



**C2CARE**

**METHOD**

**GUIDE**

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**01**  
**THE VARIOUS**  
**SITUATIONS**  
**HANDLED IN THE**  
**C2CARE**  
**METHOD**



# SPECIFIC PHOBIA

This involves a disproportionate, irrational, and persistent fear of a specific object or situation.

There are many specific phobias, such as fear of spiders (arachnophobia), heights (acrophobia), driving (amaxophobia), and flying (aviophobia).







# PANIC DISORDER

Characterized by the presence of recurrent and unexpected panic attacks. A **panic attack** is a sudden surge of intense fear that peaks within a few minutes and manifests with several of the following symptoms:

- Heart palpitations or rapid heart rate
- Sweating
- Trembling
- Shortness of breath or a feeling of suffocation
- Choking sensation
- Chest pain or discomfort
- Nausea or abdominal distress
- Chills or hot flashes
- Feelings of vertigo, instability, lightheadedness, or fainting
- Numbness or tingling sensations
- Feelings of unreality or being detached from oneself
- Fear of losing control or "going crazy"
- Fear of dying

Individuals with panic disorder worry about having more panic attacks and may significantly alter their behavior to avoid new attacks.

# AGORAPHOBIA

Manifests as an **excessive fear of various situations where the person believes escape might be difficult or help unavailable** in the event of panic symptoms or other incapacitating or embarrassing symptoms.

It may involve open spaces (e.g., large squares, bridges), closed places (e.g., supermarkets, cinemas), public transportation, crowds, queues, or being far from home.







# SOCIAL PHOBIA

Characterized by an **excessive fear of one or more social situations due to concerns about being watched, evaluated, and judged negatively by others.**

It can involve social interactions (e.g., holding a conversation, asking for information in a store, meeting new people), being observed (e.g., while eating or drinking), or performance situations (e.g., giving a speech, attending a job interview).

# GENERALIZED ANXIETY DISORDER (GAD)

Characterized by **excessive and chronic anxiety and worry about various events or activities**, such as work, family, finances, or health.

The individual has difficulty controlling these worries, which may be accompanied by symptoms of anxiety such as restlessness, fatigue, difficulty concentrating, irritability, muscle tension, or sleep disturbances.







# OBSESSIVE-COMPULSIVE DISORDER (OCD)

Characterized by the **presence of obsessions and/or compulsions.**

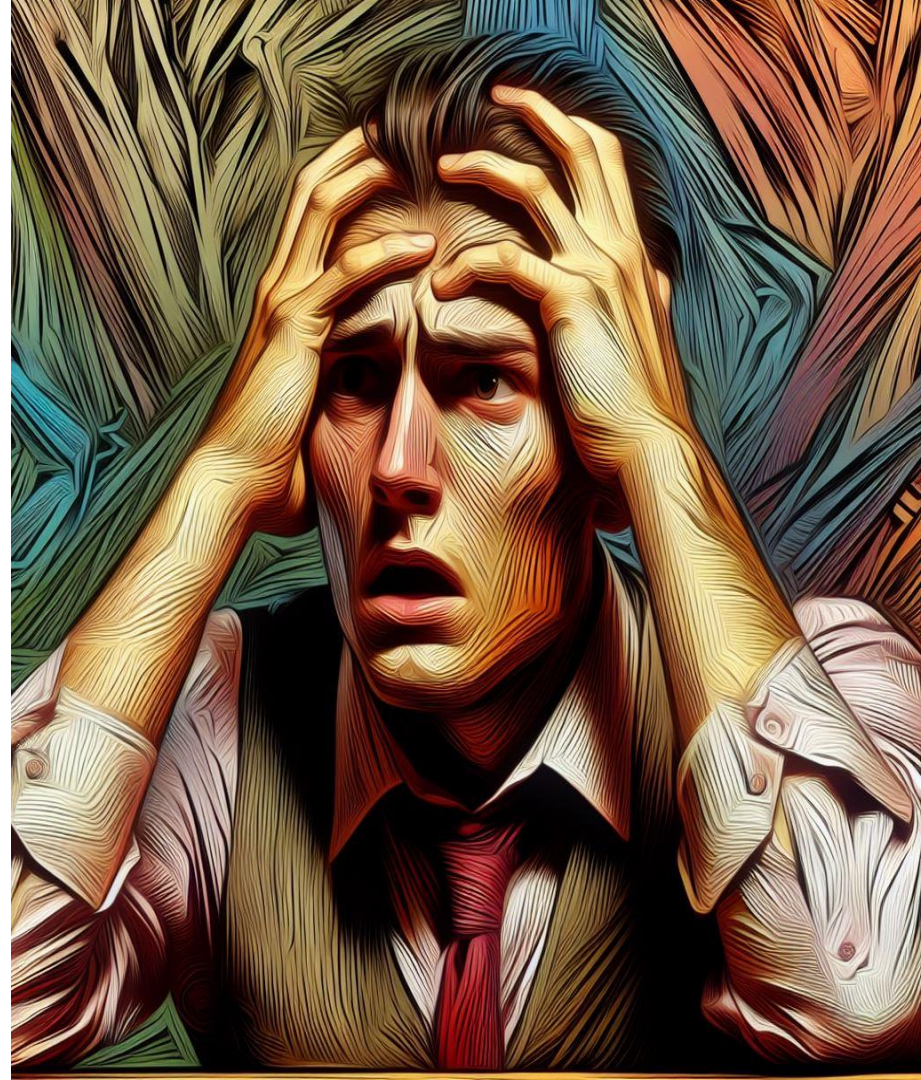
Obsessions are intrusive, unwanted thoughts, impulses, or images that cause significant anxiety or distress. Compulsions are repetitive behaviors or mental acts that the person feels compelled to perform to neutralize the obsessions.

There are various forms of obsessions (e.g., contamination, aggression, superstition) and compulsions (e.g., washing, arranging, checking, counting, repeating actions).

# POST-TRAUMATIC STRESS DISORDER (PTSD)

May occur in individuals who have **experienced or witnessed a traumatic event**, such as an accident or assault. It is characterized by the presence of several types of symptoms:

- Intrusive symptoms (e.g., repetitive, involuntary, and intrusive memories of the event, intense distress related to reminders of the event).
- Avoidance symptoms (e.g., efforts to avoid reminders of the event).
- Negative alterations in cognition and mood (e.g., feelings of detachment from others, persistent inability to experience positive emotions).
- Alterations in arousal and reactivity (e.g., hypervigilance, sleep disturbances).







02

## THE C2CARE METHOD

A method based on **Cognitive Behavioral Therapies (CBT)**, known for their effectiveness and scientifically validated.



# Cognitive Behavioral Therapies (CBT)



CBT focuses on the links between **thoughts**, **emotions**, and **behaviors**. It encompasses a wide range of therapeutic techniques that operate on these three levels.

## Concrete therapies

Centered on your current problems, your therapy will aim for concrete goals that you define with your psychologist at the start of your follow-up.

## Active therapies

Exercises will be suggested during and between sessions to acquire new skills to better handle difficult situations.

## Collaborative therapies

You and your psychologist will work together to solve your problem, within a supportive, empathetic, and interactive framework.

# ARTIFICIAL INTELLIGENCE

To assist you in exposure to virtual environments and also simulate realistic social interactions from everyday life..



Camille

your  
well-being  
ally  
in AI

# CAMILLE, AI Wellness Ally

## **Non-Judgment**

The use of artificial intelligence ensures bias-free interaction, which can encourage users to express themselves more freely. Unlike humans, AI does not have personal biases, which can reduce fear of judgment and promote open and honest communication.

## **Disponibility**

AI can be accessible 24/7, thus providing constant support to the user, regardless of time or geographic constraints. This availability can be particularly valuable for people who have difficulty accessing services due to their schedule or location.

## **Personalization**

AI tools can adapt to the specific needs of each individual by analyzing data collected during interactions. This capability allows for personalized responses and interventions, providing a therapeutic experience that evolves based on the user's progress and reactions.



# 3D avatars enhanced with AI

## **Increased immersion**

3D avatars allow for deeper immersion in virtual environments, which can make exposure therapy sessions more effective. By interacting with an avatar that reacts realistically, patients can better engage in the therapeutic process, making it easier to confront and manage phobias or anxiety disorders.

## **Dynamic interaction**

Thanks to artificial intelligence, avatars can respond in real time to patients' expressions and behaviors, providing a more natural and tailored interaction. This adaptive capacity allows for simulating specific social scenarios or situations that are crucial in CBT, helping patients develop strategies to manage their emotional and behavioral reactions.

## **Personalized feedback**

AI-enabled 3D avatars can provide immediate feedback to patients during therapy sessions. This feedback is based on continuous analysis of the patient's reactions and progress, allowing real-time adjustments to the treatment. This type of feedback is particularly useful for reinforcing learning and changing behavior in a more effective and sustained manner.

# EVALUATION AND PERSONALIZED PLANNING

**Understand** your problem,  
offer you a **solution**  
**adapted to your needs** and  
inform you



# EVALUATION AND PERSONALIZED PLANNING

Focused on understanding your problem, this first stage aims to propose a tailor-made therapeutic strategy suited to your needs and goals.

## **Evaluation**

You will discuss the difficulties that led you to start therapy, enabling them to grasp the nature of your problem and understand your request. If necessary, they may use evaluation scales to complete their understanding.

## **Functional analysis**

Understanding how your problem appeared and developed, but also determining what triggers it and currently maintains it, by identifying the situations that put you in difficulty, the reactions they cause (thoughts, emotions, behaviors) and the consequences of these.

## **Goals**

You will define concrete therapeutic objectives which will allow you to set the course for your therapy.

## **Psychoeducation**

It allows us to understand how maladaptive behaviors develop, what constitutes them, what the symptoms are and what the treatments and their objectives are.





# MANAGEMENT OF EMOTIONS AND DISTANCING FROM NEGATIVE THOUGHTS

Help you acquire **tools** and  
develop **new skills** to more  
effectively handle situations  
that challenge you..

# MANAGEMENT OF EMOTIONS AND DISTANCING FROM NEGATIVE THOUGHTS

Depending on the nature of your problem and the therapeutic strategy chosen, we can suggest that you work on managing your emotions, taking a step back from the negative thoughts that contribute to the maintenance of your problem, but also on other therapeutic exercises, if necessary. Thus, among the many techniques that CBT includes, we will use, at this stage, those that are best suited to your needs. Here are some of these interventions:

## **Relaxation techniques**

There are many relaxation methods, such as the vagal technique or progressive muscle relaxation. Their aim is to reduce stress or anxiety.

## **Techniques of cognitive restructuring**

They consist of identifying and questioning dysfunctional thoughts, in order to replace them with more realistic and appropriate alternative thoughts.

## **Interventions based on full awareness and acceptance**

They aim to cultivate an attitude of acceptance, that is, welcoming unpleasant thoughts, emotions or sensations rather than seeking to suppress them or allowing them to excessively influence our behavior.

# IN VIRTUO EXPOSURE

Accompany you in exposure to virtual environments that **replicate the situations causing you difficulty.**





# IN VIRTUO EXPOSURE

During this stage, we will offer you exposure to virtual environments reproducing the situations that put you in difficulty (e.g. plane, crowds, high places). The in virtuo exposure exercises will consist of gradually, prolonged and repeated exposure to virtual environments, with the aim of reducing the emotional response (e.g. anxiety) triggered by problematic situations.

## **Prioritization of situations**

We will start by establishing together a hierarchy of the different virtual environments reproducing the situations that pose a problem for you, in order to establish a gradation of difficulty going from the least difficult situations to the most difficult.

## **Implementation techniques**

During the virtual reality exposure exercises, we will work together on applying the techniques learned in the previous step.

## **Practice in autonomy**

We will offer you to carry out exposure exercises in virtual reality between each session. You can do these exercises independently at home, at any time.



# IN VIVO EXPOSURE

Help you **confront and face situations that challenge you** after gaining confidence and skills in virtual environments

# IN VIVO EXPOSURE

After having acquired confidence and skills in virtual environments, you will be required to expose yourself to real situations, always in a progressive, prolonged and repeated manner. We will support you in this process, which will take place at your own pace. The objective will ultimately be to continue the work carried out during the previous step in the real world, in order to escape the vicious circle of avoidance.

## **Prioritization of situations**

As in the previous step, we will start by establishing together a hierarchy of situations that cause you difficulty, in order to offer you progressive exercises.

## **Transition to the real**

You will put into practice the skills acquired since the start of your follow-up in real situations and strengthen your ability to deal with them.

## **Support**

Depending on your needs, your psychologist will be able to support you via teleconsultation during the exposure exercises, if situations allow.

# REVIEW AND FUTURE PREVENTIONS

Review your progress  
and help you **maintain**  
**your gains over the long**  
**term.**





# ASSESSMENT AND PREVENTION OF RELAPSE

During this final stage, we will take stock of your journey and we will support you to sustainably maintain what you have learned and prevent a possible relapse.

## **Assessment of your journey**

We will take stock of your follow-up with regard to the objectives agreed at the start. We will come back to what you learned about your problem as well as the different tools acquired during your support.

## **Prevention of relapse**

We will help you identify potential risk situations, learn to recognize the signs that may indicate a recurrence of your problem, and develop an action plan to deal with it.

## **Planning for follow-up sessions**

We will be able to space out the sessions further in order to maintain what we have learned and avoid possible relapses.

**Remember, each person is unique, and this journey is indicative and will be adapted to each individual's needs.**



## 03 FAQs

Answers to frequently asked questions about the method.

# FAQs

- What are the terms of **support or reimbursement**?

Your mutual insurance company can cover a certain number of alternative medicine consultations. We invite you to inquire about the coverage conditions of your mutual insurance company.

- Who will **help me** with this method?

The method is based on the use of artificial intelligence, so you are independent. However, if you can, we encourage you to also be monitored at the same time by a mental health professional.

- What **equipment** do i need?

You don't need any hardware other than a virtual reality headset (check the compatibility of your hardware on the website). An internet connection is also required.

- How do I **end my subscription**?

All you have to do is send us the request via the online form

- Is this method **really effective**?

Cognitive behavioral therapies have been the subject of numerous scientific publications demonstrating their effectiveness. Virtual reality coupled with artificial intelligence is a very powerful tool for treating anxiety disorders.



# CONCLUSIONS

**YOU ARE AT THE START OF A NEW LIFE  
WE ARE JUST THE VEHICLE THAT WILL GET YOU THERE**

**[SUBSCRIBE NOW](#)**