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## Mark Wiederhold

### President, The Virtual Reality Medical Center

Dr. Mark Wiederhold is VRMC's medical director. VRMC currently uses virtual reality exposure therapy (3-dimensional computer simulation) in combination with physiological monitoring and feedback to treat panic and anxiety disorders. These conditions include specific phobias such as fear of flying, fear of driving, fear of heights, fear of public speaking, fear of thunderstorms, claustrophobia, agoraphobia, social phobia, panic disorder, and posttraumatic stress disorder due to motor vehicle accidents. General stress management and relaxation skills are taught for stress-related disorders. Dr. Wiederhold also serves as Editor-in-Chief of CyberPsychology & Behavior Journal, now in its fifth year of publication and currently indexed in both Medline and PsychLit/PsychInfo.

[www.vrphobia.com](http://www.vrphobia.com) (Updated: 9/22/2004)

## Session:

Session Title: [The Potential of Games in Healthcare](#)

Time/Date: Tuesday (October 19, 2004) 8:45am - 9:45am

Track: [Military](#)

Format: Lecture

Experience Level: Beginner

**Description:** The use of games in non-entertainment environments can be classified by type of usage, or by sector. Critical to thinking about usage by sector is understanding both the needs of the sector and the specific nuances involved in the application of games to it. This talk focuses specifically the all-important sector of healthcare where the use of games is not only growing, but could have some special levels of impact include direct patient care, as well as helping with lowering key costs related to medical technologies especially visualization and preventive medicine. In 2004 The Serious Games Initiative, The Academic ADL Co-Lab, and The Federation of American Scientists held The Games For Health Conference a two-day conference focused on exploring all the permutations for using games in healthcare. In this lecture, Judy Brown, director of the Academic ADL Co-Lab will provide a detailed survey of the findings from that gathering and provide an introduction to the strengths and obstacles that will shape the use of games in the healthcare field. As part of this overview the talk will also focus on the key research agenda items that conference participants highlighted as critical needs. Many of these points speak for the entire field of serious games as well.

**Takeaway:** Attendees will be given a synopsis of the findings and outcomes from the first-ever Games for Health conference held 9/15-9/16 in Madison, WI.