**Appendix A**

**Supplementary material**

Supplementary Table 1. Summary of VR Intervention’s sessions

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| **Emotion Regulation Sessions** |
| Introduction to the first two immersive experiences (5 minutes for session) |
| Focus on Attention exercise (5 minutes) |
| VR Scenarios: The Secret Garden; The Waterfall and the Prairie (8 minutes each) |
| Identification of the safe place (5 minutes) |
| Anchoring the New Somatic Marker (10 minutes) |
| Homework (3 minutes) |
| **Emotional Rescripting sessions** |
| Check in & review homework (5 minutes) |
| Assessment: Therapist Note (5 minutes) |
| Brief Introduction to Rescripting Immersive Experiences (5 minutes) |
| Focus on Attention exercise (5 minutes) |
| VR Scenarios: The Desert and the Oasis Experience; The Mountain and the Backpack; The Boat and the Sea; The Hero and the Dragon (10-11 minutes each) |
| Emotion Evaluation (10 minutes) |
| Anchoring the New Somatic Marker (10 minutes) |
| Homework (5 minutes) |