



# A new approach to exposure

Virtual reality for targeted training in sensory  
challenging everyday situations



# Sensory overload is part of everyday life

## A challenge for your clients

People with autism, ADHD, PTSD, migraines, or other diagnoses often find loud, crowded, or bright environments overwhelming. Traditional exposure therapy is effective, but it is often time-consuming, difficult to control, and stressful for clients.

### sefit's virtual reality solution reimagines exposure training:

- Developed by those affected for those affected
- Interactive, personalized and easy to use in practice or at home
- Real-life everyday scenes filmed
- Gamification and reminders promote client independence
- Traceable results for your clients through detailed data

### More impact and less effort – your advantages as a therapist:

- **Work more efficiently:**  
save time without compromising on quality
- **Evidence-based & proven in practice:**  
scientific publications confirm the effectiveness of VR-supported exposure training
- **Innovative differentiation:**  
position yourself as a modern practice with a forward-looking training method
- **Scalable professional competence:**  
digitally supported expertise with broader applicability
- **Motivated clients:**  
interactive, independent, sustainable transfer to everyday life

### Would you like to shape the future of VR exposure training?

Get to know sefit — in a personal conversation or a demo session.

Are you interested in participating in our market study? Then register at: [study@sefit.ch](mailto:study@sefit.ch)



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