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# **The VGT® Approach toward the creation of experiential video game HUBS**

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# THE MENTAL HEALTH PANDEMIC

- **1 in 5** adults experience severe poor mental health every year.
- **50%** of mental health challenges begin by **age 14**
- **75%** of mental health crises arise by **age 24**
- **Social isolation** and **suicide** rates increase Year on Year
- **Limited resources and services** to prevent breakdowns and crises



# OUR MISSION

Design **immersive and engaging digital experiences** to:

- improve **mental wellbeing**
- enhance **awareness**
- nurture **positive change**
- facilitate **empowerment**







## OUR APPROACH

The **Video Game Therapy® (VGT®)** is a clinical framework that focuses on self-regulatory processes, emotional proficiency, and cognitive awareness.

Through tailored training sessions guided by professionals using commercial video games, the **VGT®** promotes insight, mental well-being, and facilitates self-reflection through gameplay narrative.

Video games offer the possibility to interact with and control imaginative scenarios made real by their visual representation. Through this immersive narrative, the **VGT®** professional guides the player on a journey to recognise and elaborate specific experiences and themes while playing in total freedom and without fear of failure or judgment.

The **VGT®** is highly versatile and appropriate for application with children, young people, and adults of all ages.





# VGT® – CLINICAL APPLICATIONS

## **CHILDREN**

- ADHD
- Learning Difficulties
- Autism Spectrum Disorder

## **YOUNG PEOPLE**

- Personality Disorders
- Eating disorders
- PTSD
- OCD
- Depressive episodes and suicidal ideation
- Social Retirement (neet ed hikkikomori)
- Low self-esteem
- anger management and emotional awareness
- Anti-social behaviours
- Abuse and Addiction

## **ADULTS**

- Depression
- Anxiety
- Abuse and Addiction
- Gaming-related Disorders
- PTSD

## **ELDERLY CARE**

- Depression
- Cognitive deterioration





# OUR SOLUTION: THE VGT® HUB

## A THERAPEUTIC GAMING SPACE

The **VGT® HUB** is a physical space designed for the **perfect indoor and outdoor gaming experience**.

Here, clients of all ages can access age-appropriate **commercial video games** and **serious games** to improve their mental well-being and further positive change in their lives.

By **identifying with the avatar and the video game narrative**, the client-gamer will be supported through self-reflection, tailored intervention, and the therapeutic relationship to **unlock new and engaging individual pathways that encourage the mentalisation of subjective experiences, elaborate traumatic events, and increase self-awareness**.





# THE MODEL VGT<sup>®</sup> HUB

## **PHYSICAL SPACE AND EQUIPMENT**

- at least 200 SQ FT (not too bright)
- sound-proofing and ventilation system
- Fitted RGB red lights and decorations
- Ergonomic computer gaming chair and desk
- 4K LCD monitor (min 40")
- High-definition audio surround system

## **GAMING HARDWARE (and/or):**

- Nintendo Switch
- Xbox
- PS5
- PC DESKTOP
- Meta Quest 3 (optional)

## **GAME LIBRARY**

- Curated selection of commercial videogames tailored to the specific target population and clinical/educational objectives.

(Applies to both indoor rooms and outdoor wooden cabins)



# VGT® TRACK RECORD

**20 VGT® Hub  
active in Italy**

**100 clients  
supported with  
the VGT®  
approach**

**70 professional  
operators VGT®  
trained**

**20 video games  
successfully used  
in therapy**

## YEARLY MANAGEMENT FEES:

- Supervision and consultancy for VGT® HUB creation
- Continuous support in curating game libraries based on specific objectives
- Coproduction of tailored pathways designed to achieve specific clinical and educational outcomes
- Continuous Professional Development for VGT professionals
- Remote clinical supervision

\*Prices are VAT exempt



