

Technology and Industrial Design

The Use of VR for Creating Therapeutic Environments for the Health and Wellbeing of Military Personnel, Their Families and Their Communities

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Abstract

A military lifestyle can have profound impacts on an individual's health and wellbeing. Increasingly, new technologies such as the creation of Virtual Reality (VR) are being explored as bridging mechanisms to provide 'space' and to aid with other therapies. The overarching research programme investigates the therapeutic and social qualities of landscape and how these can be translated into an immersive virtual environment. There is a specific focus regarding immersive VR environments and how these could be used as a tool to promote positive health, wellbeing, and social connection within the New Zealand Defence Force (NZDF).

Keywords: Virtual Reality, Therapeutic Landscapes, Landscape Architecture, Military