

THERAPY SOFTWARE FOR SEVERE MENTAL HEALTH DISORDERS

**CE CERTIFIED CLASS 1 MDR
AUDITORY HALLUCINATIONS**

HEKA VR is an intuitive and easy to use Avatar Creation and Real Time Voice Modulation software that supports the treatment of auditory hallucinations and negative controlling self talk. Available for treatment in 3D VR and telehealth.



AVAILABLE FOR IMPLEMENTATION:

Schizophrenia

AVAILABLE FOR RESEARCH:

Schizophrenia

Eating Disorder

OCD

...and more.

MORE INFORMATION

+45 81 71 20 71



www.hekavr.com



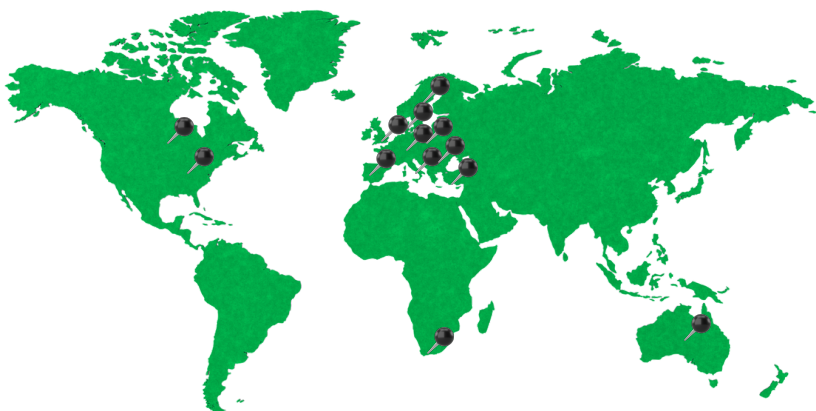
Høkerboderne 8
Copenhagen, Denmark



HEKA VR

HEKA VR's innovative platform empowers individuals experiencing persistent auditory hallucinations or negative self-talk by enabling them to confront and engage with personalised avatars of these voices in a safe, controlled 3D environment. Treatment is focused on a series of 'face-to-face' dialogues between the person and their avatar, supported by the therapist. The aim is to reduce voice-related distress and build empowerment in daily life.

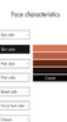
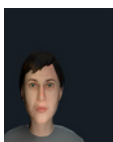
A GLOBAL PROVIDER



HOW IT WORKS

1 Face Creation Module

A user-friendly interface and an array of customization options allow patients and therapists to co-create avatars that accurately represent their auditory hallucinations. This allows for a paradigm-shifting "dialogue" between the patient, therapist, and auditory hallucination.



2 Advanced Voice Modulation

Patients create the voice of their auditory hallucinations, personalising the pitch, tone, depth, and presence. Therapists can switch seamlessly between being the avatar voice and therapist voice.



3 Immersive VR simulation

By leveraging the full potential of spatial presence, virtual reality treatment offers a superior level of engagement and efficacy compared to traditional 2D screen-based approaches.



SOLUTION BENEFITS

VR-based Avatar Therapy provides a safe tool for therapists to effectively treat patients experiencing distressing voices, enabling more direct and empowering therapeutic engagement. By facilitating real-time interaction with personalised avatars, it enhances emotional processing, reduces voice-related distress, and accelerates therapeutic outcomes.

PERSONALISED THERAPY

Therapists collaborate with patients to customize the voice and face of their avatar, which represents the patients auditory hallucination.

LOWER TREATMENT TIMES

Heka VR therapy requires on average just 7 face-to-face sessions, allowing you to treat more vulnerable patients.

EFFECTIVE WITH FEWER SIDE EFFECTS

AVATAR therapy does not require the use of any drugs and has been shown to have fewer adverse effects.



"After 27 years of hearing voices, I have now been voices-free for 4 years".

- Vibeke, voice hearer for 27 years

RESEARCH RESULTS

REDUCED SEVERITY OF VOICES

Reduced severity of auditory hallucinations
12 weeks after treatment

DECREASED FREQUENCY OF VOICES

Reduced frequency of voices both at 12 weeks and 24 weeks after treatment was completed.

COMPLETE CESSATION OF VOICES

For 11 patients, after just 7 sessions of VR-AT they no longer heard voices by the 24-week follow-up,

Glenthøj et. al. 2025

HIGHER TREATMENT SATISFACTION

The VR-AT group reported **significantly greater satisfaction** with their **treatment** compared to supportive counselling group

WORLD'S LARGEST 3D VR-AVATAR THERAPY RCT 2020-2024

271

PATIENTS

Supportive counselling
N:131
Virtual Reality Avatar therapy
(VR-AT) N: 140
Location: Denmark
Research lead: Prof. M. Nordentoft

7

SEVEN SESSIONS

Participants recieved on average 7 session of VR-AT or supportive counselling over the corse of 12 weeks.

16+

AVERAGE TIME IN YEARS OF HEARING VOICES

Treatment resistant schizophrenia patients who on average experienced voices for 16 years.

How can we help you? Contact us to learn more!

Follow us!



HEKA VR