

Abstract

Art Therapy in Metaverses

The project was initiated due to the numerous challenges that humanity is currently facing, which have a detrimental effect on the human psyche. The ongoing Covid-19 pandemic and as well as hostilities in Ukraine have only exacerbated this situation. To address this issue, I propose using an affordable solution that will have a positive impact on mental health. Additionally, this solution will be easily accessible to those who need it and can also be a useful tool for professional art therapists.

Why can the using of virtual worlds become one of the effective tools for interaction?

Metaverse, also known as virtual worlds, are computer-generated environments that allow users to interact with one another in a shared digital space. These virtual worlds are becoming increasingly popular as a means of communication and socialization. However, their potential as a tool for Art Therapy is not yet fully explored. In this article, we will explore why metaverses can become one of the effective interaction tools for the Art Therapy technique.

Art Therapy is a form of psychotherapy that uses art as a means of expression and communication. It is often used to help people who are experiencing emotional or psychological distress. Art Therapy can be particularly effective for people who find it difficult to express themselves verbally or who have experienced trauma. The use of art materials can help people to access and express emotions that are difficult to put into words.

Metaverse can be a powerful tool for Art Therapy because it allows people to create and interact with digital art in a shared virtual space. This can create a sense of community and collaboration that is often missing in traditional Art Therapy settings. In a metaverse, people can create and share their artwork with others in real time. This can be particularly helpful for people who struggle with isolation or who have difficulty connecting with others in person.

Another advantage of using metaverses for Art Therapy is that they offer a level of anonymity and privacy that is not always possible in traditional therapy settings. Many people are hesitant to share their innermost thoughts and feelings with strangers in person. In a metaverse, people can interact with others without revealing their true identities. This can help to create a safe and supportive environment for people to explore their emotions and express themselves creatively.

Metaverse can also be used to create immersive Art Therapy experiences. For example, therapists can create virtual environments that simulate real-world situations or emotions. This can be particularly helpful for people who are struggling with anxiety, phobias, or PTSD. By creating a safe virtual environment, therapists can help people to confront their fears and work through difficult emotions in a controlled setting.

In conclusion, the metaverse has the potential to become one of the effective interaction tools for Art Therapy techniques. They offer a safe and supportive environment for people to express themselves creatively and explore their emotions. By creating a sense of community and collaboration, metaverses can help people to connect with others and overcome feelings of isolation. As the technology behind metaverses continues to evolve, we can expect to see even more innovative uses of this technology in the field of art therapy.

What do we do? Web Portal and Apps for Art Therapy in virtual spaces

- Apps for Art Therapists
- Catalog of techniques for Art Therapists in virtual environments
- Catalog of Art Therapists who use these methods
- Web application for feedback that measures the dynamics of changes in the level of psycho-emotional stress remotely

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Case 1

The Music Tower (Platformer in Decentraland)

The Art game Music Tower is designed to help players/patients achieve a positive psychoemotional state by engaging them in a musical journey.

The game consists of a series of platforms that the player must navigate to reach the top. Each platform is associated with a different section of a musical composition, which is activated as the player lands on the platform.

As the player progresses through the game, they have the ability to choose which platforms to use to create their own unique melody. This allows the player to express their emotions and feelings through music and encourages them to actively engage in the therapeutic process. By choosing different combinations of platforms, the player can create a personalized musical sequence that reflects their mood and emotional state.

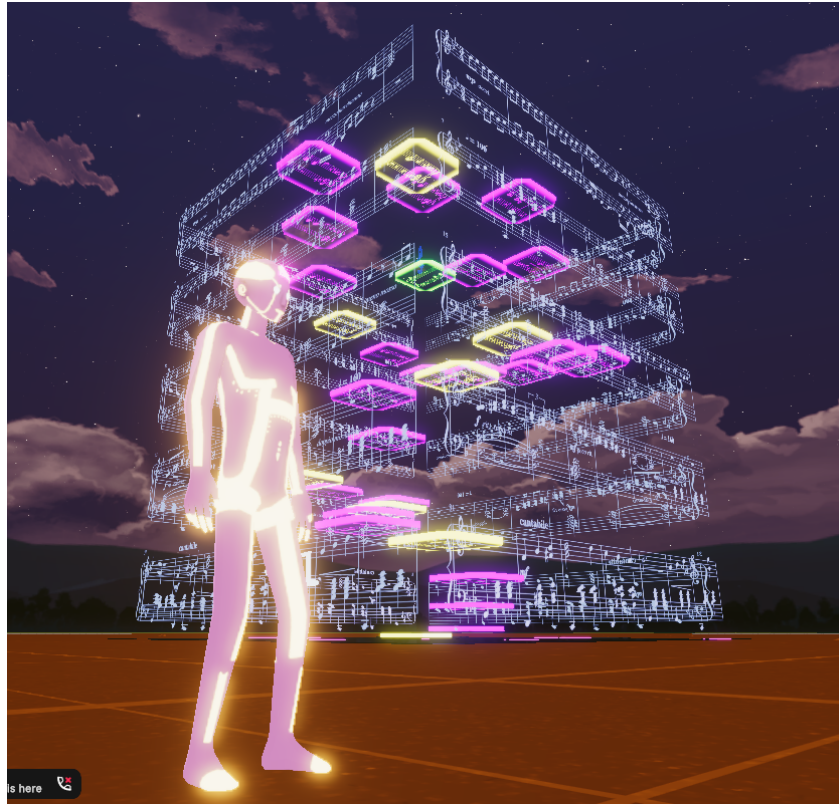
To motivate the player to continue playing and to extend the gameplay session, prizes can be awarded based on how many platforms the player successfully navigates. These prizes can include new musical instruments or the ability to customize the game's musical composition.

The art therapist can also participate in the game by being present in the virtual space and using their expertise to help the player achieve a positive psychoemotional state. They can provide guidance and support throughout the game and adjust the player's musical sequence to better reflect their current emotional state.

Overall, the therapeutic art game is an innovative and engaging way to promote positive psycho-emotional health.

DEMO: <https://play.decentraland.org/?realm=rezon.dcl.eth&position=0%2C0>

Gameplay video: https://www.youtube.com/watch?v=KwyeCm8jc_o



Case 2

Support Groups in Metaverse | Ukrainian Mental Health

Online groups for mental health support for Ukrainians using metaverse platforms moderated by professional psychologists.



Advantages of Metaverse

- Accessibility: Online cross-platform support (web, mobile, and VR).
- Immersiveness: Enhances empathy.
- Stigma Reduction.
- Proven Effectiveness.



Groups Support

Moderated by professional psychologists.

Diverse Support Groups

- Teenagers.
- IDPs.
- Refugees.
- War veterans.

Accessibility and Suitability

Suitable for individuals hesitant to attend in-person therapy.

Support for Ukrainians

To aid those affected by military aggression.



15M Ukrainians require psychological assistance.

Support groups can help reach out to others going through similar life changes.



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The Art Therapist Virtual Reception (in Spatial)

In the first iteration of our project, we have implemented a virtual therapists' appointment prototype that utilizes Autonomous Sensory Meridian Response (ASMR) techniques. The appointment is conducted entirely in Ukrainian by a virtual doctor, who will provide a comprehensive examination of the patient's condition.

The virtual doctor will first greet the patient and ask about their symptoms, medical history, and any medications they are currently taking. Then, the doctor will perform a series of ASMR techniques such as soft whispering, tapping, and gentle hand movements to help the patient relax and feel comfortable.

Once the patient is relaxed, the doctor will perform a physical examination using virtual tools such as a stethoscope and blood pressure monitor to assess the patient's health. The doctor will also provide medical advice and recommendations for any necessary treatment or medication.

The virtual doctor appointment in the Ukrainian language is designed to be accessible to Ukrainian speakers who prefer to communicate in their native language. It aims to provide a personalized and comfortable medical experience, especially for those who may be nervous or anxious about visiting a physical doctor's office.

Overall, our virtual doctor appointment prototype provides a unique and innovative approach to healthcare, utilizing ASMR techniques to create a relaxing and calming experience for patients, all while providing the necessary medical care and attention they need.

DEMO: https://www.spatial.io/s/Art-therapy_-UA-640fba281a784385b51c4d03



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- ☰ Art therapy for PTSD in the virtual space of metaverse
 - ☰ Experiences and Games for art therapy in metaverses

References

Future of mental health in the metaverse

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How Geek Ther How Geek Therapy Plays Into Expressive Arts Ther ts Therapy: A Literature Review

Caroline Bryan

https://digitalcommons.lesley.edu/expressive_theses/622/

Video Game Art Therapy: THE POTENTIAL OF SERIOUS GAMES

<https://pdxscholar.library.pdx.edu/cgi/viewcontent.cgi?article=1199&context=honorstheses>

Winning The Game Against Depression: A Systematic Review of Video Games for the Treatment of Depressive Disorders

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8811339/>

Online Gaming Is the New Therapist's Office

<https://www.wired.com/story/online-gaming-is-the-new-therapists-office/>

Video game development as an expressive Art Therapy and stress relief.

<https://itch.io/t/2466168/video-game-development-as-an-expressive-art-therapy-and-stress-relief>

<https://www.psychologytoday.com/intl/blog/debunking-myths-of-the-mind/202301/meet-me-in-the-metaverse-for-better-mental-health>

Art as therapy in virtual reality: A scoping review

<https://www.frontiersin.org/articles/10.3389/frvir.2023.1065863/full>

Specifically for VR, therapeutic activities such as painting, drawing, coloring, collaging, and sculpting, take a different form in the 3D environments, which could also vary (e.g., digital twins of an Art Therapy room or ostensibly infinite 3D canvases).

The authors identify two main categories, namely psychological and neurorehabilitation treatments, in which theoretical approaches to art diverge.

The Proteus Paradox: How Online Games and Virtual Worlds Change Us—And How They Don't

<https://www.jstor.org/stable/j.ctt5vksvj>

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