

# PISTA THERAPY AND VIRTUAL REALITY

**PISTA** is a therapy that uses specific sounds and frequencies to relieve physical and emotional pain. It is backed by **45 years of research** from groups of psychologists, scientists and specialists in sports. and is specifically designed to promote mental well-being.

**Sound and vibration** are used together through a device to deliver brain stimulation that can reduce stress and anxiety, improving sleep, and promoting a sense of calm and relaxation.

## How Virtual Reality Is Incorporated

The best part about PISTA Therapy is its ability to integrate different technologies into a single program. With Virtual Reality, patients can be placed in a simulated environment, giving them the opportunity to interact and practice behaviors while also receiving helpful stimulation.

Another aspect of how PISTA therapy utilizes **Virtual Reality** is that it helps to make the treatment more engaging and enjoyable for the user. It is well documented that a person who is more engaged in their treatment has a better chance of success. According to studies, if a person finds the therapy enjoyable and exciting, it can drive increased motivation and ultimately better results. With Virtual Reality, PISTA therapy can take on an immersive experience, where users can explore ancient ruins or stand at the top of a mountain – all while having an effective cognitive stimulation.

