

Name:

Day Two

VRET: Virtual Reality Exposure Therapy

Part 1: Tricky phrases and words



→ Read these phrases and words **out loud** to your partner.

- Many Iraq War veterans easily resumed their lives at home
- readjusting to civilian life was difficult
- almost a third of Iraq combat veterans suffer from PTSD or depression
- PTSD sufferers must face their feelings
- It's about dealing with your own emotional memories

<input type="checkbox"/> resumed	ree ZOOMD	<input type="checkbox"/> Virtual	VUR choo ul
<input type="checkbox"/> readjusting	ree uh JUS ting	<input type="checkbox"/> Reality	ree AL uh tee
<input type="checkbox"/> traumatic	traw MAT ik	<input type="checkbox"/> Exposure	ek SPOH zhur
<input type="checkbox"/> insomnia	in SOM nee uh	<input type="checkbox"/> Therapy	THAIR uh pee
<input type="checkbox"/> depression	dih PRESH un	<input type="checkbox"/> motivated	MOH tih vay tid



Decoding practice:

- Underline the IGH pattern in the words below
- Cross out the GH
- Write a long vowel sign $\bar{\text{I}}$ over the letter I
- Say the word with a long I sound (it says its name)

The first one is done for you.

sights

nightmares

firefight

brighter

frightening

plight



VRET: Virtual Reality Exposure Therapy

Part 2: Last read

WPM _____

Many Iraq War veterans easily resumed their lives at home. However, for veterans with PTSD, readjusting to civilian life was difficult. PTSD, or post-traumatic stress disorder, develops in some people who have had frightening experiences. PTSD can cause flashbacks, empty feelings, insomnia, and nightmares. Sadly, many war veterans return home with PTSD. In fact, almost a third of Iraq combat veterans suffer from PTSD or depression.

Many people try to deal with PTSD by ignoring their emotions. However, doctors say that this actually makes PTSD worse. Instead, PTSD sufferers must face their feelings. Without help, this can be difficult. Scientists developed a program to help veterans explore their memories. This program is called Virtual Reality Exposure Therapy, or VRET.

In VRET, veterans wear video glasses that show computer-generated scenes from Iraq. The scenes appear very realistic. Veterans experience sights, sounds, and even smells from the war zone again. For example, they may be involved in a virtual firefight with enemy forces. They can explore the war scenes, much like playing a video game. As they relive war experiences, veterans with PTSD can face their fears.

During VRET, veterans also talk about their feelings with a therapist. Dr. Albert Rizzo helped create the program. He was motivated by the plight of veterans with PTSD. In an interview with *NPR* he said, “It’s about dealing with your own emotional memories and processing it and hopefully healing.” For a veteran with PTSD, healing is the key to a brighter future.

Part 3: Comprehension and discussion

Would it be okay to use VRET scenes of the Iraq War for fun? Why or why not?

Share the question and your answer with your partner. What does your partner say?

- It would be okay
- It would not be okay