



# Mindscape Commons

Virtual reality, simulations, and other interactive and immersive experiences for mental health





# Mindscape Commons

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*Mindscape Commons* presents the first online collection of immersive and interactive content in mental health and is a platform for community sharing and collaboration.

It includes and documents nearly 200 VR experiences, together with documentation and tools to help clinicians, faculty, students, and researchers in the areas of counseling, social work, psychology, nursing, sociology, and related programs.

Members can contribute content to share with the broader community.



# Why Immersion and Interactivity?

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## Deliver better treatments

VR technology is proven to deliver better therapy outcomes.\* Addiction, PTSD, phobias, anxiety, suicidal feelings, and issues made more important by recent world events, including bereavement and social isolation, are covered.

## Develop clinical skills efficiently and safely

Students grow in confidence with exposure to client experiences. VR lets the user practice being in high-risk situations, while remaining in a low-risk environment. \*\*

## Achieve mastery

Advanced client cases expose students and clinicians to increased cognitive complexity. Repetitive practice leads to skill improvement and eventual mastery.

## Improve research

*VR Microcases*, exclusive to *Mindscape Commons*, offer researchers opportunities to measure empathy, implicit bias, comprehension, efficacy, and other factors.

## Build empathy

What is it like to have Alzheimer's, or to suffer from depression or anxiety? To experience homelessness, immigration challenges, or racism? Immersive experiences build understanding.



Most of the experiences can be viewed with just a laptop—no special equipment is required



Optionally, to go further, you can use Google cardboard or an HMD

\* Jessica L. Maples-Keller, PhD, Brian E. Bunnell, PhD, Sae-Jin Kim, BA, and Barbara O. Rothbaum, PhD. "The use of virtual reality technology in the treatment of anxiety and other psychiatric disorders," *Harvard Review of Psychiatry*, 2017 May-Jun; 25(3): 103-113.

\*\* Wilkinson, Tyler and Bazile, Kathleen (2019) "Counseling students' experiences viewing virtual reality case studies," *Teaching and Supervision in Counseling*, Vol. 1: Iss. 2 , Article 6; DOI: <https://doi.org/10.7290/tsc010206>



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# Convenient and compelling online learning created by *Mindscape Commons* and available exclusively

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## 360° VR Microcases

Developed with leading therapists, Microcases show clients presenting with anger, suicidal thoughts, anxiety, depression, relationship problems, trauma, grief, and other issues— a “virtual library of emotions” that can be experienced on demand. An extensive teaching guide includes discussion questions for each specific case.



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## 180° Interactive Simulations

Immersive and interactive simulations demonstrate positive counseling techniques including empathy, culture, coping style, client preferences and more. Faculty can assign simulations, have students answer the assessment questions, and import the results into a learning management system to evaluate learning outcomes. Support materials, including a teaching guide, are included.

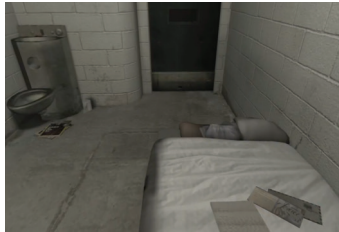
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## 180° Vignettes for Skill Building

Role-playing is essential to effective training and the development of self-efficacy. These immersive videos invite conversations about what was done well and what could have been done differently. Students can discuss approaches for a following session and produce a case conceptualization and treatment.



# Premium experiences from a wide range of partners



## Welcome to Your Cell: A Virtual Experience of Solitary Confinement

*The Guardian*

Place yourself inside a virtual 6×9 prison cell to fully comprehend how solitary confinement creates psychological trauma.



## Social Work Home Visit

*360 Immersive*

Students will develop instincts for heat-of-the-moment encounters during home visits, while in a safe, controllable VR environment.



## Look the Other Way

*Simon Waller Films*

See the world through the eyes of a homeless person in two scenes: a dreary and desolate subway tunnel and on London's bustling Oxford Street.

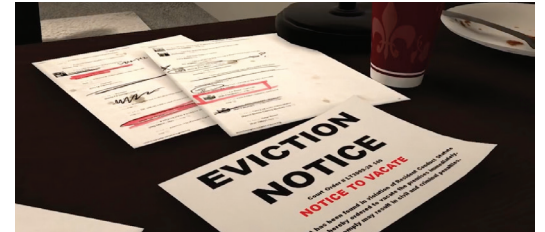


## Another Dream

*Ado Ato Films*

An Egyptian lesbian couple learn what it's like to face a post-revolution backlash against the LGBTQ community, fleeing home to escape discrimination and seek asylum.

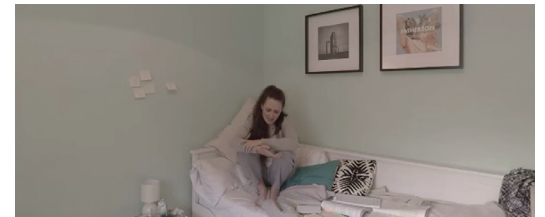
The platform points to the best of open-access content:



## Becoming Homeless: A Human Experience

*Stanford University*

Spend days in the life of someone who can no longer afford a home.



## Inside Anxiety 360

*BBC*

Step inside the mind of someone who experiences anxiety, and see the world from her point of view.



## Cognitive Behavioral Therapy using VR

*Mobile Phone*

*University of Rochester*

Learn how University of Rochester researchers developed a VR app to allow viewers to receive cues and tasks from the therapist, including mindfulness exercises and questionnaires.



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## Easy functionality

*Mindscape Commons* makes VR simple. Most experiences work using a current browser and a regular laptop, with no extra hardware required. If you want to go further, the content works with your Android or iOS mobile device using Google cardboard; or for total immersion, you can use an Oculus HMD, using point-and-click and no special controllers. *Mindscape* takes care to keep the experiences up to date as VR hardware and software evolve.

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## Collaborative

The “commons” architecture makes *Mindscape* highly collaborative and interactive. Faculty, students, and practitioners can find, share, discuss, and experience the latest developments. Members with similar interests anywhere in the world can connect. Registered users can upload projects or post links back to their websites. If your institution has a VR project you’d like to host on the platform, we’re happy to discuss the details with you. Member participation brings global awareness to your users, departments, and institution and helps build *Mindscape Commons*.

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## Department and library friendly

Institutional members are able to deploy *Mindscape* across campus, in VR labs, and in media centers, with tools including COUNTER-compliant usage statistics, LTI tools to work with learning management systems, MARC records, *Coherent Identifiers* (permanent, shareable links), and exposure to standard discovery engines such as Primo, Summon, and EDS.

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## The Mindscape Directory

The backbone of *Mindscape Commons*, the *Mindscape Directory* is a growing resource connecting users to VR creators around the globe. Historically, VR projects have been difficult to find and cite, often disappearing when funding at the originating organization runs out. *Mindscape Commons* provides a place to preserve descriptions along with links to the actual VR experiences. Approved submissions to the *Mindscape Directory* receive permanent, unique Coherent identifiers, along with subject tags, making it easy for other members to discover the works.

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## Current collaborators

Allen E. Ivey, University of Massachusetts Amherst  
Carlos Zalaquett, Pennsylvania State University  
Abby Dougherty, Drexel University  
Tyler Wilkinson, Mercer University  
David Shulman, Lafayette College  
Sarah Howard, Queensland University of Technology  
April Jones, Tuskegee University





“We just established a VR lab in our Social Work Department, and this directory allows us access to immediate resources for faculty use. The opportunities to educate social work students with this technology are limitless, and *Mindscape* opens up countless possibilities.”

Dr. Kylene Rehder, Director of the Social Work program,  
Northwestern Oklahoma State University and 2018  
Oklahoma Social Worker of the Year

“Extended Reality (XR) is an increasingly important resource in Higher Education. As a librarian, I continue to seek XR content for academics, researchers, and students. *Mindscape Commons* is an exciting new resource that provides valuable information and content in the area of mental health. The experiences within *Mindscape Commons* will undoubtedly be used by various Facilities within Higher Education throughout the world, and provide the deep level of understanding required to support mental health.”

Sarah Howard, Librarian, Queensland University  
of Technology (QUT)

“I have been doing research in the area of Mindfulness and Virtual Reality for the last several years, and I am thrilled to have a go-to place to both access content as well as to contribute information about my research. ”

Dr. Abby Dougherty, Assistant Clinical Professor,  
Creative Arts Therapies Department, Drexel University

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## Pricing, free trials, and engagement with the publisher

*Mindscape Commons* membership is available to libraries and educational institutions. For price information, to start a free trial, or simply to share ideas, contact Elizabeth Robey, Publisher, [erobey@coherentdigital.net](mailto:erobey@coherentdigital.net).



We develop next-generation  
online resources for education,  
libraries, and professionals.

We combine the best content —  
much of which is “wild” and has  
never been formally published —  
with tools to make it useful.



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#### **About Coherent Digital, LLC**

Coherent Digital was founded in 2019 by industry veterans Stephen Rhind-Tutt, Toby Green, Eileen Lawrence, Elizabeth Robey, and others, with a goal to tame wild content and make it useful. For more information, please visit <http://coherentdigital.net>.