purely just what we're going to do today is going to be very broad, not very specific. There are no incorrect answers. The only correct answers are your experiences of each treatment based on your professional opinion as trained SHIP therapist. And that's very important. So whatever. Don't be afraid to be harsh or honest or whatever. Just give it to me straight from my Obviously, I have my perspective and and if I I'm very I don't think I'm biased anymore because the data is on my side, but I'm very interested to hear what you have to say and everything.

00:02:12:05 - 00:02:17:02

Researcher

So if you're if you're ready to kick it off, I'll kick it off with the first question.

00:02:17:02 - 00:02:19:16

Facilitator

I'm good. Perfect, let's go.

00:02:19:18 - 00:02:21:03

Researcher

Let's go.

00:02:21:05 - 00:02:24:22

Facilitator

And just I'm going to open the document in front.

00:02:25:00 - 00:02:56:21

Researcher

Yeah, Yeah, I've got it open here on my side as well. Just try. And I'm just on a single laptop screen, so I just like to look orientate it so I can see your face. Okay, cool. So. So section A, we're just going to start off the back with so the HAT forms you filled in for the standard induction, meaning the control group experience the session says that you experience the sections as 7.2 out of ten on average.

00:02:56:21 - 00:03:18:20

Researcher

So that was the average and that is more if we have to go to the nearest decimal to the nearest of number, it's seven out of ten, which means you experienced as you had a very neutral experience of the standard group. So can you please explain this overall experience of neutral for us?

00:03:18:22 - 00:03:47:06

Facilitator

So in my responses on the helpful aspects of therapy form indicate there were definitely no negative experiences, but I think you used a very a nice word, there where you described it as a neutral experience. It was pleasant, but there were very few sessions that were outstanding. We were able to go deep, but but it was it was a good session.

00:03:47:08 - 00:04:10:20

Facilitator

Nothing to complain about, but nothing necessarily outstanding. And I think a part of that is what we trying to accomplish with SHIP therapy, is that you're trying to stimulate the brain to to access old memories and old emotions in order to process them, in order to facilitate the process of healing. That's kind of the main goal of SHIP therapy.

00:04:10:22 - 00:04:17:06

Facilitator

And I don't know if you want me to go into the VR sessions already, but.

00:04:17:08 - 00:04:29:18

Researcher

Yeah, that's the that's the next question that, that is that is perfect. So just to elaborate on question one, it's it's it was the same old story for what you normally experience in practice.

00:04:29:22 - 00:04:54:13

Facilitator

It was the same old story. So if I can break that down for you and maybe this will be helpful for your data. What we did with that was we worked with where a person was and we processed what they were able to because it was a stranger that they were working with. I mean, they had met me probably once, very briefly before, but they were comfortable, but they didn't necessarily sign up for a full SHIP process.

00:04:54:15 - 00:05:10:05

Facilitator

So whatever their body was able to dig up in that moment, that was essentially what they they gave the information they gave me to work with. And that's why we had the kind of neutral effect.

00:05:10:07 - 00:05:30:20

Researcher

Okay, fantastic. Thank you so much. That's great. So we'll just go straight into the question two then of the first section. The HAT forms indicated on average it was 7.8 out of ten. So

obviously we're going to do the same thing now. We're going to rounded up. So closest number and it's while these these quantitative values aren't very important.

00:05:30:20 - 00:05:50:08

Researcher

It is still interesting to see that over overall the VR experience you experience the VR as well as what's the what's the term I used especially helpful or useful, exceptionally useful. I can't remember what and it's very miniscule the differences, but...

00:05:50:10 - 00:05:53:15

Facilitator

You said it was more useful than the standard.

00:05:53:17 - 00:06:02:07

Researcher

So can you please explain why you experience the VR sessions as more useful?

00:06:02:09 - 00:06:41:14

Facilitator

I think the explanation for that for the highest score for the VR session, the overall average score, is that in stimulating memories and stimulating emotion in order to process them to work towards healing the VR stimulus served as a stimulus to active, to stimulate brain functioning and to stimulate memories. So it's almost like the VR group had additional tools, additional resources at their disposal, and that would account for and it's an excellent tool.

00:06:41:16 - 00:07:11:13

Facilitator

So it didn't influence their experience, but it heightened their experience. And I think for me that was a significant differentiation. It didn't influence their experience, but it did heighten it. That was my biggest takeaway because they had additional stimulation. Remember your brain, your brain function is on a computer processing model type of model. So the computer processing model is input process output.

00:07:11:13 - 00:07:32:04

Facilitator

You think of a quality old fashioned calculator where you put two plus two is input processing happens in the background and you have output on your screen of four with your answer and a computer works on the same kind of principle and your brain ironically works on the same principle. Where it takes in information. It has input through the five senses.

00:07:32:06 - 00:07:52:13

Facilitator

There's processing in different parts of your brain, you know, integration, analyzing for conclusions, and then there's output. You either speak your answer, you write your answer down, or through your actions or behavior, you will demonstrate an answer. And the VR group had greater input and that is what heightened their experience.

00:07:52:15 - 00:07:58:13

Researcher

Okay, cool. Now I like I like the fact that you are comparing it to computers because that's what I constantly do.

00:07:58:19 - 00:07:59:17

Facilitator

That's your thing.

00:07:59:19 - 00:08:35:16

Researcher

Day, day to day life and everything. So now I've read I read that especially with the case of part- virtual reality participant Number nine I won't be using names because we have to keep the anonymity. And you specifically said in his HAT form that or their HAT form rather that in the exercise session or or in the VR session you were able to tap into much deeper, richer memories and thoughts then in the first phase of the session.

00:08:35:19 - 00:08:42:02

Researcher

So is this just because it's the tool? Just help them to? Rather...

00:08:42:04 - 00:09:06:05

Facilitator

Yes. So I think what you need to focus on in terms of understanding the differentiation between the VR group and the standard group is that the VR tool allowed the participant. It didn't impact on my work as therapist, but it impacted on the participants experience in the participant stimulation. And I don't remember the participants because they were coded.

00:09:06:05 - 00:09:32:22

Facilitator

So I have no idea what form that is. Maximum trust for, anonymous, anonymous functions. But if you said it seemed to give if I wrote that, it seemed to give the client a deeper experience, it would make perfect sense to me because it means that there was greater stimulation because from my experience, all the clients were all the participants were equally comfortable with me.

00:09:33:04 - 00:09:48:00

Facilitator

I had not noted anybody not being comfortable. So the therapeutic relationship, which is very important for a psychologist that did not influence the rich experience and therefore it would be the additional stimulation that the VR goggles provided.

00:09:48:05 - 00:09:55:01

Researcher

So the therapeutic relationship with the therapeutic relationship. Yeah sorry...

00:09:55:03 - 00:10:19:15

Facilitator

The therapeutic relationship is the type of, it's literally the, the therapeutic relationship that you create. Are you, are you on good terms? Do you feel like you, you can connect do you click type of thing? If we can put it very colloquially and some clients, click with a therapist. And I don't know if if you would ever experiences this with a lecturer with people at work.

00:10:19:17 - 00:10:29:15

Facilitator

Sometimes you click with someone and sometimes you don't right? And if you don't, maybe the therapist is not a good fit for you. And I did not have that experience with any of our participants across both groups.

00:10:29:17 - 00:10:32:20

Researcher

So across across both. Okay, cool no that's fantastic.

00:10:32:22 - 00:10:44:12

Facilitator

Both groups and you can quote this if necessary, but across both groups, I felt like I had established a healthy therapeutic alliance with each participant.

00:10:44:14 - 00:11:00:15

Researcher

Yeah. I think it helped that we had that. Those exercise sessions and the first phase as well, just to, just to break down. So that that's very important to note that there wasn't a difference in your relationship with them. The only additive at the end of the day was the VR, the only difference...

00:11:00:20 - 00:11:01:06

Facilitator

Absolutely.

00:11:01:08 - 00:11:02:16

Researcher

Between the two groups.

00:11:02:18 - 00:11:28:18

Facilitator

And what this what this kind of reminds me of or leads me to, is that the only thing that would impact on those 7.2 and 7.8 scores between the Standard and the VR group is then the VR goggles, because all the other potential elements that could contribute to the experience of the participant. Were, were eliminated, like the therapeutic relationship.

00:11:28:20 - 00:11:53:18

Researcher

Okay cool thank you we'll go on to the next section. So the next section, Section B is about attributions, essentially the stuff that attributed to the overall experience. You've answered a

couple of it in the previous section as well, but I think now for these questions, you can just try and bullet them. What attributes were the stand out attributes for you?

00:11:53:18 - 00:12:02:23

Researcher

So Question three What events occurred during the standard induction sessions that attributed to this overall experience?

00:12:03:01 - 00:12:33:13

Facilitator

Um, I think the therapeutic alliance being healthy was a definite contribution to us getting scores that were seven and above in both groups and definitely in the Standard group. You could see everybody was comfortable, everybody was willing, everybody felt a sense of ease to engage and that allowed them to go deep and allowed us to, to, to conduct SHIP therapy that for me is probably the greatest one.

00:12:33:15 - 00:12:44:16

Facilitator

I think our practice sessions were a great contributor. Like you said, they allowed us to enhance the therapeutic alliance.

00:12:44:18 - 00:12:45:20

Researcher

Okay, fantastic.

00:12:45:20 - 00:13:03:12

Facilitator

I also think that none of the participants VR or standard had experienced SHIP before was helpful because they went into it very neutral and there were no biases amongst the VR in the Standard Group or between the VR and Standard group.

00:13:03:14 - 00:13:06:00

Researcher

It's also interesting. Well a good thing to note.

00:13:06:02 - 00:13:07:20

Facilitator

It was a very pure experience for me

00:13:07:20 - 00:13:29:16

Researcher

Me. Yeah. So, so comfort, ease, comfort, ease, leading to heightened engagements and as deemed so I would say like the therapeutic relationship between psychologist and participant is the biggest attribute that you found in the standard.

00:13:29:18 - 00:13:43:11

Facilitator

And you can read up on Therapeutic Alliance, you'll find that it's a massive contribution to absolutely any therapeutic process, regardless of the techniques being used whether its SHIP therapy, talk therapy or anything else.

00:13:43:13 - 00:13:45:08

Researcher

Okay. There was no...

00:13:45:10 - 00:13:53:02

Facilitator

Therapy requires vulnerability, the therapeutic alliance facilitates the vulnerability.

00:13:53:04 - 00:14:02:05

Researcher

Yeah. Okay. I'm trying to think now the standard was standard group. Um, so I have a couple of questions here. I think that.

00:14:02:07 - 00:14:05:14

Facilitator

Go for it.

00:14:05:16 - 00:14:39:00

Researcher

Yeah, Yeah, I actually well you just answer that alliance between facilitator and participant as a factor That is important. Would you say that as being answers those *inaudible* Um, okay. So yeah, I think those are more in depth and I think I should actually just ask them towards the end. So any, uh, than question four, go straight on what events occurred during the VR induction sessions that attributed to overall experience.

00:14:39:02 - 00:15:25:20

Facilitator

Okay. So in the VR sessions, what I found is that to my knowledge, none of the participants had access to VR goggles of the VR experience prior to our sessions. And I felt that was helpful because it again, created an unbiased, very authentic therapeutic experience, which for research purposes is excellent. What I found is it took them a few seconds or a minute or two to kind of get into the VR experience to adjust to the visual they were perceiving before them through the visual VR goggles in this case was the picture of the door.

00:15:25:22 - 00:15:40:17

Facilitator

But once they did that, remember on a subconscious level, there was additional stimulation through the VR experience and that processing heightened the experience in my observation.

00:15:40:19 - 00:16:07:02

Researcher

Okay, fantastic. In a couple of the sessions, you noted that the the VR group seemed to because I'm just this I don't know if this is contradicting to what you just said. You mentioned that the VR group seemed to get more comfortable quicker and got into the the, the process of SHIP much sooner than that or not much sooner, but some of them came in sooner than the standard group.

00:16:07:02 - 00:16:08:21

Facilitator

Somewhat sooner.

00:16:08:23 - 00:16:23:12

Researcher

So was that was that something you picked up that they were they got more comfortable quicker than the Standard group or would you not say that it was really there wasn't much of a difference?

00:16:23:14 - 00:16:52:06

Facilitator

I think the VR goggles served as almost a healthy distraction because it allowed them to immerse themselves into the VR world. And it's almost like a personal world that you had in the back that functions in there because they don't know what I'm seeing and it's not a shared experience, and that maybe allows them to feel a sense of, of psychological safety.

00:16:52:08 - 00:16:53:19

Researcher

Yeah.

00:16:53:21 - 00:17:17:12

Facilitator

And that allows them... understand the relevance of psychological safety. Psychological safety is a human beings foremost, most primary psychological need. So once you, and that's why therapeutic alliance is important because therapeutic alliance makes them feel safe, it makes them feel psychological safety, and then we can continue on the process. Then they're able to share.

00:17:17:13 - 00:17:24:03

Facilitator

And I think that is part of what the VR goggles provided, the VR experience provided.

00:17:24:05 - 00:17:51:21

Researcher

That's interesting because like it's it's I had two schools of thought on this either that they feel that psychological safety that you're describing. But the other thought I had and I don't think this is this is not really this is not really something that I'll go into in my study, but just to for the sake of chatting about it is the is a sense of people don't always feel comfortable taking ownership and control over things.

00:17:51:21 - 00:18:15:00

Researcher

It's like when you go to a doctor, it's much simpler to have them tell you exactly what's going on and exactly what's what's wrong with you, what illness you have with the VR is VR as... the thing that they don't have to imagine. So it kind of takes that pressure off of them having to imagine the stimulus.

00:18:15:02 - 00:18:17:05

Researcher

I was just curious about what your thoughts were on that.

00:18:17:05 - 00:18:44:10

Facilitator

I think I think I have one hypotheses on that. So the first aspect we need to keep in consideration is that these are all people or not all of them. A lot of them are familiar with the IT industry or the IT world and the concept of VR, whether they've experienced VR or not, whether they've used a VR headset or not before the concept of it is familiar to them.

00:18:44:12 - 00:19:15:14

Facilitator

Also the other thing is that a lot of those who were not part of the IT world or the IT industry or familiar with the IT industry were referred by people who were part of your network and they felt felt a sense of connection to you via your your study or your friend or whoever one of your colleagues and what that does is it enhances the sense of security and it allows people to feel at ease.

00:19:15:16 - 00:19:35:21

Facilitator

So in summary, what that would mean for our hypothesis is that we we worked with a very small group, and while our results are indicative of this particular group, they are not necessarily generalizable to a wider population.

00:19:35:23 - 00:19:36:20

Researcher

Yeah.

00:19:36:22 - 00:19:46:03

Facilitator

It's very meaningful results. But for a particular group based on the variables linked to this particular group, like familiarity, and I think that's one of the things...

00:19:46:06 - 00:19:57:03

Researcher

Yeah, no. Luckily. The whole, the, the, the, the whole intent was not to generalize, the whole intent was to just see what the, what the next step is in this research, but to.

00:19:57:04 - 00:19:59:15

Facilitator

Although it's massively meaningful.

00:19:59:17 - 00:20:22:14

Researcher

Yeah. To put a finer point on it at the end of the day like I hear what you're saying like IT this generation I mean also not just my generation. I mean if you go the older generation, we are forced into this world of IT. Everything is adapting consistently and we spoke often about it at the world of psychology is still quite taboo in a lot of cultures and societies and everything.

00:20:22:14 - 00:20:49:22

Researcher

And it's something that's very unfamiliar to people and to lie down on a couch, close your eyes in front of a person you just met is a complete uncomfortable experience, I mean that I haven't experienced before, where virtual reality immediately I would say they felt like, okay, I'm going to play a game. I'm used to this. I know this is this is kind of just that helped assist with just the general comfortability of the people.

00:20:50:00 - 00:20:51:18

Facilitator

And when you use that metaphor of...

00:20:51:20 - 00:20:54:02

Researcher

It almost made it more private, more intimate for them, they...

00:20:54:07 - 00:21:14:01

Facilitator

Absolutely. And yeah, if we think of the idea of playing a game people maybe not everybody but some such such a large part of our young population these days, are used to playing Xbox or PlayStation online and you have a virtual friend that you're playing with for three years and you haven't met him and that kind of it's normalized

00:21:14:01 - 00:21:15:11

Facilitator

VR for us.

00:21:15:12 - 00:21:41:22

Researcher

Yeah. Now that absolutely I like I like that fact or that hypothesis rather. Okay so we'll go straight straight into section C, now we've touched on most of these things, but once again we'll just try and bullet them a little bit just to have a clearer, concise idea. So question five What were the most helpful aspects of the standard induction and why were there helpful?

00:21:42:00 - 00:22:00:09

Facilitator

Just give me a minute to kind of put that to to conceptualize it into a formal answer. But with the standard induction, I think there was a sense of almost in a sense of old fashioned authenticity we could just pure therapist, client engagement...

00:22:00:12 - 00:22:21:06

Researcher

Was there was it was it was a bit of more comfortability for you because at the end of the day, the study is mainly to see if it assisted you, if you found it helpful. So was there for you a sense of more did you feel more comfortable at the start of it all with the traditional method than the VR method?

00:22:21:07 - 00:22:47:19

Facilitator

Not necessarily. I think what I did feel was familiarity, not necessarily ease. And those two concepts you can differentiate in your findings and results, that there was definitely familiarity and that's why I use the word old fashioned, because it's familiar for me. It's something I've been for ten years now. It's something we are taught at universities as part of our degrees.

00:22:47:21 - 00:23:03:17

Facilitator

That's, you know, that there's that metaphor of lying on a couch and telling your story type of thing. It alludes to that experience, and the VR experience is new. If we can hop to question six.

00:23:03:19 - 00:23:06:02

Researcher

As I just feel just quickly before we hop to six...

00:23:07:01 - 00:23:15:08

Researcher

As what, why, why does this sense of old fashioned familiarity, why it makes make it more helpful for you? What? What? Why do you say that?

00:23:15:08 - 00:23:52:01

Facilitator

So from a therapist... Okay, from a therapist perspective, familiarity makes it easier. Familiarity is literally a foundational element of ease. Remember your brain functions on neural pathways that create familiarity. Your brain loves familiarity. That's why we stay comfort zones. And a lot of therapists would struggle, once VR is really launched into the psychology world on a big scale, which at some point I trust it will be.

00:23:52:01 - 00:24:16:01

Facilitator

Because if you look at the way the tech world is developing so well and so fast, once that does happen, therapists may struggle to embrace it. I always think of that metaphor of our parents and grandparents when the Internet was launched and they were like, What is this

nonsense? And they struggle to embrace it. They struggle to set up an email account for themselves and function like that.

00:24:16:03 - 00:24:37:07

Facilitator

It was so new to them. I think some therapists would struggle with that because they hang onto the familiarity of talk therapy and engaging just face to face with a client without additional tools to support that process, without additional technological tools to support that process.

00:24:37:09 - 00:24:49:14

Researcher

Okay, fantastic. So you it was just easier for you to launch into the session. I just get just get going like you normally would. Okay, hundred percent. So then we can launch straight into...

00:24:49:14 - 00:24:52:00

Facilitator

It's that pure, it's it's.

00:24:52:02 - 00:24:53:15

Researcher

Like riding a bike.

00:24:53:17 - 00:24:57:01

Facilitator

It's like riding a bike completely.

00:24:57:03 - 00:25:01:22

Researcher

So. Well, this is perfect. We'll go straight into question six.

00:25:02:00 - 00:25:36:00

Facilitator

So question six looked at the helpful aspects of the VR induction and why was that helpful. So I think why that was helpful is because the client initially instantly had an additional stimulus and this was almost like their brain was being stimulated additionally and they could engage deeper. And it just turned I mean the raw scores. The results already indicate that it was a heightened experience.

00:25:36:02 - 00:25:41:13

Researcher

So the visual aid, the simulation as was the most helpful aspect.

00:25:41:15 - 00:26:06:10

Facilitator

Absolutely. I think on this note and this, kudos to you here as a therapist, it was very helpful that you had designed the VR program in a way that it exactly duplicated the instructions of

a standard session. There was a lot ease. There was there was great ease to to transition between the two as a therapist, because very easy to do that transition because.

00:26:06:12 - 00:26:12:16

Researcher

That's that's, that's, that's very cool because that's my whole idea for how this is the only way I can see.

00:26:12:20 - 00:26:13:02

Facilitator

Sure.

00:26:13:06 - 00:26:40:00

Researcher

Virtual reality working for psychological field is by replicating proved and tried SHIP frames or standard psychological practices. Because you need that. You still need that. Like you mentioned earlier, it's a tool. It's not a replacement. It's it's just there to to enhance the session. You need to be able to jump back and forth between them like we saw on a couple of the sessions.

00:26:40:02 - 00:26:59:07

Researcher

Some of the participants actually closed their eyes while doing the VR session because they didn't like the door. They got tired of the door. Something like that. And that's essentially that is the best results here. We're not looking to replace SHIP traditional methods. We're looking to enhance it.

00:26:59:09 - 00:27:02:22

Facilitator

Yes, that word is so significant enhanced.

00:27:03:00 - 00:27:28:20

Researcher

Yeah. So apart from the apart from the simulation and the visual aspect, was there any other helpful aspects that you picked up and on other side so you, you name now your name for the standard group. The most helpful was that old fashioned authenticity, the familiarity of it all of the VR it was a simulation of visualization. So anything else you think those were the only ones worth noting?

00:27:28:22 - 00:28:01:23

Facilitator

I think for research purposes it was extremely the most helpful aspect was that people had come in for those sessions. Initially. I think that really enhanced the quality of our research results because what it did is it normalized the research process between interlinking VR or IT and psychology, which are two field that you don't traditionally see going together. And it was a whole new which was a very new concept for a participant for any participant.

00:28:02:00 - 00:28:09:16

Facilitator

And I think that was helpful. I think it again enhanced but did not influence our results.

00:28:09:18 - 00:28:16:15

Researcher

Okay. Fantastic, yeah like enhanced not influenced. Okay, cool.

00:28:16:17 - 00:28:18:03

Researcher

Because yeah if.

00:28:18:05 - 00:28:23:11

Facilitator

And that is my genuine experience.

00:28:23:13 - 00:28:47:17

Researcher

Yeah. If you just break it down, I mean there's not much more we can say about it. I mean, either either either the vision, the simulation assisted or it didn't. And with the traditional group, I mean, there's not many more new aspects that we brought in to the fore. So it's so completely, I hear what you're saying because what one is searching for is normally like you looking for a lot of attributes.

00:28:47:17 - 00:28:54:14

Researcher

But at the end of the day, it's one attribute. You know it, you trust it, you use it for ten years and that's what makes it the most possible.

00:28:54:16 - 00:29:20:23

Facilitator

And I think, we must take into consideration for your research study as well that in order to get authentic results, we really skim this down we skim the SHIP process down to the most simplistic form possible. So we wanted our main goal was to test the usability of VR in SHIP, and we scaled the SHIP process down so they weren't too many variables.

00:29:21:01 - 00:29:29:13

Facilitator

Which influenced the process. We already eliminated that. And that is important to note for research purposes.

00:29:29:13 - 00:29:53:11

Researcher

No definitely, and future research will definitely want to focus more in depth on a very smaller sample, in my opinion. But let's move on. So section, section D, we're heading into the hindering aspects of the therapy. So Question 7, what in the Standard Group, what did you find was the most hindering or did you find any aspects that were missing?

00:29:53:11 - 00:30:09:03

Researcher

Like the way we set it up, the way we conducted it? What, what, what, what made you struggle a little bit or what? What did you find being lacking or being missing? And if the air mattress is one of them, I completely understand it.

00:30:09:05 - 00:30:32:06

Facilitator

I think the height of the air mattress, not necessarily the air mattress, because it's a common concept in psychology that the height, if you sitting with a bunch of friends watching the rugby match and they all sitting on the couch in your lounge and you sit on the floor, you kind of located yourself at a lower listing.

00:30:32:08 - 00:30:57:07

Facilitator

And the therapist was sitting on a chair. So it did, you know, I was higher than them and they were lower. And that for a new person makes you feel vulnerable. It's a yeah if if you think of very caveman fight or flight type of thinking, if you are on the floor, you're not safe. Because if you need to respond to a risk or a threat, it takes a long time to stand up before you can fight type of thing.

00:30:57:11 - 00:30:57:20

Researcher

Yeah.

00:30:58:02 - 00:31:28:02

Facilitator

Whereas the therapist is already I'm already at that level. And that was the one thing. But I think what helped us with that is the test sessions again. So the test sessions neutralized that and kind of helped us to, to create that feeling where if the mattress is just there for ease of access and to enhance the experience for you and the height didn't influence it and they had become we had both a therapeutic alliance between me and them.

00:31:28:04 - 00:31:31:23

Facilitator

So being in a closed room with me didn't become, didn't.

00:31:32:01 - 00:31:32:12

Researcher

Yeah, didn't feel like they were...

00:31:32:15 - 00:31:35:20

Facilitator

Was not psychologically perceived as a risk, or a threat. And there for the height did not...

00:31:35:22 - 00:32:04:07

Researcher

And that is something I'd never thought about. And it's so, it's so true because we when we conduct interviews of C-level executives and stuff like that, it's important to also get the camera eye-height because the moment you get the camera too high, it's look, the interview looks like they're looking up as if they're insignificant or or less important where where they should be the focus point or on par.

00:32:04:09 - 00:32:19:23

Researcher

So that's that's a great point you're making there. I wanted to go on with this question and ask: there was a lot of construction and stuff while we conducted these interviews, these sessions. Did you find that construction hindering?

00:32:20:00 - 00:32:37:05

Facilitator

Ironically, no. So what I did is I worked with with the obstruction and I included it into part of my instructions. And if you go back to the recordings, I'm sure at least on one recording, you'll find that I've said that.

00:32:37:06 - 00:32:47:21

Researcher

Every every single and I can, I can I can I can recite your introduction, at this point, I've been through eight of them now. Okay no that's fantastic...

00:32:47:23 - 00:33:10:22

Facilitator

And I try to keep that standard. So what I included in the introduction, and maybe you can quote it if you, if you will, to link it to this interview, but I said, you will hear this and I want you to take only my voice and your thoughts into your inner world with you. And I know the human mind is the capacity to do that, to zone in or zone out from certain visuals or certain sounds or certain smells.

00:33:11:03 - 00:33:15:20

Facilitator

It works with input process, output type of mechanism.

00:33:16:01 - 00:33:28:10

Researcher

Awesome. So with these with these standard sessions that, do you find anything missing or lacking that you wish you had or which we we should have had?

00:33:28:12 - 00:33:52:17

Facilitator

To be honest, no. I think we had a very simplified process. We went in with very clear-cut goals. And again, that's your work in terms of planning. And we we had very clear-cut goals. It was a very it was a very clear-cut process. And that made it easy to go in, get the data and then kind of move out again.

00:33:52:19 - 00:34:07:10

Researcher

Okay, fantastic. So, okay, cool. We'll move straight on to question eight. The most hindering aspects of the VR induction or whatever. Or did you find anything to be missing or lacking?

00:34:07:12 - 00:34:47:13

Facilitator

I think with the VR session, what I would have loved ideally in a perfect world is to have a lazy boy or some kind of chair where they could recline because a lot of some of the participants had asked to sit up and we didn't necessarily have the tools for that. And under the circumstances, I understand that. But maybe as a recommendation for further study or for use in actual practice with the with a live client and therapist to be prepared in terms of equipment, in terms of the right height bed, the right height chair or the type of chair, and those would be things I would make would list as recommendations for, for implementing

00:34:47:13 - 00:35:12:04

Facilitator

VR in therapy because I think it takes the it takes the tension because if a client is if a participant is sitting and they're not comfortable, then they focused on shuffling around and my back hurts. And I see that with myself as well in in real life therapy sessions. And it distracts from what you're trying to focus on SHIP wise.

00:35:12:06 - 00:35:30:11

Researcher

Yeah, absolutely. That's a good points. But I wanted to also ask there was it connects to the sit up there was one participant that wanted to sit up and then the headset wasn't strapped properly and they had to hold it at the end of a day. And did you find that to be...

00:35:30:12 - 00:35:30:15

Facilitator

Yes I remember that.

00:35:30:15 - 00:35:50:04

Researcher

So the the headset, even though we chose the lightest headset we could find and had available to us, and that was supposed to be the most comfortable. It's still weighed a little bit and and it's still the hardware at the end of the day was a bit distracting or hindering rather.

00:35:50:06 - 00:36:19:14

Facilitator

Absolutely. I get that and that I suppose with time the technological gurus will sort the hardware out as we have it now. They'll give us Tony Stark glasses one day. I think that was again a distraction and it some clients are able to work with it. I don't remember her score.

00:36:21:05 - 00:36:33:12

Researcher

Yeah she did, she did fairly well. It didn't, it was I guess it was a very small hinderance. I mean if I remember correctly, you only marked it down as slightly hindering. Not completely. It wasn't one...

00:36:33:14 - 00:36:35:03

Facilitator

And I can tell you why.

00:36:35:08 - 00:36:36:18

Researcher

Yeah.

00:36:36:20 - 00:36:58:16

Facilitator

So what I try to do with clients is identify the distractor. It's almost like, you know, when the direct metaphor of what do you do when there's an elephant in the room? You introduce the elephant, you say, this is the elephant, the VR goggles seem to be hindering you, and they keep slipping down. I want you to hold it. I put your prop your arms up in this way and try and

00:36:58:16 - 00:37:24:10

Facilitator

Make it as easy as reasonably possible under the circumstances. And then most importantly, you redirect attention where you want the client to focus. So we redirected attention onto what she was seeing rather than how she was seeing it with holding the glasses up, holding the headset up, and that was the coping mechanism to cope with that. I don't know if that answers your question.

00:37:24:15 - 00:37:43:18

Researcher

No, it does. It does it like it's it's comes down back to the whole thing that VR is not here to replace. It's a thing that has to work in tandem with the psychologist no matter what. I mean, even if you're if you're without a VR headset, in traditional groups, you do get people that have their own distractors and stuff like that.

00:37:43:20 - 00:38:20:13

Researcher

And this is a this is at least a more tangible distractor that you can actually take control over and and try and eliminate, but what we're going to keep on the headset for a brief second because there were a couple of instances as well. One was the orientation of the door though, the person that had the injury, that had the injury and everything I wanted to know in the HAT form, it says that this person that had the injury and he had a very long session at the end of the day, he had a very good session but just for the sake of asking did the or did the orientation of the door that was

00:38:20:13 - 00:38:28:05

Researcher

asked ever come up, do you remember if that was at all hindering?

00:38:28:07 - 00:38:46:09

Facilitator

To my knowledge. I mean it's a couple of weeks since we've done the actual interview. So to my knowledge now, as we look back, I feel like he again acknowledged the the skewed ness of the visual and adapted to it.

00:38:46:11 - 00:38:48:03

Researcher

Okay.

00:38:48:05 - 00:39:21:16

Facilitator

Okay. So it wasn't necessarily it it added an additional element to cope with in the session, but it was something the client was able to cope with and I think the quality. And this again highlights, the power of a therapeutic relationship. If you have a therapeutic relationship, you can overcome the obstacles or distractors or whatever it is that comes up in the session because your client feels like you've got them and you with them and and did something we...

00:39:21:16 - 00:39:45:16

Researcher

So and, and like I hear what you're saying most of these hardware issues aren't really issues if you were to have established that alliance well well enough at the start and you address the elephant in the room enough it's still something that it's something that is we can eliminate. You know?

00:39:45:18 - 00:39:46:09

Facilitator

Absolutely.

00:39:46:11 - 00:40:10:20

Researcher

So I still have to I'm still going to note them as being hindering obstacles. But it's stuff that can be easily addressed in the future. One another one. And another big elephant in the room was the power outage. One. And that was probably the most hindering aspect that you experienced throughout all the sessions.

00:40:10:22 - 00:40:12:09

Facilitator

Yeah, I think.

00:40:12:09 - 00:40:15:06

Researcher

If you can just elaborate on what happened there.

00:40:15:08 - 00:40:58:12

Facilitator

Okay. So for recording purposes to elaborate on that, we were probably about 5 to 10 minutes into a session. So the client had already kind of adjusted to the concept of a headset and a concept of of VR visual in front of them. And it was a good we were doing well, it was progressing very well. And then Eskom's loadshedding hit and threw everything off and the whole computer needed to be restarted, etc. and that caused a long interval and we had the choice to either restart the session from the beginning or because or continue from where we were because it was a long interval of restarting the computer.

00:40:58:14 - 00:41:25:12

Facilitator

We restarted the session and I was worried that it would cause bias for the client. I loved the authenticity of the fact that nobody had used a VR headset before and that that was consistent throughout all of our VR participants. And I felt that that may cause kind of a bias because now she's already seen it. But I think because it was just a five, ten minute gap in between that we were able to to bounce back.

00:41:25:12 - 00:41:51:08

Facilitator

And I think she had quite a nice session. I don't remember her name, but I do remember it was a female client or participant. And I think...uhm... here's the thing for me, whether it's a headset being too heavy that you need to prop up or it's an expected and avoidable things like loadshedding or power outages, I think in real life as with in VR...

00:41:51:10 - 00:42:02:08

Facilitator

...you need to be prepared to cope with unexpected things because that is the nature of the human experience. That is literally what human beings need to be prepared for throughout life.

00:42:02:08 - 00:42:06:03

Researcher

Yeah, but.

00:42:06:05 - 00:42:23:21

Facilitator

If we were to use this in a in a practice consistently, those are things you would be prepared for. You know that I'm using electricity, so I need to be prepared for an outage. And what I would do if I had a client like that, I would before the session, tell them if this happens, if we do have a power outage, I'm prepared for it.

00:42:23:22 - 00:42:33:08

Facilitator

I have a generator. But if it does cut here's our plan and it's again kind of introducing the elephant.

00:42:33:10 - 00:42:53:21

Researcher

Now, I think I think we'll we'll we'll talk more in depth about that a bit later on because I actually want to throw a, not a curve ball just a little nugget of truth that the fact of the matter is that just because I'm biased, I definitely I really, really agree. I really like my VR headset and I like my VR program.

00:42:53:23 - 00:43:30:20

Researcher

But yeah, it's just that with the distractor that we get in SHIP that is like explained in Joe Steenkamp's book and everything, those are less tangible, less probable to pick up and address and maintain. They can be they can be difficult to to manage more. Whereas with the distractors that we have seen with the VR group and everything, the distractors that we have seen are more tangible is stuff that we definitely can address and eliminate in the future.

00:43:30:20 - 00:43:55:12

Researcher

Which just leaves us again because the SHIP distractors as put forth by Joe is still relevant for VR sessions and it didn't go away, but but the hardware issues and everything, all these all these distractors that these endearing aspects that we pointed out, they are definitely manageable in my opinion, and we can avoid them in the future, but let's uhm...

00:43:55:14 - 00:43:59:06

Facilitator

May I disagree with you.

00:43:59:08 - 00:44:02:04

Researcher

Yeah, go for it.

00:44:02:06 - 00:44:28:10

Facilitator

Agree and disagree. I don't actually disagree with you. I would just want to add in maybe an additional layer to that. You must remember Joe Steenkamp's book was written and SHIP was developed. All psychotherapy was developed in its current format. All psychotherapy was developed without the notion of the possibility of including any form of tech related aids.

00:44:28:12 - 00:45:01:03

Facilitator

And and that's the beauty of your study. Your study is introducing a concept, regardless of what your findings and results may be, that there's a groundbreaking element to your study of introducing tech, to psychotherapy. And his book would not have considered that yet. If you were to write a revised edition of the book in 5, 10 years time, he's going to have to

include ChatGPT and VR headsets and all of those things because that's the way the human race is progressing.

00:45:01:05 - 00:45:21:07

Facilitator

So I don't disagree with you, but it's just one additional thing. So in in a SHIP therapist's mind currently distractors are defined as A, B and C, and we haven't yet considered that they could be defined as X, Y, and Z also.

00:45:21:09 - 00:45:23:04

Researcher

Yeah. No I.

00:45:23:05 - 00:45:26:21

Facilitator

So it's not necessarily "and/or" and or it's "or" rather than "and"

00:45:26:23 - 00:45:40:12

Researcher

Now I completely agree with you it's it's it's it's more more just alluding to the fact that the hardware issues are luckily something that we can figure out. But we're still left with the distractors of SHIP.

00:45:40:14 - 00:45:41:18

Facilitator

Absolutely.

00:45:41:20 - 00:45:51:15

Researcher

And that Segways into our next question. I think we've answered most of these already, but we're going to just try and...

00:45:51:15 - 00:45:52:23

Facilitator

For the sake of clarity.

00:45:53:00 - 00:46:16:19

Researcher

So Question nine What aspects of the standard induction made the process more difficult, but did you still perceive as helpful or Okay, well, you did answer that in the sense that the it was the correct me if I'm wrong, it was the construction workers outside. It was more difficult, but you handled it. Same with the air mattress. It was a more difficult situation.

00:46:16:19 - 00:46:26:15

Researcher

But you addressed the elephant in the room. So I think we can just skip over that one. In all honesty, honesty, honesty answered.

00:46:26:17 - 00:46:50:17

Facilitator

If I can just add one additional point that I didn't think of before, I also found and I found this in private practice as well, is in our research sessions with you, some participants lying down, feel a little bit self-conscious about lying there with the eyes closed. It's a vulnerable position. You don't lie down and fall asleep in front of just anybody type of thing, you know?

00:46:50:19 - 00:47:10:18

Facilitator

And what I did to cope with it is I turned my chair in a direction and my screen and my writing, my notes and everything in a direction where while they were lying down my back was facing them so if they opened their eyes midway and they looked up, they would see that they're not being "watched". And hopefully that would put them at ease.

00:47:10:20 - 00:47:15:22

Facilitator

So it's not massively significant, but just to it was noted.

00:47:16:00 - 00:47:51:03

Researcher

Did you...I had to stop me from stop myself from asking comparative questions. Let's go to Question 10 and we'll get to those later. What aspects of the VR induction made the process more difficult but you still perceived as helpful, be Okay. Once again, I think you answered this in the previous question where you said that, yes, the headsets, weight and the hardware and Eskom and all that stuff was made the process more difficult, but it doesn't take away from the helpfulness that the VR headset displayed.

00:47:51:03 - 00:47:53:12

Researcher

It's still manageable. It's still...

00:47:53:14 - 00:48:16:20

Facilitator

Absolutely... there's one one more point to that we can add to that. I think some of the participants had a form of anxious anticipation for the way it was, excitement and healthy anticipation. But there was also a bit of anxiety of what's this new thing going to be like. I've never used a VR headset before. What is this experience going to be like?

00:48:16:22 - 00:48:21:22

Facilitator

And that would be true for anyone in any industry who hasn't used it before.

00:48:22:00 - 00:48:22:17

Researcher

Yeah.

00:48:22:19 - 00:48:32:22

Facilitator

And I would term it as anxious anticipation because anticipation is a positive word and anxiety is a negative word, but there was a combination of those two.

00:48:33:00 - 00:48:49:16

Researcher

That actually reminds me now of one of the participants you mentioned that they were so fascinated by the VR headset, it kind of distracted them at the end of the day from what the whole point of it all, that it was just cool for them and hence they, they forgot why they were actually there.

00:48:49:18 - 00:48:51:16

Facilitator

It's a fun exploration. Yeah.

00:48:51:16 - 00:49:10:08

Researcher

Yeah. So it I think can be too fun. I mean in serious games as well. There's a fine line if you want to, if you want a kid to learn math through a Jump Start game or something like that, you can't make it to fun. Otherwise they don't retain. Otherwise It's just it's just an activity and they don't learn anything.

00:49:10:10 - 00:49:37:21

Researcher

So okay no that's a very valid piece of data there as well. And then we're going to go straight to Section E, Probably the the most important one in my opinion is immersion presence and level of descriptive detail. So Question 11 what differences did you experience between the standard and VR induction in terms of level of immersion of the participants?

00:49:37:23 - 00:49:57:11

Facilitator

So I found that a lot of the... and this would account for raw scores, not, not your final scale scores, but uhm, your raw scores having been higher in the VR group. Sorry, can I just re-read the question to formulate an answer?

00:49:57:13 - 00:50:03:15

Researcher

Absolutely. Yeah.

00:50:03:17 - 00:50:26:00

Facilitator

The standard group enjoyed the relaxation aspect of the SHIP sessions. And a lot of them didn't go or some of them did not go too deep into emotional processing. They just enjoyed the comfort.

00:50:26:02 - 00:50:26:21

Researcher
Yeah.

00:50:26:23 - 00:50:51:18

Facilitator

Of a positive visual inside, in their mind and that that's where their mind took them. And I found that the VR group was able to go a little bit deeper and I would, I would account in my mind that is accounted for by the additional brain stimulation that the VR headset provided.

00:50:51:20 - 00:50:53:16

Researcher

Okay. And that is so.

00:50:53:16 - 00:50:55:08

Facilitator

Almost like they had a little bit extra fuel.

00:50:55:10 - 00:51:21:13

Researcher

I hear you. Yeah. So you would say that they the level of immersion in the VR group that you felt that they immersed themselves better in the in the. Well, it's a tricky one because there's a difference between immersion and engagement. Immersion can be counterproductive to engagements, and if you immersed too much in an environment, you can forget to engage with it.

00:51:21:13 - 00:51:44:19

Researcher

So it's it's would you that's that's that's what makes this a difficult question because if let's try and let's try and eat this elephant to bite for bite: which group did you think immerse themselves more into either the imagined stimuli or the virtual simulated environment?

00:51:44:21 - 00:52:01:12

Facilitator

So overall I but I experience both of them as immersing themselves. If I had to pinpoint one that immersed themselves more, uhm, I'm going to go to my current memory and understanding with the VR group.

00:52:01:14 - 00:52:02:21

Researcher

So the VR group immersed themselves more?

00:52:02:22 - 00:52:34:22

Facilitator

I found a lot of the... immerse themselves more, I think engagement was of a good quality in both groups. In the VR group and the standard group, they both engaged. There wasn't for me any participant that didn't engage activities in the the instructions that I gave to them.

Everybody engaged it to, to the best of their ability and it was at a good level overall in terms of immersing themselves in their emotional world.

00:52:34:22 - 00:52:55:05

Facilitator

That's how I would define it. And I'm defining it as immersion into your emotional world. And I found there the VR group could go slightly deeper. And I think I may have actually used that word immersion in my instructions. If you just go back to some of your recordings. You can just double check that.

00:52:55:06 - 00:53:29:21

Researcher

Yeah. No, you definitely did. You definitely did. But it's a very interesting point you're making by going into, I guess the the more you know, the the the important, important stuff here is like what allowed the VR group to allow for this immersion. Like both in both you say both groups' level of engagement was good. I'm that what I'm hearing is that can more be attributed to the way that the facilitator handles the session they dictate the engagements at the end of day with the activity at hand.

00:53:29:23 - 00:53:48:05

Researcher

Whereas the immersion has more to do with when you ask them to stick with the feeling or stick with that feeling in your leg or stick of that feeling in your head, or that thought that they are better able to to comply with that instruction in the VR group.

00:53:48:07 - 00:54:09:11

Facilitator

But understand immersion. If it's like building a house, you have a foundation and then you can build the walls and then the cement that then you put the roof on top and see immersion as the roof on top and the roof cannot stay up. If everything else wasn't built. And the VR was one of the the structures that held the roof up in this case.

00:54:09:12 - 00:54:35:02

Researcher

Okay. Okay, cool. I hear you. I think we'll we're going to touch on that subject again a little bit later on. And so Question 12, during which treatment do you think the participants were more involved? Or engaged with the imagined stimuli during the sessions. So you you basically just answered this as well. You said you feel like both sessions, they engaged with the stimuli.

00:54:35:06 - 00:54:37:17

Facilitator

I do think so.

00:54:37:19 - 00:55:02:02

Researcher

So equal slash similar and that's perfect. I mean, it's going to be I can't wait to go back to my literature review and go read again about immersion versus engagement. What leads to better, better immersion, what leads to better engagement? Because that's the key here, I think. I think actually, I think I think immersion is the key word here.

00:55:02:02 - 00:55:16:22

Researcher

And that's strange for me because I was I was I was saying I was thinking that, okay, "No people engage better, they explore better, thus they engage better". But you're saying that you felt like both groups engaged and explored well enough so...

00:55:17:02 - 00:55:39:21

Facilitator

I think engagement is a mutual is a result of mutual engagement. If the therapist doesn't come to the table, then the client doesn't come to the table. And that we gauge based on therapeutic alliance. Which again our test sessions helped with and I think the whole facilitation process I think went well.

00:55:39:23 - 00:56:09:07

Researcher

Okay no awesome. It's a hold on to those thoughts. Question 13 What aspects of the chosen treatment of question 12... So you said now both of them were equal. So what aspects of the chosen treatments contributed to this engagement? And you just mentioned it is that you feel like the it's the, the mutual the mutual relationship, the mutual engagement between the participant and the facilitator is what contributes to this level of engagement.

00:56:09:07 - 00:56:32:11

Facilitator

I can break that. I can break that down for you. Again, it's a repetition of what I had said earlier, but it's the idea that the most basic primal need for a human being is psychological safety. And by establishing a healthy level of therapeutic alliance, we created that. And therefore that allowed the engagement and emotion to be heightened.

00:56:32:13 - 00:56:57:15

Researcher

Okay, So and I'll stop myself just a bit. Well, I will get to those burning questions now. I think they're on their way. Question 14 On a scale of 1 to 10, I love my scales. On a scale of 1 to 10, how well, how well did the participants describe their emotional or physiological responses during the standard induction?

00:56:57:17 - 00:57:04:12

Researcher

And please explain your answer.

00:57:04:14 - 00:57:40:16

Facilitator

As a generalized response to that. For all our standard participants, I would rate them. Give me a second to think objectively about this. In that regard, and here we're talking about the SHIP technique of "do you feel it in your leg or your tummy or whatever it is right?". For the for the standard group on its own, I would probably rate them 8.5.

00:57:40:18 - 00:57:58:22

Facilitator

I think everybody gave me reasonable answers and I know from my personal experience with doing it with clients that some people struggle to identify feelings in their bodies and identify specific locations of feelings. So I think our participants did well.

00:57:59:00 - 00:58:16:01

Researcher

Okay, fantastic. And then so you explained the 8.5, but just in your your your explanation for 8.5 would just be in your experience, they were able to identify feelings quite adequately.

00:58:16:03 - 00:58:38:00

Facilitator

They were able to identify feelings quite adequately. I mean, 8.5 is a decent number and if you want a reason for that, it's because they were already at ease. They were really at ease and we had kind of prepped them for this. Again, the test sessions were highly helpful.

00:58:38:02 - 00:58:48:04

Researcher

Okay, fantastic. So then it will just be the exact same question. But for the virtual induction. So on a scale of 1 to 10.

00:58:48:06 - 00:59:07:19

Facilitator

In that regard to my current memory and understanding, I think I'm going to rate the VR group also at 8.5. Because most people were, they did a good job of it. But I didn't note a significant difference in identifying locations of feelings in their body between the VR group and the standard group.

00:59:07:21 - 00:59:38:05

Researcher

Okay, cool. That that brings me to one. Well, I asked this question earlier with that one participant that wasn't a... got into the you in your notes in the HAT form you said that you you were able to access emotions and thoughts and events of family and stuff in the VR session that you weren't able to in the practice session.

00:59:38:05 - 01:00:04:03

Researcher

But then again we weren't supposed we weren't trying to access deep emotions in the practice session, so we can't really include that. So I hear you we'll keep it at reasonable and adequate responses. They were able to locate in both groups. They were adequately able to

locate their feelings in their bodies and emotions that they were feeling and thoughts they were experiencing.

01:00:04:05 - 01:00:29:05

Researcher

So I'm happy with that Because, yeah, in the practice session, because I just realized now, as I as I spoke, yes, that individual had had a heightened exciter, had a deeper heightened experience in the in a VR group. But of course, you led them to that. You led them to a more engaging, more deeper session. So I can't really include that.

01:00:29:09 - 01:00:36:10

Researcher

So okay, cool. So section F almost done, then I'll release you what effects. What effect on the...

01:00:36:12 - 01:00:39:16

Facilitator

I booked out two hours for this so, don't stress.

01:00:39:18 - 01:01:14:20

Researcher

What effect on the induction of unique memories did the standard induction have on the participants. So to put it in layman's terms did the the the the, the individuals in the standard induction group did they according to you experience unique thoughts and memories? Uhm that they can connect to their past experiences and lives.

01:01:14:22 - 01:01:43:06

Facilitator

Yes. So I don't remember names of participants, but I can actually remember specific people where we had very deep sessions, a very deep experiences within a session, and they were able to identify unique memories and very significant memories that I thought was very, very helpful to a healing process. I know you're trying to go question by question, but can I start with question 17 or am I going to ruin your process?

01:01:43:08 - 01:01:46:04

Researcher

Uh no you can you can go 17. Yeah.

01:01:46:06 - 01:02:18:18

Facilitator

So the answer to question 16 is yes, we were able to to stimulate very unique significant memories with the with the standard induction. But I don't think there was a significant difference between the standard in the VR group because I think the answer to question 17 then is that the VR induction was able to allow us to stimulate very significant memories there also.

01:02:18:18 - 01:02:29:14

Facilitator

Because I, I distinctly remember having very good quality high intensity sessions with both groups and I think, yeah.

01:02:29:16 - 01:02:39:21

Researcher

No, that's perfect. That's, that's perfect. I through the transcriptions of the audio recordings, I'm also picking up on that. Yeah.

01:02:39:23 - 01:03:09:12

Facilitator

Yeah. I do think what would be a contribution to that is the participant themselves and your allocation to the standard group and the VR group was completely random and so we didn't have a choice in who went where and there was, there wasn't any bias in that process. And I think some individuals by nature are more accustomed to being able to talk about emotions and connect with themselves on a deep level as opposed to others.

01:03:09:14 - 01:03:09:20

Researcher

Fantastic.

01:03:10:01 - 01:03:17:22

Facilitator

That that doesn't link to that is more linked to the individual than the induction method.

01:03:18:00 - 01:03:47:09

Researcher

Yeah I hear you, I hear you it's it's it's like we said earlier, it's a once again a tool and it's it's about who wields the tool. So now we're going into final thoughts so. Question 18 Do you have any suggestions regarding the research or the VR treatment as to how to improve it? So A like the participant sessions, the virtual environment, the sample size, you can see the bullet points on your end.

01:03:47:11 - 01:03:50:05

Researcher

You can just go one for one if you want to.

01:03:50:07 - 01:04:18:05

Facilitator

Okay. I think we listed a few of these earlier as well. Little things like the height of the bed and all of that, which I'm sure you will note as limitations of the research that will be addressed in follow up research. Little things like this, the physical space, because human beings, before you go into a VR space, you are first located in a physical space.

01:04:18:17 - 01:04:27:03

Facilitator

And there must be there must be ease in the physical space. And that allows them to transition into the VR space.

01:04:27:05 - 01:04:45:03

Facilitator

See it as the physical world and transitioning into the VR world. And I think for participants sessions, that that's a nice element to keep in consideration for future research or for practical application of VR in psychotherapy.

01:04:45:05 - 01:04:48:16

Researcher

And then the virtual environment.

01:04:48:18 - 01:05:24:02

Facilitator

The virtual environment, I think was well designed. It would be if I can if I can think into the future now, it would be great if a participant and I have no knowledge of IT, so I don't know how doable this is or what it takes to make it doable. But it would be great if a participant could personalize it. It would give them greater connection with that visual image that they have in front of them to color the door green or purple, if they want to add flowers next to it if they want.

01:05:24:10 - 01:05:27:00

Facilitator

and obviously I have no knowledge, and I don't know what it takes to make this possible...

01:05:27:03 - 01:05:31:18

Researcher

Oh that's the that's the dream. That's the dream.

01:05:31:20 - 01:05:39:01

Facilitator

And we're gonna write it down on paper so somebody can take it and make it possible.

01:05:39:03 - 01:06:00:23

Researcher

Where I'm heading towards this thing is that you connect electrodes to the brain and pick up when they see something and you can color and as they imagining and that is my dream world. But I completely hear you. It's personalization. That's what we tried to do of the door and the name that's about the what we could accomplish from a personalisation aspect.

01:06:01:01 - 01:06:21:03

Facilitator

And I think what you did accomplish there is a sense of relatability. By adding their name on the door, it wasn't just a picture of a door. I think you chose a very neutral door. It looked like a brown wooden door, which is the most authentic form of a door, I think. It's really, if we can call it old fashioned again.

01:06:21:05 - 01:06:48:13

Facilitator

Uhm but that's the, the, the grandfather of doors. And that was good because what it did is and what we're accessing in the answer to this question is relateability that made it relatable. And if there's this magical world where you can connect electrodes to a brain and make everything that you think of a visual in front of you, it's going to be the, you know, the top tier relatability.

01:06:48:15 - 01:06:49:23

Researcher

Absolutely.

01:06:50:00 - 01:06:51:16

Facilitator

In that sense, yeah.

01:06:51:18 - 01:06:56:14

Researcher

And then the sample size and the recruitment criteria.

01:06:56:16 - 01:07:24:06

Facilitator

So in terms of sample size, I liked the fact that your recruitment was completely random and snowball sampling and that type of thing, because it gave us a group of very random people. I think there was a and I don't think it was a bias, but I think there was a sense of familiarity because some of our participants are from the IT field or were linked to people in the IT field, and that gave them a sense of familiarity.

01:07:24:08 - 01:07:52:11

Facilitator

And in my experience that did not create any bias. So it's completely fine. But I like the idea of random sampling because we want this technology, these methods to be usable by anyone in any institution, in any field, in any environment. And that randomness created, again, a sense of relatability with that.

01:07:52:13 - 01:08:01:03

Researcher

Is there any suggestions, any any suggestions how you would improve it how you would do it differently for future studies?

01:08:01:05 - 01:08:22:01

Facilitator

I think to make it even more random, maybe put an ad out in the university paper or the local paper with some kind of broader network. We have so many avenues now available through social media and get an even more randomized and maybe not random. Random is the wrong word.

01:08:22:03 - 01:08:22:17

Researcher

Get a larger population...

01:08:22:17 - 01:08:47:20

Facilitator

A more varied population sample. So then you're going to get people from business. And I liked the fact that we had a few people that were professionals and older and attorneys and that type of thing. It was it varied our sample, which created richer data. And that was great for me.

01:08:47:21 - 01:08:48:08

Researcher

Absolutely. Fantastic.

01:08:48:12 - 01:08:54:20

Facilitator

The sample size, remind me exactly how many participants we had in VR and standard group.

01:08:54:22 - 01:09:01:15

Researcher

We had 20 participants in total. We had ten in the VR group, ten in the Standard group. Yeah.

01:09:01:17 - 01:09:21:16

Facilitator

So I think in a perfect world, if we could think for a follow up study, if we could advertise and get participants through a Facebook group or an Instagram page or something and get these completely random people from different walks of life. And if we could have, oh, in a perfect world, if we had time and money to facilitate this.

01:09:21:18 - 01:09:29:15

Facilitator

Imagine if you could have like 50, 50 the comparisons and the data you could get from such a big sample.

01:09:29:17 - 01:09:30:22

Researcher

Yeah, and that's.

01:09:31:00 - 01:09:34:15

Facilitator

50's random number. But if you can note a bigger sample.

01:09:34:17 - 01:09:48:07

Researcher

No ain't that the truth, like I advertised for weeks on Instagram and Facebook and everywhere and just the fact that we got 30 people was great to choose from so but I hear you in a perfect world definitely.

01:09:48:07 - 01:10:10:15

Facilitator

In a perfect world. And that's why I said if it's funded, sometimes if you pay participants to engage, then they'd be more willing to come forward and make time for it. I mean, that's true in any walk of life with any activity. But if we fund a project and we could if somebody could fund a project like a PhD can be funded, that would be great. That would be an ideal.

01:10:10:17 - 01:10:14:13

Facilitator

So any...

01:10:14:13 - 01:10:25:00

Researcher

But any suggestions on how you would improve the VR induction that they experience? So induction of unique memories.

01:10:25:02 - 01:10:59:02

Facilitator

I think, first of all, to create more comfort in the the positioning and we learned a bit from this study. There were things that we couldn't foresee, we didn't expect people to say, but I prefer to sit up and to have options of a nice bed, a La-Z-Boy chair with cushions to hold it up if you need to prop it up with your hands and little elements like that, because when you physically comfortable and then you can put your attention on other things like your emotional world.

01:10:59:04 - 01:11:19:00

Facilitator

And I think that was the biggest takeaway from the program I again think was well designed. And I think at this stage there wasn't too much more that I would have expected from a program. Again, if we had a magic wand and you could have your electrodes on the brain, that would be. I don't that's still in process, right?

01:11:19:10 - 01:11:27:21

Facilitator

But for now I was quite content with what you had produced program wise and linking it to the VR headset.

01:11:27:23 - 01:11:44:17

Researcher

Awesome. So okay, cool. So almost done we're going to round this off question 19: In your professional opinion, how successful do you think the VR VR induction is compared to the standard induction?

01:11:44:18 - 01:11:53:21

Facilitator

If we look at the words, how successful do I think it was? I think it was very successful. I know you like rating scale, so if you want me to rate it.

01:11:53:23 - 01:12:01:08

Researcher

You can. This is, this has to be a lekker qualitative one. So whatever your professional opinion is in that regard.

01:12:01:10 - 01:12:35:09

Facilitator

If I look at therapeutic principles and what I would aspire for my clients to have in order to facilitate the goals of research of the psychotherapy session and specifically SHIP psychotherapy, I was very happy with the induction of the the VR sessions. I think it gave them at this point as much as we could expect. And in our simplified version of SHIP that we that we facilitated through our sessions, I was very happy with that.

01:12:35:11 - 01:12:38:13

Researcher

Fantastic. That's perfect. I don't think we need anything more on that.

01:12:40:01 - 01:12:48:00

Researcher

And then last question, anything else you would like to add? Closing notes? Closing statements?

01:12:48:02 - 01:13:18:03

Facilitator

No, I think as a therapist. It's been a very enjoyable experience to be part of this. It was very eye opening for me on a personal level because I got to be exposed to new stuff, new ways of thinking and taking my skills. And this is what all therapists will need to do in the future. So I like to think I'm one step ahead of them traditional psychotherapy skills and apply it to to use with a technological aid.

01:13:18:05 - 01:13:39:00

Facilitator

I think that was my biggest I got a learning curve out of this as well, and that was my curve to be able to adapt. And I think adaptation is a primary skill for human beings. It should be. And I think that's that's one of the things I learned to do in relation to tech with psychotherapy.

01:13:39:02 - 01:14:04:11

Facilitator

I think there is great potential for this. It's very exciting to think of the idea of Tony Stark glasses being a reality and all of those very fun, exciting tech things that are going to come

about and how they can be useful to us because I think psychotherapy can be highly enhanced with the stimulation of VR and I use those words very deliberately.

01:14:04:17 - 01:14:07:13

Facilitator

The stimulation that VR represents.

01:14:07:15 - 01:14:29:02

Researcher

Now that's fantastic. Now I'm going to like that. That's, that's the end of our question list. But I just want to just touch on one point before we go, because I see I have to get going as well. But it's just when we talked about the engagement immersion and there's a third word as well, there, which is presence.

01:14:29:04 - 01:14:54:18

Researcher

And when people feel a sense of presence, they tend to engage. And I guess the mind map, what I'm trying to draw here now is what did VR achieve that to that? You said you said the VR group you felt was more immersive, however, that both of them engaged, engaged as engaged equally with the environment in the simulation.

01:14:54:18 - 01:15:08:19

Researcher

So what's what exactly do you mean of regards to the I think you said something emotional immersion that you feel they were able to immerse more emotionally in their worlds. I just want to a last elaboration.

01:15:08:19 - 01:15:30:20

Facilitator

To elaborate on that. That's perfectly fine. I think if I can break that down for you and try and give you a very specific answer to what you you're trying to explore there. To my experience, what the VR headset did is by placing a physical thing on your face that gave you a visual image that is so close to your eyes.

01:15:30:22 - 01:16:09:20

Facilitator

What it provided is it cut out the physical world, how high the bed is, what chair you're lying on all of that, and it forced your conscious mind to get immersed to be present in the virtual reality world. And I think that is advantageous. And what what happens when you do that, when you cut out the physical world and you immerse yourself in the virtual world, if your energy is all concentrated onto that, and then your energy becomes more concentrated on the task in front of you, that door you visualizing the door, doing, going through all the SHIP processes basically.

01:16:09:22 - 01:16:32:10

Facilitator

And what that did is it enhanced and almost forced presence because there's nothing else to focus on. You don't need to be present with what the bed feels like and that is something I use to bring them back out of the SHIP session, where I told them become aware of the sensation of the mattress, the air mattress, etc. etc..

01:16:32:12 - 01:16:33:10

Researcher

Okay no fantastic, that answers the question.

01:16:33:13 - 01:16:47:05

Facilitator

Cutting out the physical and reducing your consciousness to the VR world. And you can quote those words, reducing your consciousness to the VR world. I think that was helpful in enhancing presence.

01:16:47:07 - 01:16:54:18

Researcher

No that's fantastic. That answers my question perfectly, and this is just for my own connections because I have to go connect all these things now and stuff.

01:16:54:18 - 01:17:04:16

Facilitator

Absolutely and if you come across any of those later, you can either send me a message in a voice note response to you, or we can arrange something like this. If there's more.

01:17:04:18 - 01:17:19:12

Researcher

Perfect, perfect. I'm going to stop the recording now, but don't leave just yet because the software has to upload the clip and.