



***A proposed study to shift TheHorseCourse proven
equine-assisted intervention
to a VR platform for large-scale reach***



TheHorseCourse

Project Team

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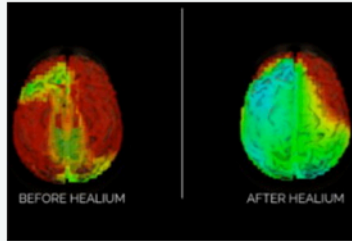
Principal Software Engineer, Google Research



TheHorseCourse



NHS offers new virtual reality treatment for patients with social anxiety



Anxiety Self Management

Virtual Reality for Anxiety Reduction

Frontiers in Psychology published a study showing a reduction in anxiety after a 4 minute Healiium experience. The study used quantitative EE...



Increased Positivity

VR for Positivity

The Journal of Neuroregulation published a study on Healiium's effect on a specific brain pattern associated with feelings of positivity.



Mood Improvement

VR for Stress Relief

A study published in the Scholarly Journal of Psychology and Behavioral Sciences looked at Healiium's ability to quickly improve mood and red...

Enabling young people to self-manage their worries

Watch the Lumi Nova video trailer below

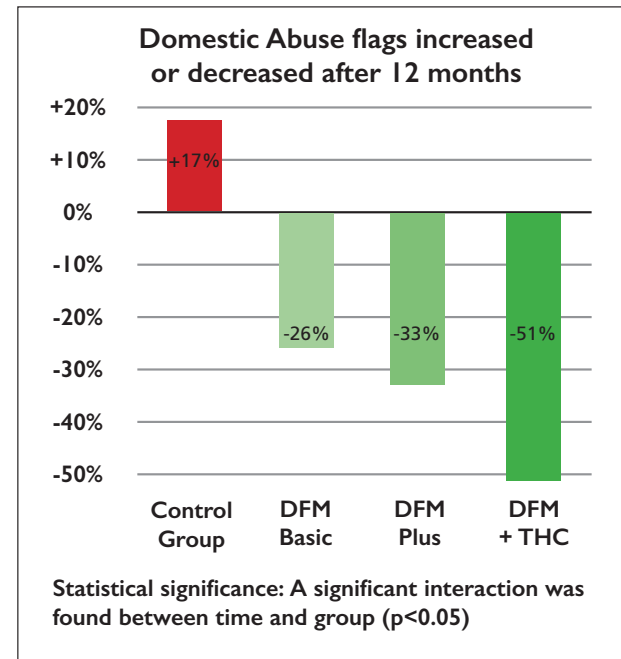


TheHorseCourse

THC for proven impact in action-based (vs. talk-based) interventions



See www.thehorsecourse.org/evidence
for links to all papers



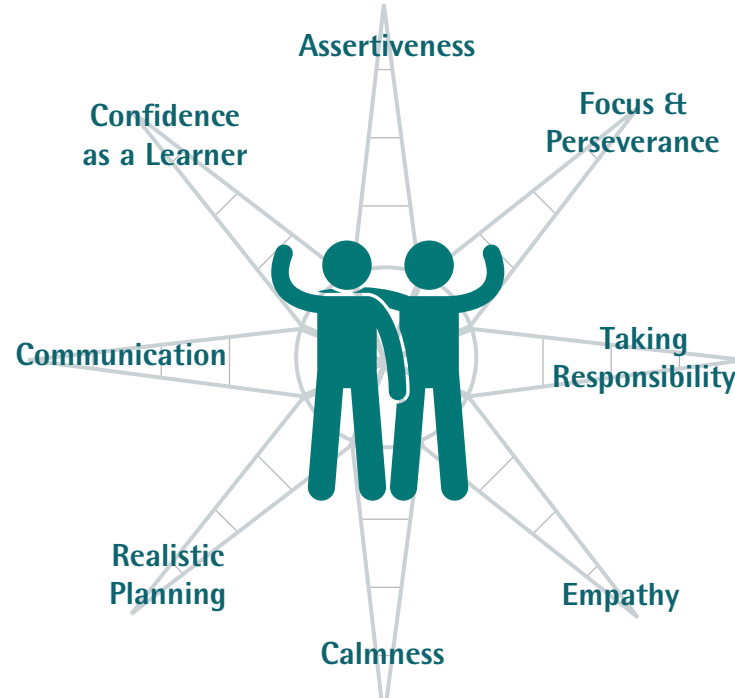
	Total in group	DV flag pre-	DV flag post-	Increase / Decrease
Control	10569	720	839	119 +17%
DFM Basic	2120	371	276	-95 -26%
DFM Plus	1119	193	130	-63 -33%
DFM + THC	268	49	24	-25 -51%



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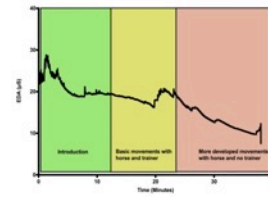
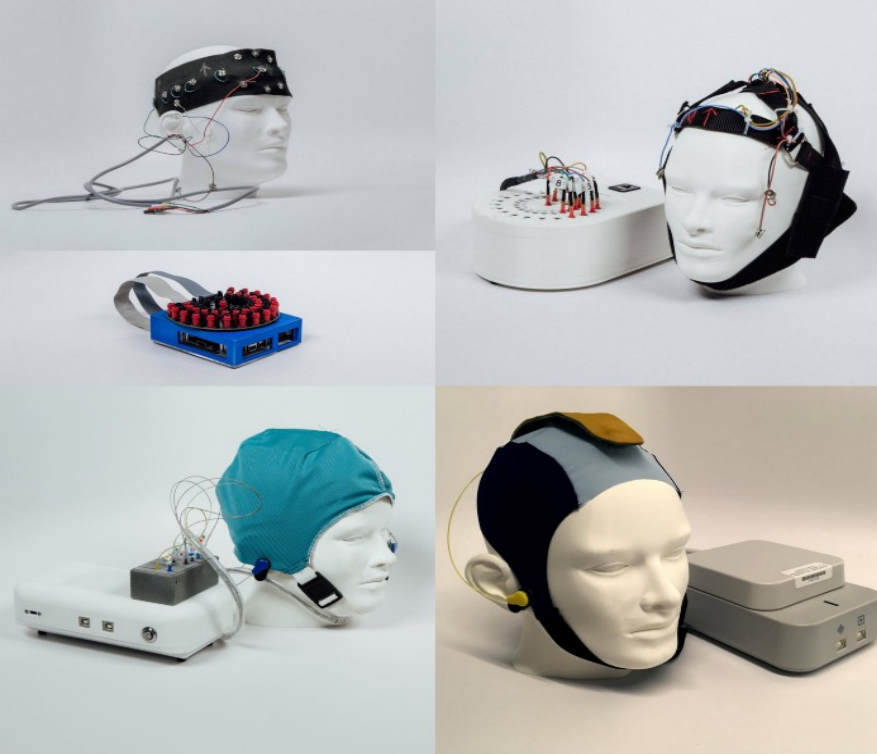
Real world practice



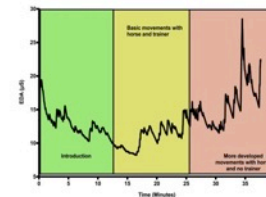
A 4 minute video is available at
www.thehorsecourse.org



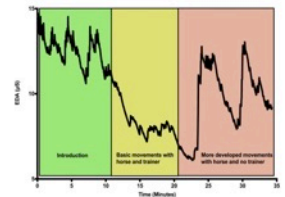
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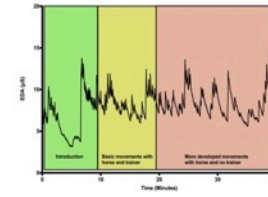
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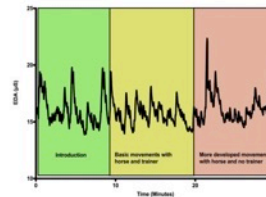
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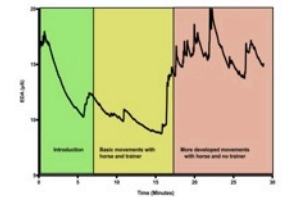
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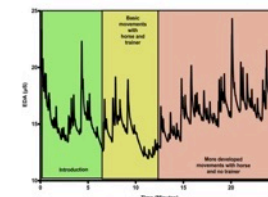
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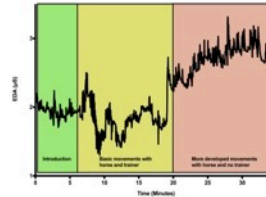
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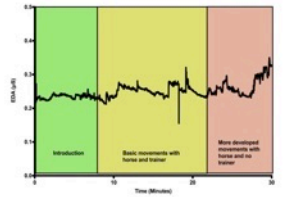
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g



h



i

(Honke et al, 2020; [arXiv:2010.15274](https://arxiv.org/abs/2010.15274))

Hemingway et al., 2019
www.mdpi.com/2076-2615/9/6/303

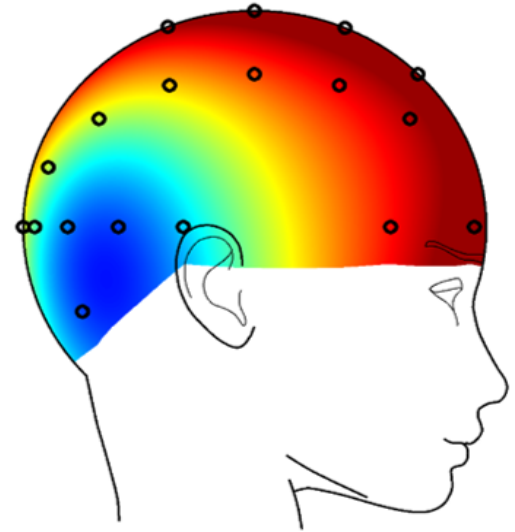
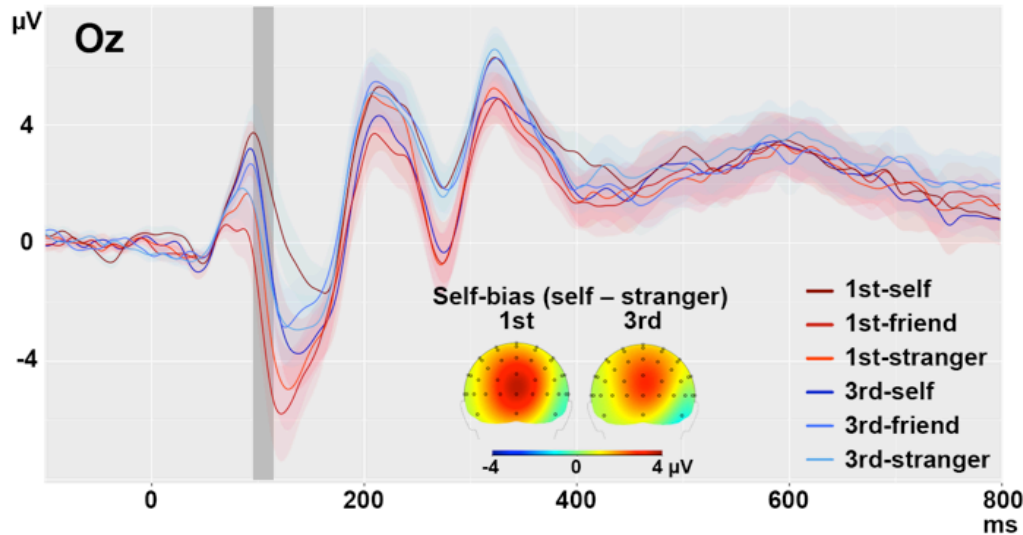


TheHorseCourse

BU
 Bournemouth
 University

Pilot: Neuroscience elements

- Wet EEG with 8 healthy adults taking part in TheHorseCourse activities



TheHorseCourse

Pilot: VR elements

- Simultaneous video capture from 6 fixed cameras plus audio from facilitator and participant





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