FREE
COMMUNITY EVENT

Virtual
Psychiatric
Grand
Rounds

Tuesday, August 25, 2026

Noon to 1:30 p.m. PDT
(No meals or breaks provided)

SPEAKER:
Skip Rizzo, PhD
Clinical Psychologist, Research Professor, and Director of Medical Virtual Reality at the USC Institute for Creative Technologies

Please register at:
cottagehealth.org/psychgrandrounds

After registering you will receive a confirmation email containing information about joining the training.

This is a free community event. No consequence for registrants that do not attend.

Cottage
Psychiatry and
Addiction Medicine

Clinical Virtual Reality:
A Brief Review of the Future

Clinical Virtual Reality (VR) has evolved from an experimental novelty into a maturing clinical tool with an expanding evidence base across behavioral health, neurorehabilitation and functional restoration. This presentation will provide a model for clinical processes that provides a framework for understanding the trajectory of Clinical VR over the last 30 years as a tool in the assessment and treatment of anxiety disorders, PTSD, pain management, autism, ADHD and in the rehabilitation of stroke, brain injury and other neurologically-based conditions.

LEARNING OBJECTIVES:

- Define Virtual Reality (VR) and three different ways that people can engage and interact with VR environments.
- Explain the specific rationales for the use of VR for assessment and intervention across a wide range of clinical disorders (i.e., ADHD, PTSD, Alzheimer's, phobias, stroke, addictions, etc.).
- Describe the theoretical and research support for the use of VR in clinical populations.
- Identify two relevant issues involved in the informed and ethical design, development, implementation, and evaluation of virtual environments, artificial intelligence, and virtual humans for use in clinical assessment and intervention.



Skip Rizzo conducts research on the design, development and evaluation of virtual reality (VR) systems targeting the areas of clinical assessment, treatment rehabilitation and resilience. His work using virtual reality-based exposure therapy to treat PTSD received the American Psychological Association's 2010 Award for Outstanding Contributions to the Treatment of Trauma. He is the associate director for medical virtual reality at the USC Institute for Creative Technologies and holds research professor appointments with the USC Department of Psychiatry and Behavioral Sciences and at the USC Davis School of Gerontology.

Dr. Rizzo also sits on a number of editorial boards for journals in the areas of cognition and computer technology (Cognitive Technology; Journal of Computer Animation and Virtual Worlds; Media Psychology) and is the creator of the Virtual Reality Mental Health Email Listserve (VRPSYCH).

Virtual **Psychiatric** Grand Rounds

PROGRAM COORDINATOR
Paul Erickson, MD

ADMINISTRATIVE COORDINATOR
Frances McKinney

EDUCATION CONSULTANTS
Kim Blair, BSN, RN-BC, PMH
Stephanie Molina, LMFT, CEAP
Tamara Norton, MHS, CPCS

TARGET AUDIENCE
Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurses
Nurse Practitioners
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Physicians
Psychologists
Psychotherapists
Social Workers

07/2026 RLC

Cottage
Psychiatry and
Addiction Medicine

CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

FOR PHYSICIANS AND PSYCHOLOGISTS

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.

The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org or 805-569-7245.

Notes

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speaker of this live internet activity have no relevant financial relationships with ineligible companies. This activity did not receive commercial support.