

XRET

• Now in Clinical Pilot

Transforming Exposure Therapy with Immersive Intelligence

AI-powered XR therapy combining real-time biosensing and adaptive environments — designed for clinicians, built for patients.

94%

Anxiety Reduction

3x

Faster Desensitization

12+

Clinic Partners

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Introduction



VR and AR — or Extended Reality (XR) when combined — offer immersive, interactive environments ideal for modern psychotherapy. XRET replicates real-world experiences with clinical precision, allowing therapists to control and tailor scenarios for each patient. This makes it possible to safely and repeatedly expose patients to anxiety-inducing situations — such as flying, public transport, or crowded spaces — without ever leaving the therapy room. The result is a measurable enhancement in treatment effectiveness through personalized, structured

What is XRET?

XRET is a clinical-grade Extended Reality therapy platform that integrates AI-driven biosensing with adaptive virtual environments. It empowers mental health practitioners to deliver evidence-based exposure therapy with unprecedented precision and safety.

Immersive

VR/AR environments that feel real enough to activate therapeutic responses

Adaptive

AI that adjusts scenarios in real-time based on patient biofeedback

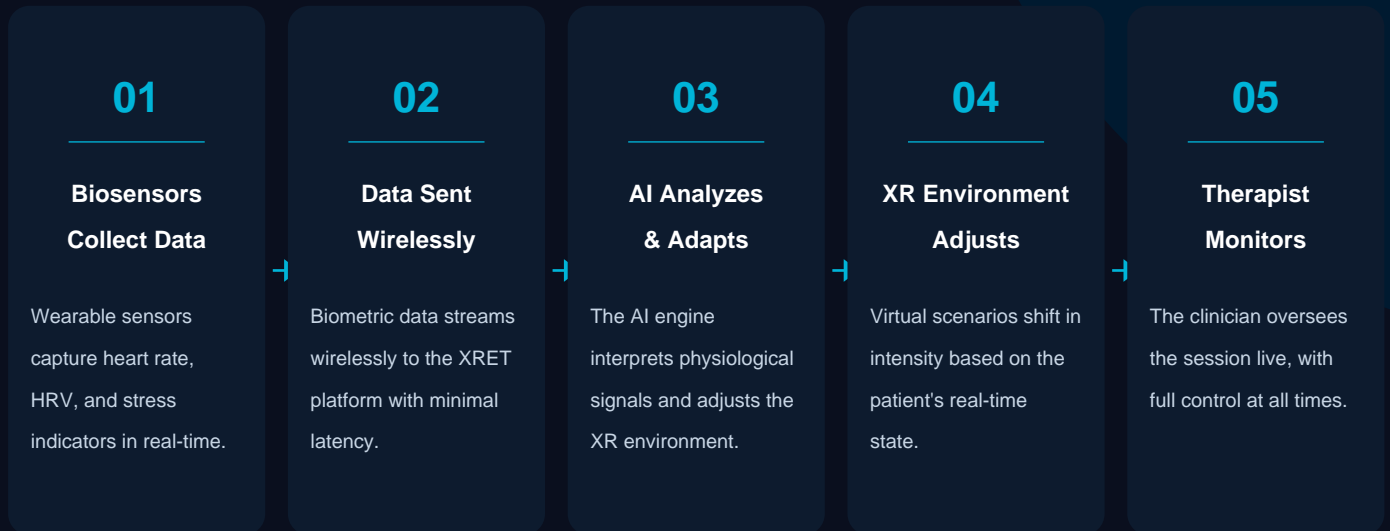
Clinical

Built for therapists — with full control, monitoring, and session data

How It Works



A seamless five-step data flow connects patient biology to therapeutic outcome.



Real-Time Biofeedback Loop

When heart rate exceeds the patient's baseline threshold, the XR environment automatically de-escalates — reducing stimulus intensity until physiological calm is restored. This keeps every session within safe, therapeutic bounds.

Conditions We Address



XRET is designed to support evidence-based treatment across a range of mental health conditions, with clinician-controlled immersive environments tailored to each therapeutic goal.

Anxiety Disorders

Gradual exposure to anxiety triggers in controlled XR environments, with real-time biofeedback to ensure safe, progressive desensitization.

Specific Phobias

Heights, crowds, enclosed spaces, and more — safely simulated and systematically desensitized through structured exposure sessions.

PTSD

Trauma processing through structured, clinician-guided immersive replay in a safe and controlled therapeutic context.

Behavioral Therapy

Habit and response conditioning enhanced with real-time biofeedback loops to reinforce positive behavioral change.

Onboarding & Support



The XRET team personally guides each practitioner through onboarding — whether 1-on-1 or in a group session. Getting started is fast, supported, and confidence-building.

✓ **Fast Learning Curve**

Most therapists need just 2 hours to master the system and start using it in sessions.

✓ **Guided by a VR Expert**

Every onboarding includes a live simulation session with one of our team experts — we walk you through it step by step.

✓ **Learning Management System**

Access detailed tutorials, clinical guides, and on-demand courses on VR therapy through our dedicated LMS.

✓ **Ongoing Technical Support**

All XRET clients receive access to online support chat with technical managers ready to assist — even during live sessions.

Session Tips for Practitioners

- Know your VR environment before each session
- Check headset battery and WiFi before starting
- Use sensory-rich scenarios to deepen patient presence
- Think creatively — environments serve multiple therapeutic uses

Why Choose XRET?



Evidence-Based

Built on peer-reviewed exposure therapy protocols. Every feature is designed to support clinical best practices, not replace clinical judgment.

AI-Adaptive

Real-time AI continuously reads patient biofeedback and adjusts the virtual environment to stay within the optimal therapeutic window.

Clinician-First Design

The therapist retains full control at all times. XRET is a precision tool that amplifies clinical expertise, not an autonomous system.

Measurable Outcomes

94% of patients report significant anxiety reduction. 3x faster desensitization compared to traditional in-vivo methods.

Rapid Deployment

Most clinics are fully operational within one week of onboarding, with support at every step.

Scalable & Flexible

From solo practitioners to multi-site clinics — XRET scales to your practice with subscription plans designed for clinical settings.

XRET

Extended Reality Exposure Therapy

Ready to Transform Your Practice?

Join clinics across Europe already using XRET to deliver faster, safer, and more effective exposure therapy. Request your personalized demo today.

[Request a Demo](#)

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Designed for clinicians. Built for patients. Powered by AI.