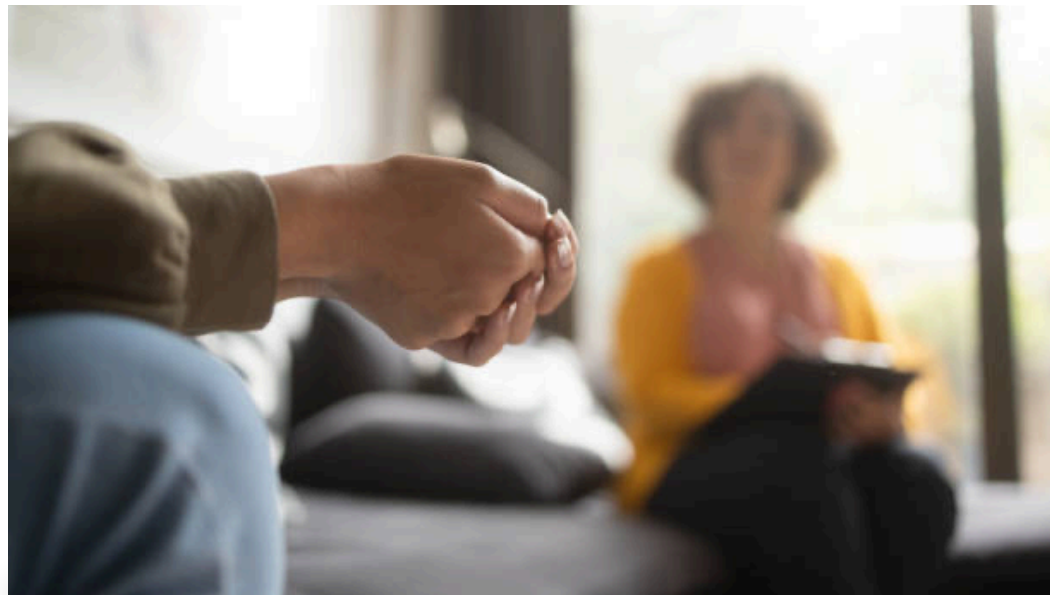


**Non-directive
vs directive
therapy in VR**



anomie

Problem



Not enough therapists
to meet demand

US NEWS

Illinois becomes third state to restrict use of artificial intelligence in mental health industry as experts warn about 'AI psychosis'

By [Caitlin McCormack](#)

Published Aug. 13, 2025, 11:54 p.m. ET

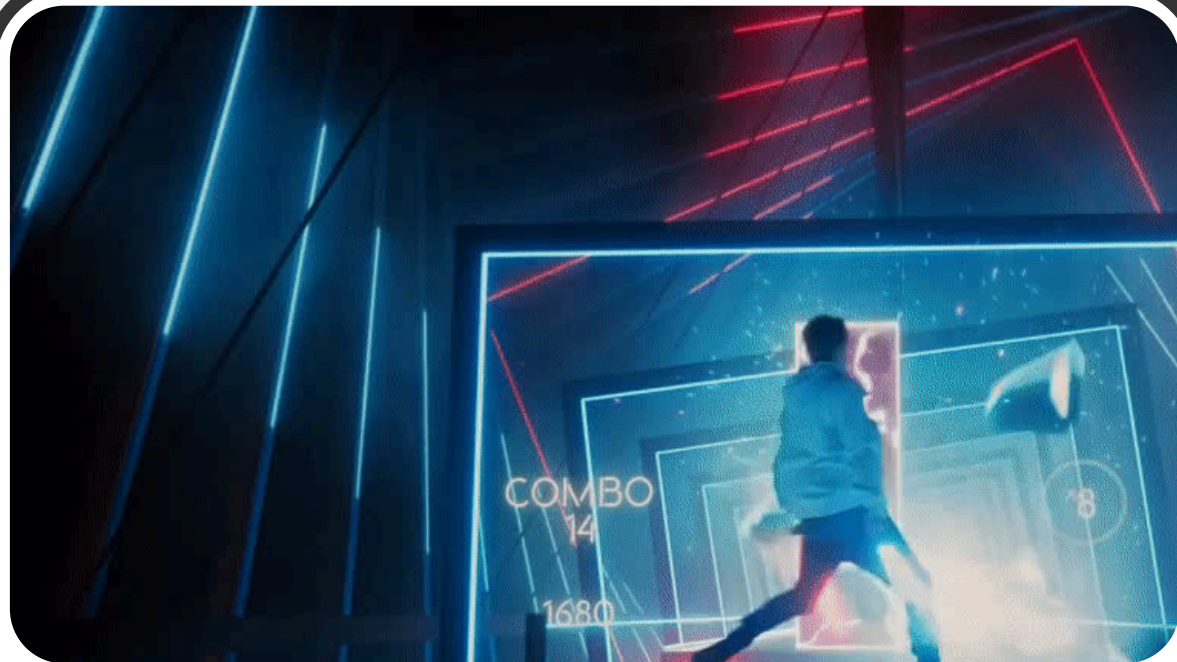
[Comments](#)

Ai therapy is not the answer
and has no safeguarding



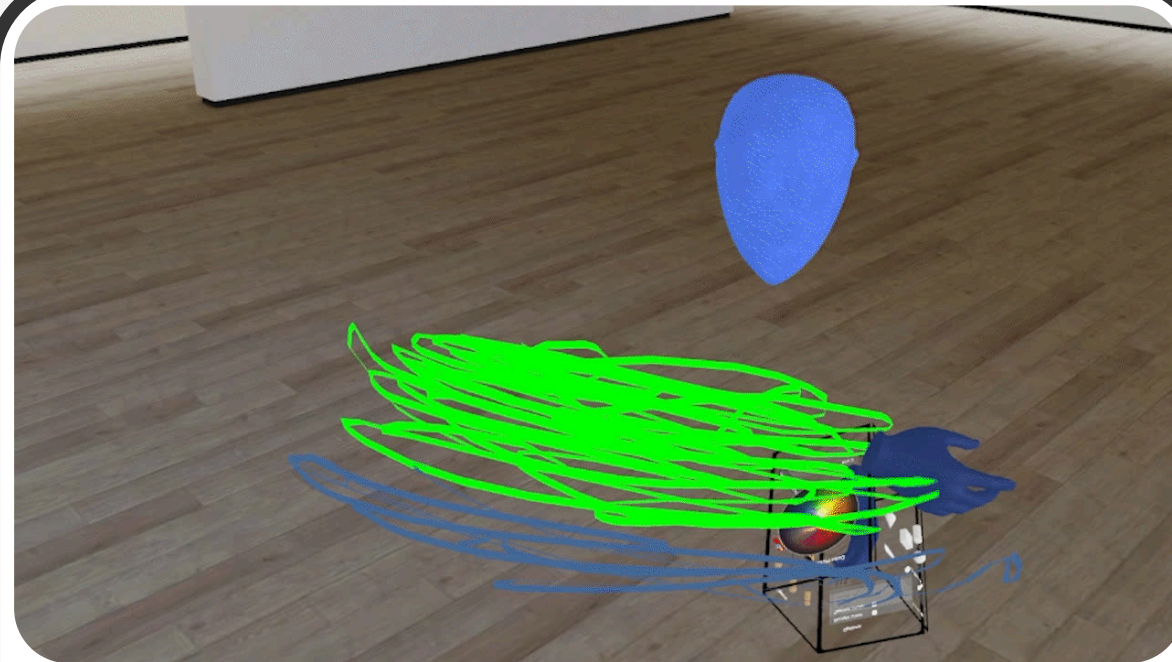
Stigma and Discrimination
towards therapy

Solution



VR is cool

Break down stigma and barriers
No association to therapy



Visualise Your Problems

Draw memories, characters and
scenarios



Create VR Safe Spaces

No patient data is stored
Therapists/Coaches stay in control

How Would you use it in Practice?

Add Anomie to your toolkit

A new Facilitation Tool

Prompt your clients to create and visualise their thoughts or trauma from a browser. Clients will be in VR.

A typical session looks like this:

10 min. check-in
20-30 min. using Anomie
10 min. check-in and sign out



Directive vs. Non-directive play therapy

Directive Play Therapy

The therapist actively structures sessions with **pre-selected** toys, games, or goals to target specific issues like anxiety or social skills, guiding play toward therapeutic outcomes.

Goal: immediate feedback in a predictable setting.

Directive vs. Non-directive play therapy

Non-Directive Play Therapy

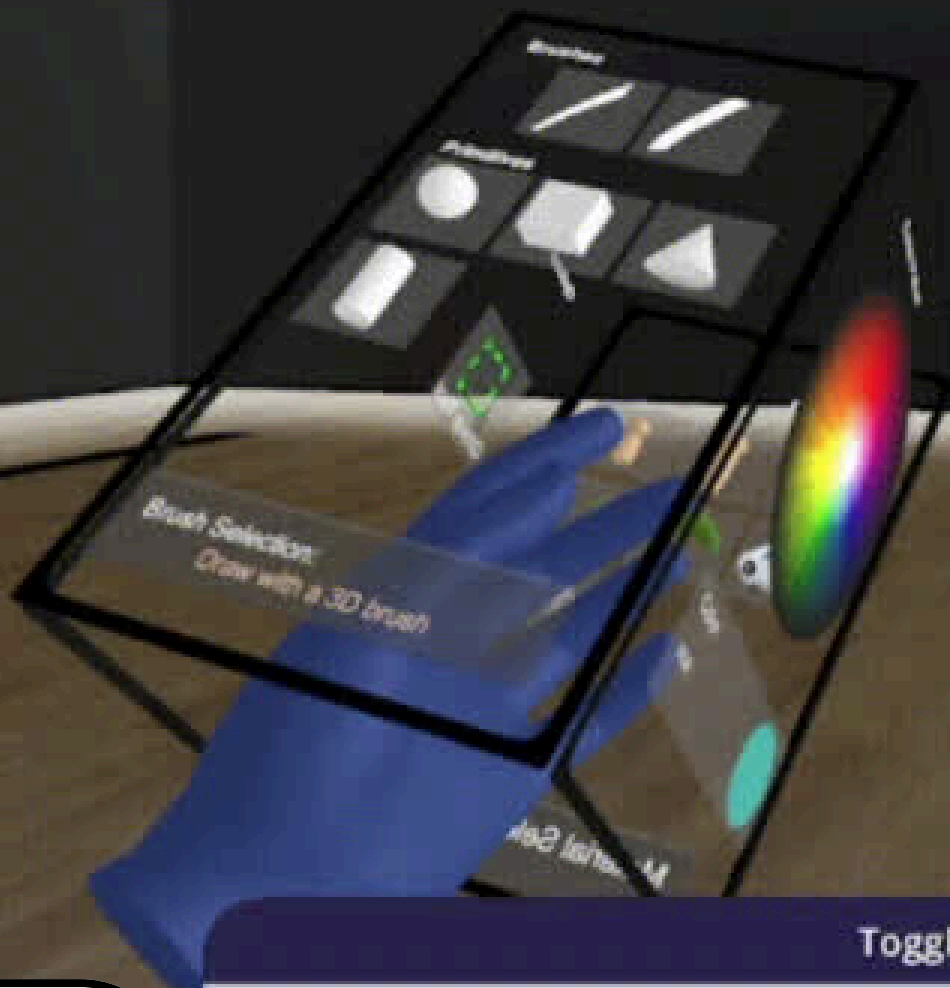
The child leads the play in a safe, unstructured environment, with the therapist observing, reflecting emotions, and providing empathy without directing activities or interpreting play. This child-centered method, rooted in self-healing principles, allows natural expression of feelings.

goal: It suits children needing autonomy to explore emotions at their own pace.

Active Session

- First Person
- Static
- Orbit

- Take
- View
- Settings



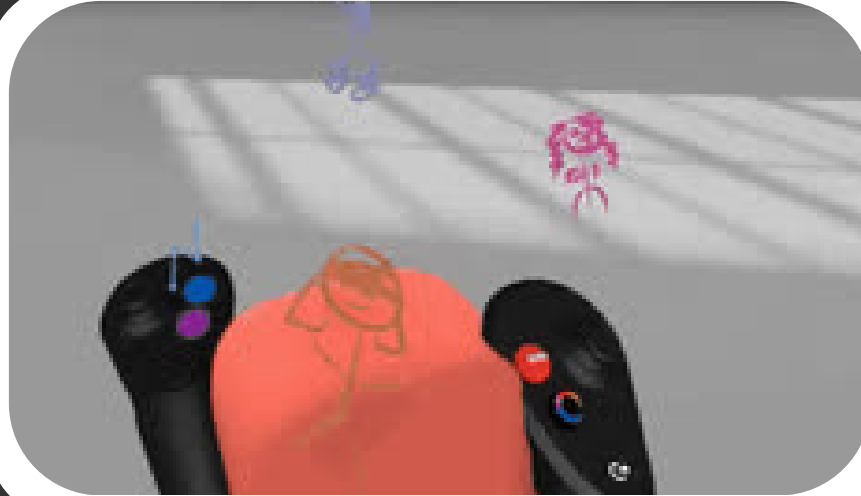
- Gallery
- Safe Space

**Browser
POV**

- Toggle Palette
- Group
- People
- Props
- Brushes
- Primitives

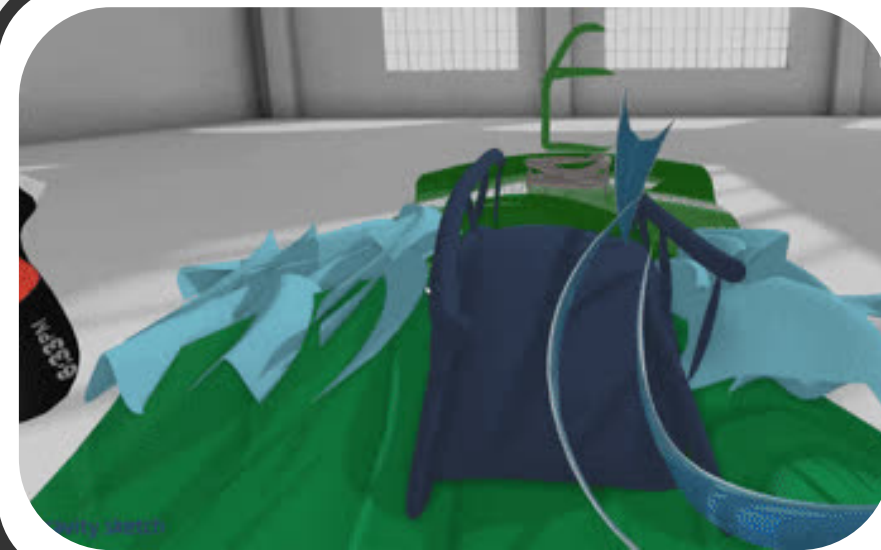
Benefits of VR

Compared to real life



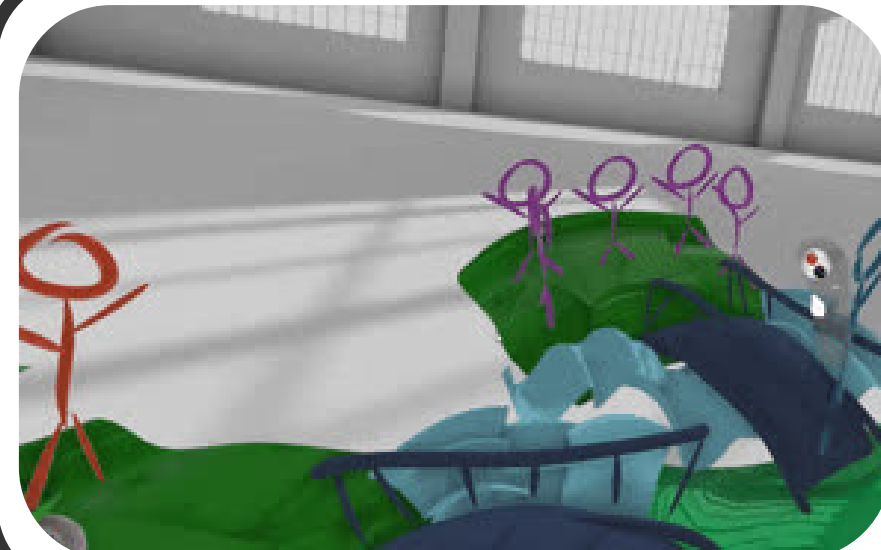
Scale up or Down

Make your trauma or problems smaller or bigger



Change Perspective

Re-write your narratives and challenge how you see a problem



Roleplay

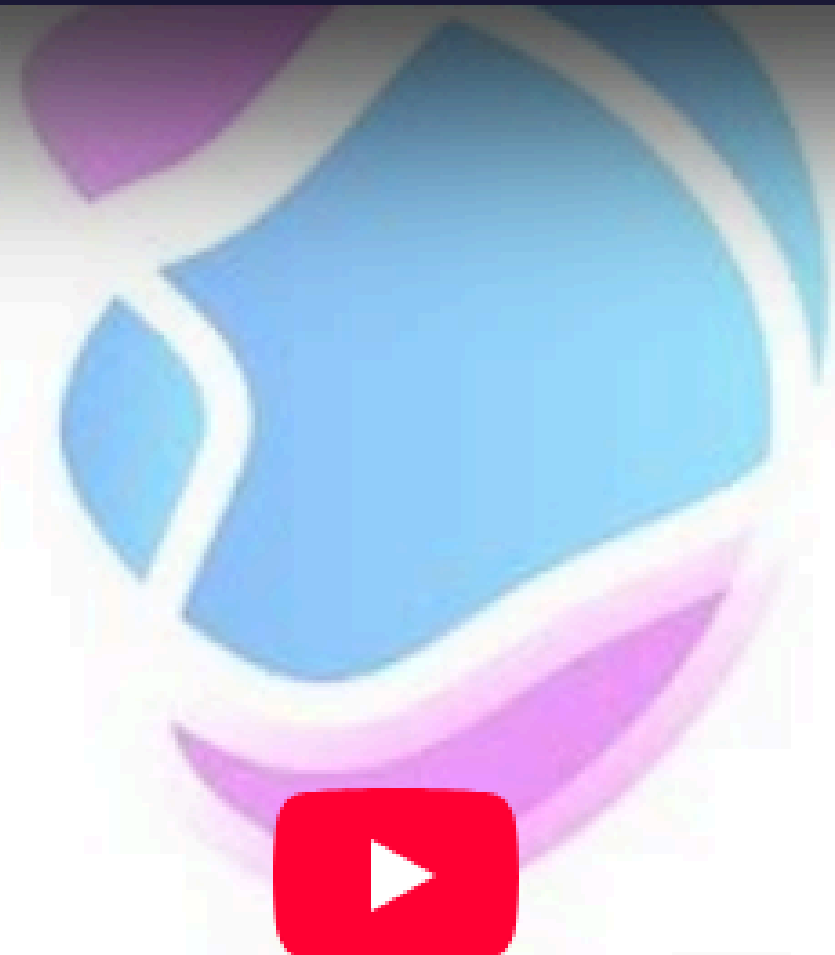
Challenge your limiting beliefs, talk to your inner child or practice saying something to your colleague



Demo Video Anomie Product



Copy link



anomie

Say it with confidence 'I know me'[®]

Watch on  YouTube

VR Creative Therapy

It helps with

- **Engaging** clients
- **Empowering** clients
- **Grounding and regulate emotions** through movement

Anomie assists in building and increase therapeutic alliance faster



Tara Tan
Senior Art Psychotherapist



TRACTION

76.7% Ukrainian refugees at United Way believed that Anomie improved their therapy sessions.

Problems included:

- **eating disorder**
- **anxiety**
- **depression**
- **self-esteem issues**



Pricing

Individual (Therapist/Coach)

£35 per/month
per headset

Individual (Institution)

£45 per/month
per headset

Compatible with
Oculus Quest 2+3



Training package



Day 1: Introduction and Foundations

- **Introduction to Immersive Technology:** Overview of immersive tools and their therapeutic potential.
- **Safeguarding:** Ensuring safety and ethical standards in virtual environments.
- **Assessing Fit:** Deciding when immersive technology is suitable for a client's needs.
- **Contracting and Data Protection:** Guidelines for client privacy and data security.
- **Therapist's Role in Immersive Platforms:** Exploring the therapeutic role within a digital space.

Day 2: Anomie Tool and Experiential Learning

- **Introduction to the Anomie Tool:** Overview of this art therapy-focused immersive tool.
- **Experiential Learning:** Hands-on practice with Anomie, exploring its use and applications in therapy sessions.

Trainer costs £2K
£300 p/attendee
(9 - 12 ppl per group)

Additional costs for overseas training*



THANK YOU!

Nina Salomons

CEO & Founder

 www.anomie.io

 nina@anomie.io

