



Therapist Guide to using XRT Boundless

**Everything you need to get started
with XRT Boundless and use it with
confidence.**

Prepared by XR Therapeutics



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What is **Boundless**?

Boundless is cloud-based software that turns any laptop, tablet, or desktop into a fully controllable extended-reality (XR) therapy room.

Built on NHS-backed research, it enables therapists to provide talking therapy treatment in-person or remotely using immersive “treatment scenes” – digital simulations of real-world situations that trigger anxiety disorder responses – in a safe and controlled environment.

Using Boundless enables targeted interventions and personalised care through a process of discovery aided by improved communication and can simulate real-world scenarios that are difficult to replicate in a treatment setting.

**Now that your organisation has joined XRT Boundless,
let's get started!**

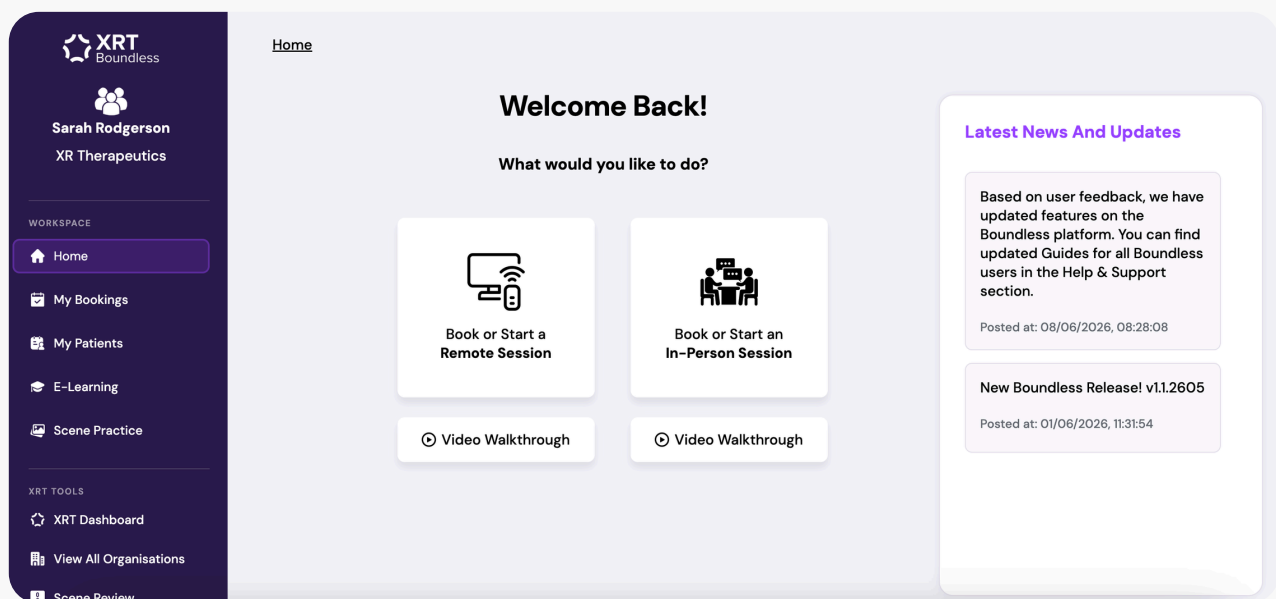
Getting Started

You will receive an email to set up your Boundless account. This will contain a link for you to set your password.

When you have created your password, you will be able to see your Homepage. We recommend you save the Boundless Homepage as a favourite or shortcut in your Bookmark bar for quick access.

From your Homepage you will see 5 options:

1. Book/Start a remote or in person Boundless session
2. Scene practice
3. Go To e-learning
4. My Bookings
5. My Patients

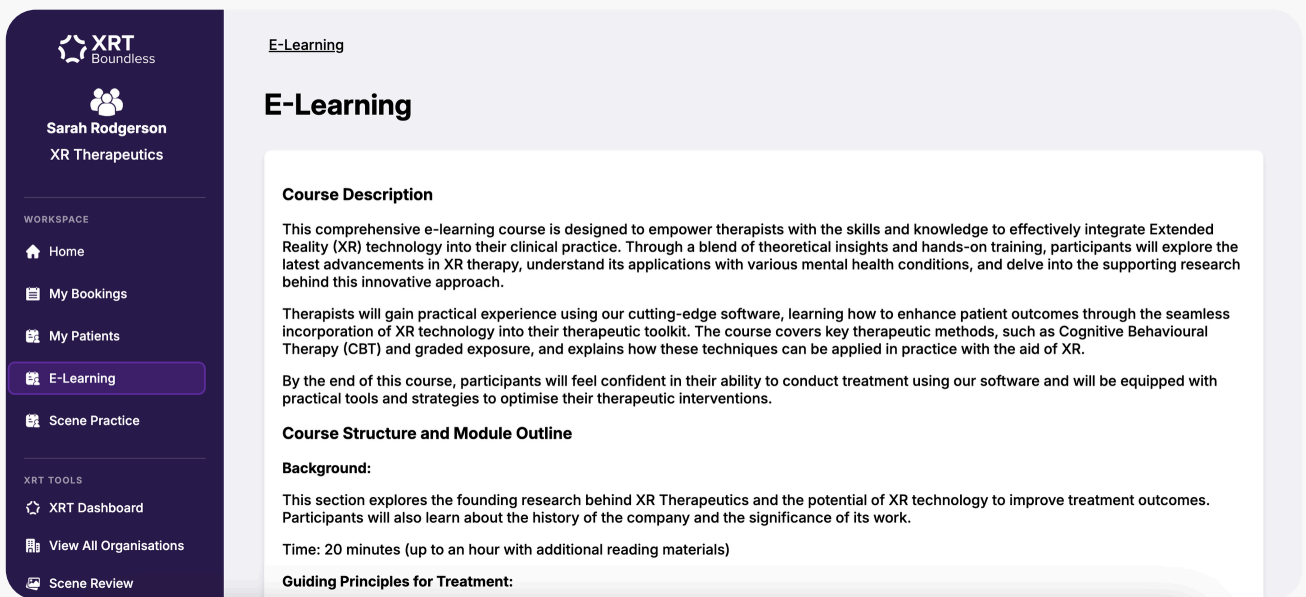


IMPORTANT!

You will NOT be able to Book a Boundless session or View Scene Practice until you have completed the e-learning.

XRT E-Learning

This comprehensive e-learning course is designed to empower you with the skills and knowledge to effectively integrate Extended Reality (XR) technology into your clinical practice. The e-learning takes approx. 1 – 2 hours to complete and is CPD UK accredited.



XRT Boundless

Sarah Rodgerson
XR Therapeutics

WORKSPACE

- Home
- My Bookings
- My Patients
- E-Learning**
- Scene Practice

XRT TOOLS

- XRT Dashboard
- View All Organisations
- Scene Review

E-Learning

E-Learning

Course Description

This comprehensive e-learning course is designed to empower therapists with the skills and knowledge to effectively integrate Extended Reality (XR) technology into their clinical practice. Through a blend of theoretical insights and hands-on training, participants will explore the latest advancements in XR therapy, understand its applications with various mental health conditions, and delve into the supporting research behind this innovative approach.

Therapists will gain practical experience using our cutting-edge software, learning how to enhance patient outcomes through the seamless incorporation of XR technology into their therapeutic toolkit. The course covers key therapeutic methods, such as Cognitive Behavioural Therapy (CBT) and graded exposure, and explains how these techniques can be applied in practice with the aid of XR.

By the end of this course, participants will feel confident in their ability to conduct treatment using our software and will be equipped with practical tools and strategies to optimise their therapeutic interventions.

Course Structure and Module Outline

Background:

This section explores the founding research behind XR Therapeutics and the potential of XR technology to improve treatment outcomes. Participants will also learn about the history of the company and the significance of its work.

Time: 20 minutes (up to an hour with additional reading materials)

Guiding Principles for Treatment:

Upon successfully completing your e-learning you will be certified to use XRT Boundless. You will now be able to **Book Boundless sessions** and View the Scene Gallery.



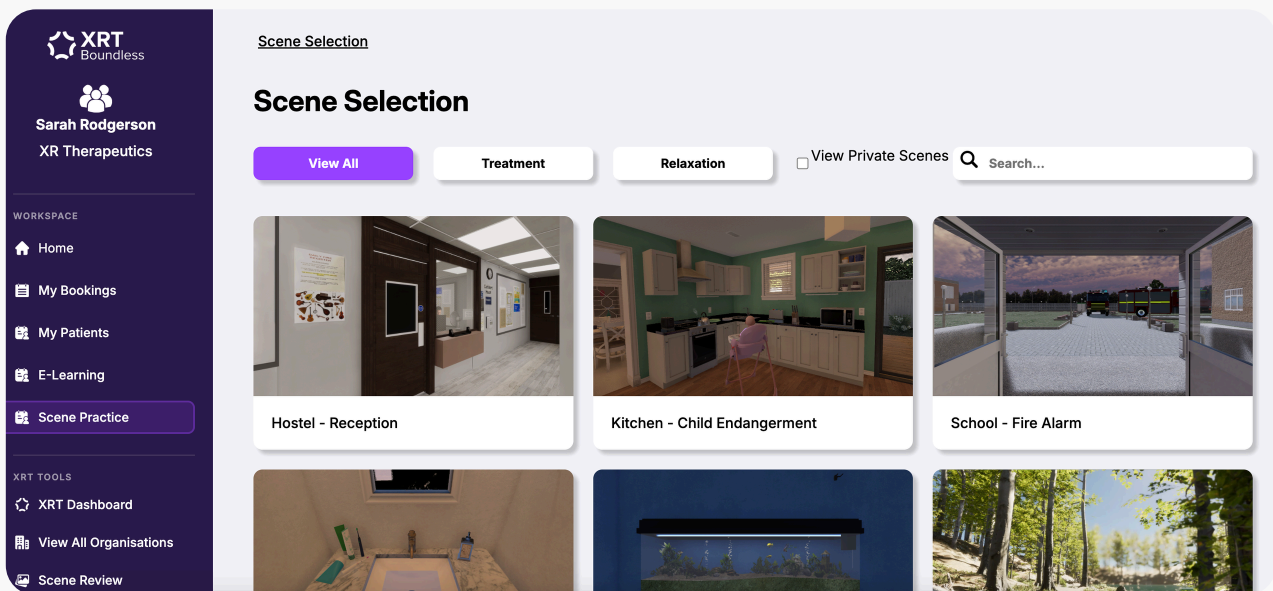
XR Therapeutics

DTAC Certified

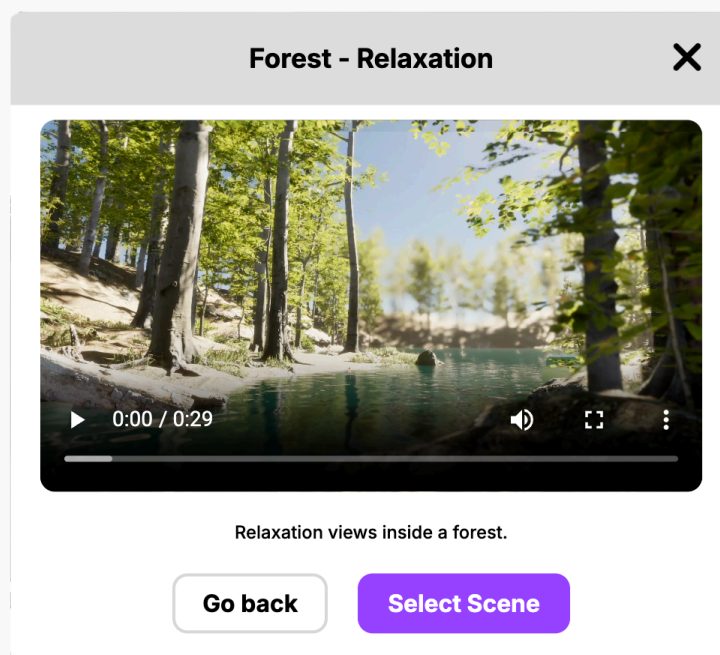


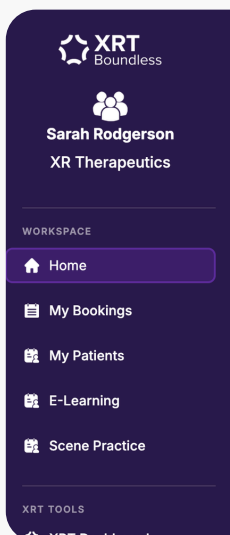
How to use Scene Practice

From your home page, click Scene Practice where you will be able to see all the scenes in your library.



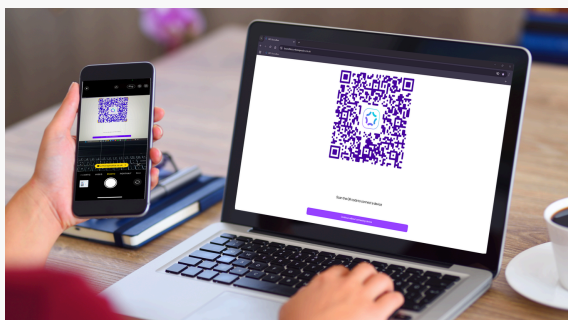
To **see more information about a scene**, click on the image you would like to view. You will then be able to view the scene and explore the controls and functionality within the scene to prepare for your session.





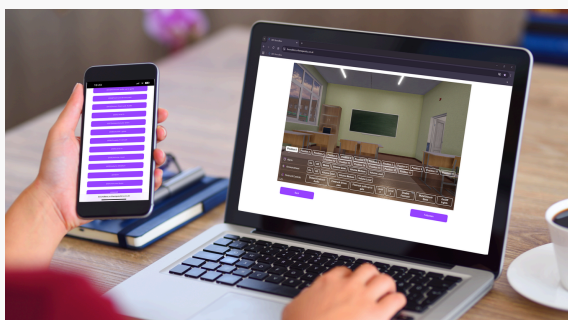
Moving your mouse to the bottom of the screen will enable you to view and use your controls. Click **Fullscreen** to make it larger and **ESC** to exit this mode. To return to the Scene Gallery, press **Back**.

Controlling scenes using an external device



You may want to connect to a tablet or your mobile phone to use these external devices for the controls for your session.

It's very easy to do this, open the Scene Gallery and **scan the QR code** with the tablet or mobile phone you wish to use to control the scene.



The Scene Gallery and controls will appear on your tablet or mobile phone.

You're ready to go!

Booking a Boundless Session

Select **Book/Start Remote** or **Book/Start In Person** from the Home page where you will be able to see all the Scenes in your library – you can use the filters at the top of the screen to select All or choose to look at Treatment or Relaxation scenes only.

Welcome Back!

What would you like to do?



Book or Start a
Remote Session

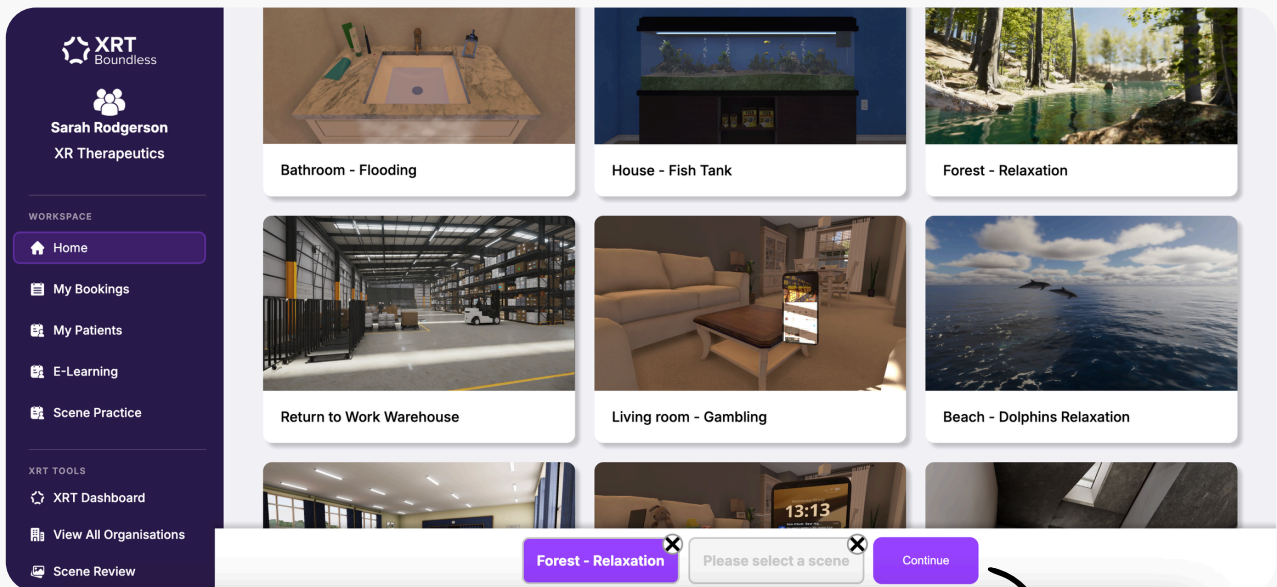
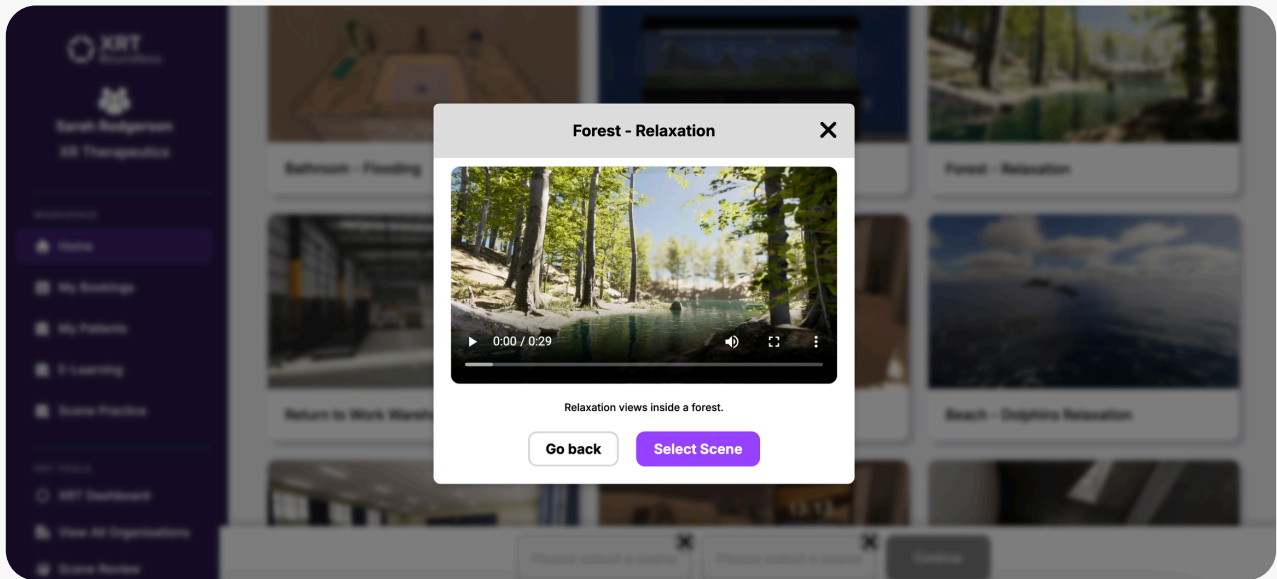
▶ Video Walkthrough



Book or Start an
In-Person Session

▶ Video Walkthrough

You can select up to two scenes to use in your session. If preferred, you can continue with one selected scene, and these scenes can be changed later. Click on the image to select a scene – if you change your mind, you can deselect a scene by clicking on the X. When you have chosen, click 'select scene'.



You can now select the patient, date and time of your Boundless session. You have the option to name this session from the default title '1hr Boundless Session'. Only you will be able to see this session title change and any session notes you make (optional).

1. Patient

Select Patient... ▼

+ New Patient

Session Time

Book For Now

Book For Later

+ Session Title (optional)

+ Session Notes (optional)

+ Add New Boundless Booking

If this is a first appointment and you have not yet added your patient, you will need to by clicking **'New Patient'** before you continue.

2.

←

May 2026

→

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Patient

test (ID: kzOyGdOzJtaF0IUZZka1) ▼

+ New Patient

Session Time

Book For Now

Book For Later

14 : 30

13 24

14 25

15 26

16 27

17 28

18 29

19 30

+ Add Session Title (optional)

+ Add Session Notes (optional)

Add Booking

3.

Confirm Booking

×

My Boundless Session

Wednesday the 6th of May 13:17

test (ID: kzOyGdOzJtaF0IUZZka1)

Remote Session



Preview coming soon

No Scene Selected

Go back

Confirm Booking

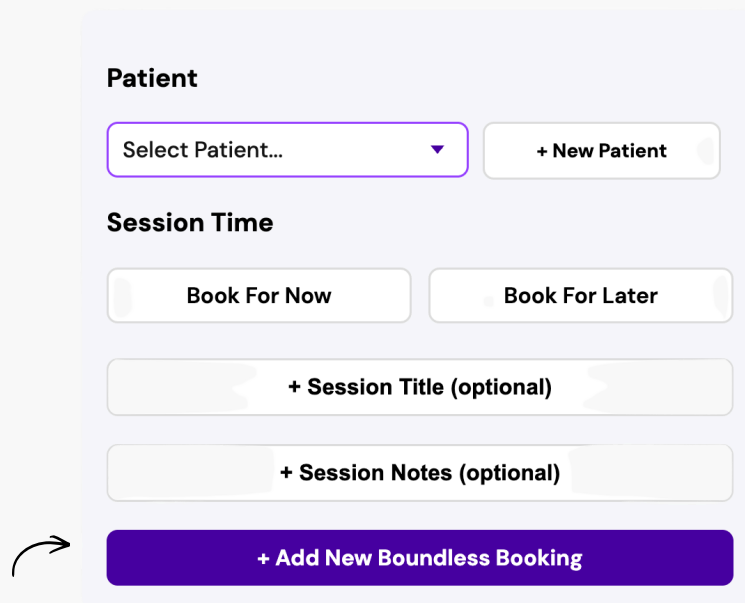
Once you have selected the date and time, click 'add booking'.

You can then check the details and press **'Confirm Booking'**.

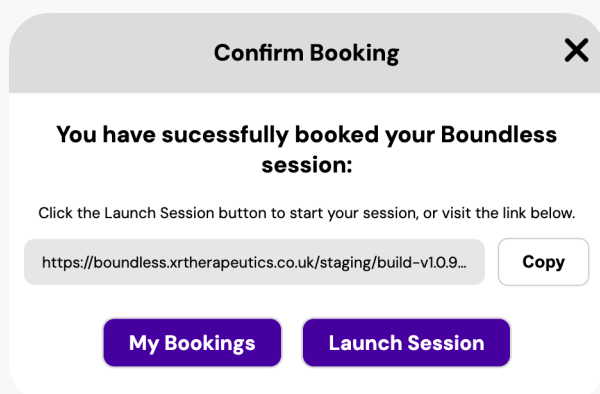
You can now return to the Home page to book another session or view this booking in **My Bookings**.

Starting an Immediate Session

If you are booking a session **to start immediately**, you can select Book/Start Remote or Book/Start In Person from the Home page where you will be able to see all the Scenes in your library – you can use the filters at the top of the screen to select All or choose to look at Treatment or Relaxation scenes only.



Once you have selected your scenes, in the Booking page select '**book for now**'. Once you have selected this, press '**Add new Boundless Booking**'.



Click the Launch Session button to start your session immediately, or visit the link below.

Your session will then begin to load.

How to Manage a Booking

To manage any of your Bookings, go to **My Bookings** on the left hand side panel where you will find Upcoming Bookings, Past Bookings, and Cancelled Bookings.

Click on a booking where you will be able to:

Edit your Session Title (this information will be private to you)

Edit your Session Notes (this information will be private to you)

Find your Session Link – you will need this link to join the treatment session. You will need to copy this link and paste into your browser to join the session. You will also need to copy this link and send it to your patient (using your normal appointment booking process) so that they are also able to join the session at the scheduled date & time.

Time & Date – this will allow you to select a new date and time. Remember to send a new session link to your patient for the rescheduled date and time.

Scenes – you will be taken back to the scene gallery where you can pick up to two scenes but can continue with one.

Cancel booking – You will be able to cancel the booking. Once cancelled, this can not be reversed. Once confirmed, this will appear in your cancelled bookings.

In Past Bookings, you will be able to see all previous sessions (you will NOT be able to click into this booking).

In Cancelled Bookings, you will be able to see all cancelled sessions (you will NOT be able to click into this booking).

Sarah Rodgers
XR Therapeutics

WORKSPACE

- Home
- My Bookings**
- My Patients
- E-Learning
- Scene Practice

XRT TOOLS

- XRT Dashboard
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- Scene Review

My Bookings

My Bookings

Upcoming Bookings
Past Bookings
Cancelled Bookings

Remote
New

My Boundless Session

Client: test

Wednesday 6th May 2026 · 13:17

Click into the booking you wish to amend.

Sarah Rodgers
XR Therapeutics

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Booking Detail

Booking Summary

To update any booking information, click the relevant Edit button. Changes will apply once Saved.

Session Link	https://boundless.xrtherapeutics.co.uk/staging/build-v1.0.90/session/?iAAkrKBRFLeRnVnFB85u	Copy Link
Session Title	My Boundless Session	Edit Title
Session Type	In Person	Edit Type
Patient	test	Edit Patient
Session Notes		Edit Notes
Time & Date	30/06/2026, 12:54:00	Edit Time/Date

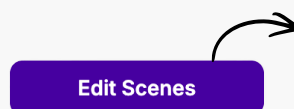
Cancel Booking

This action will cancel the booking.

Cancel Booking



Hostel - Reception

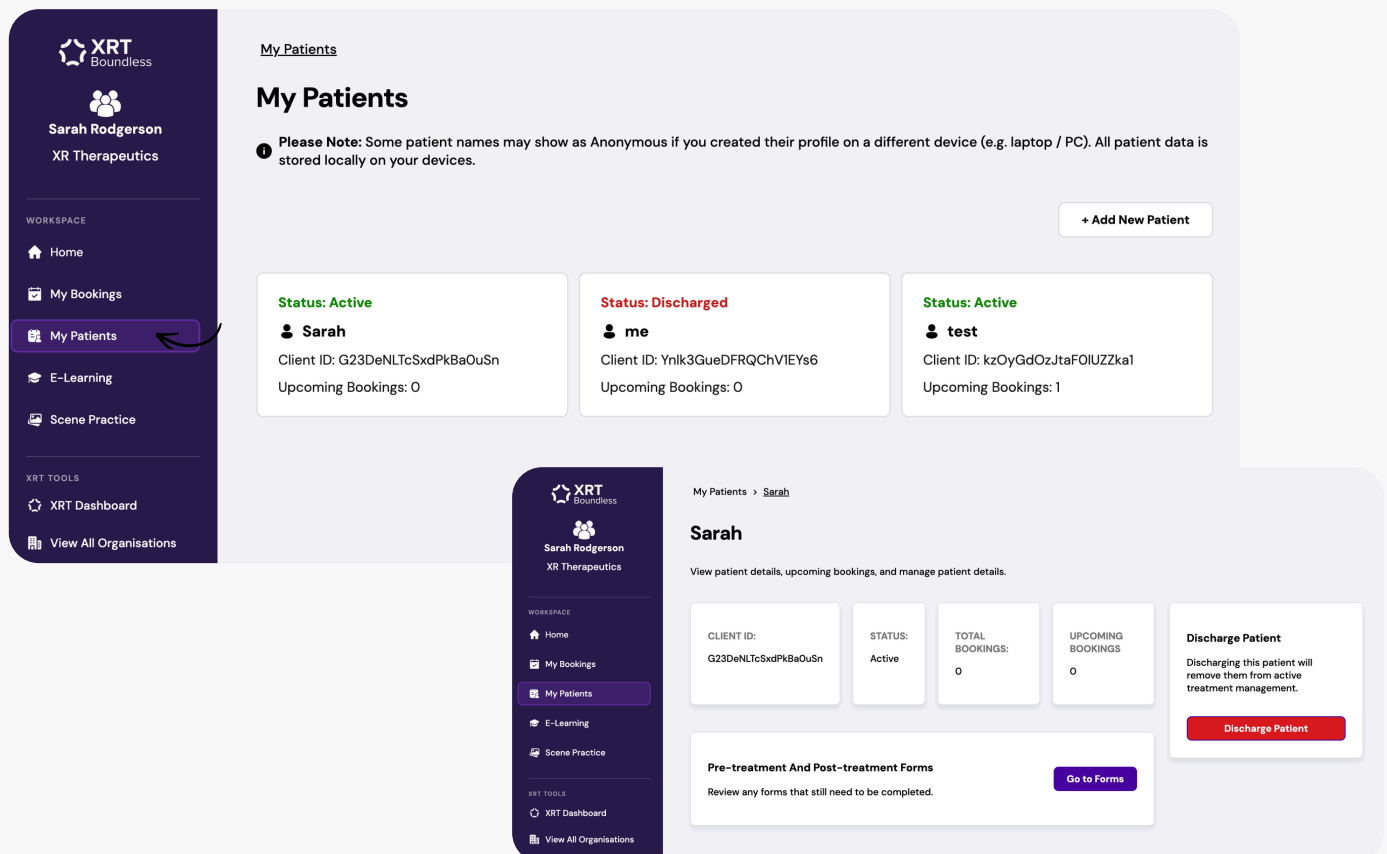


To edit your scene selection or add another scene to your booking, select '**edit scenes**'.

This will take you back to the scene gallery to pick your new scenes.

How to Manage your Patients

To manage any of your Bookings, go to **My Patients** on the left hand side panel where you will find all active and inactive patients. To see further patient details, click the patient name.



Click on a patient where you will be able to:

Edit your Patient Status – you will be able to change the patient status indicators, allowing you to quickly identify whether a patient is Active or Discharged from your service.

Upcoming & Total Bookings – you will be able to see:

- Total bookings completed.
- Upcoming scheduled appointments.

Pre Treatment & Post Treatment forms – this will allow you to complete both pre treatment and post treatment forms for your patient. These should be completed at the first session and the last.

Discharge Patient – this will enable you to discharge this patient from your service, and remove them from active treatment management.

Joining a Session

You can **find your Session link** in My Bookings for the date / time you have arranged your Boundless Session.

In person **New**

My Boundless Session
Client: test
Tuesday 30th June 2026 · 12:54

Sarah Rodgerperson
XR Therapeutics

WORKSPACE
Home
My Bookings
My Patients
E-Learning
Scene Practice

XRT TOOLS
XR Dashboard
View All Organisations
Scene Review

My Bookings > My Boundless Session

Booking Detail

Session Title My Boundless Session **Edit Title**

Session Link <https://boundless.xrtherapeutics.co.uk/staging/session/79UO1btEvleExtWIR53sS> **Copy Link**

Copy link and send to patient to start remote session or paste link into new window and start your in-person session.

Session Type In Person **Save**

Patient test **Edit Patient**

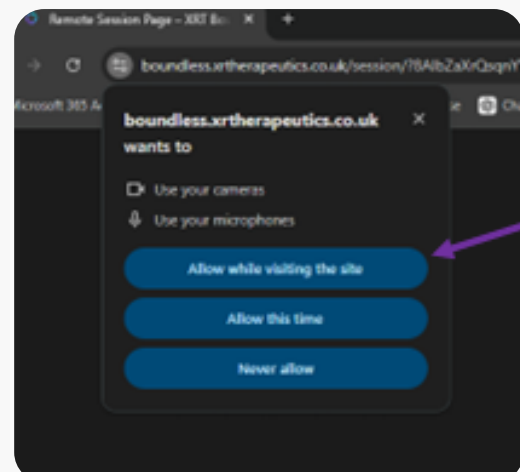
Session Notes **Edit Notes**

Time & Date Wed May 06 2026 13:17:00 GMT+0100 (British Summer Time) **Edit Time**

Copied

Copy or **click** this link to go to a new tab in your browser. You will need **access to your Microphone and Video** camera for this session by clicking on this popup:

If this popup does not show, press this button and tick microphone and webcam:



IMPORTANT!

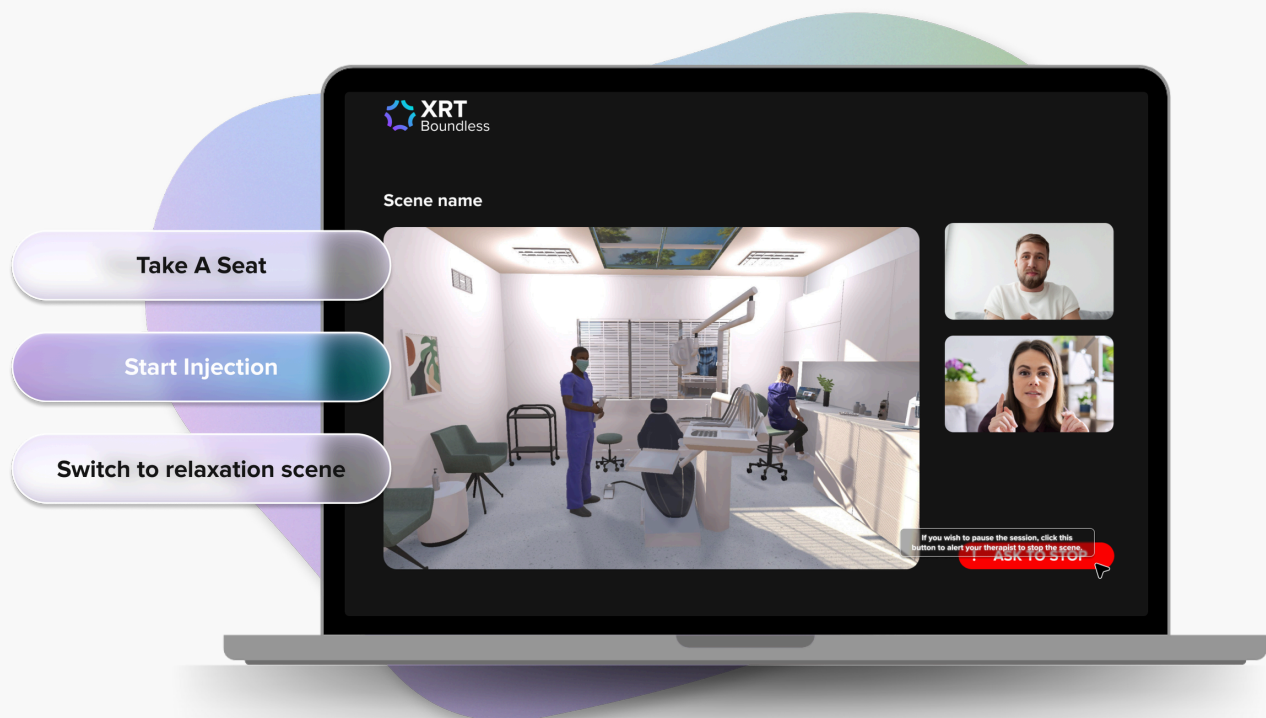
You may need to reload / refresh the page for the changes to take effect.

Joining a Session as a Patient

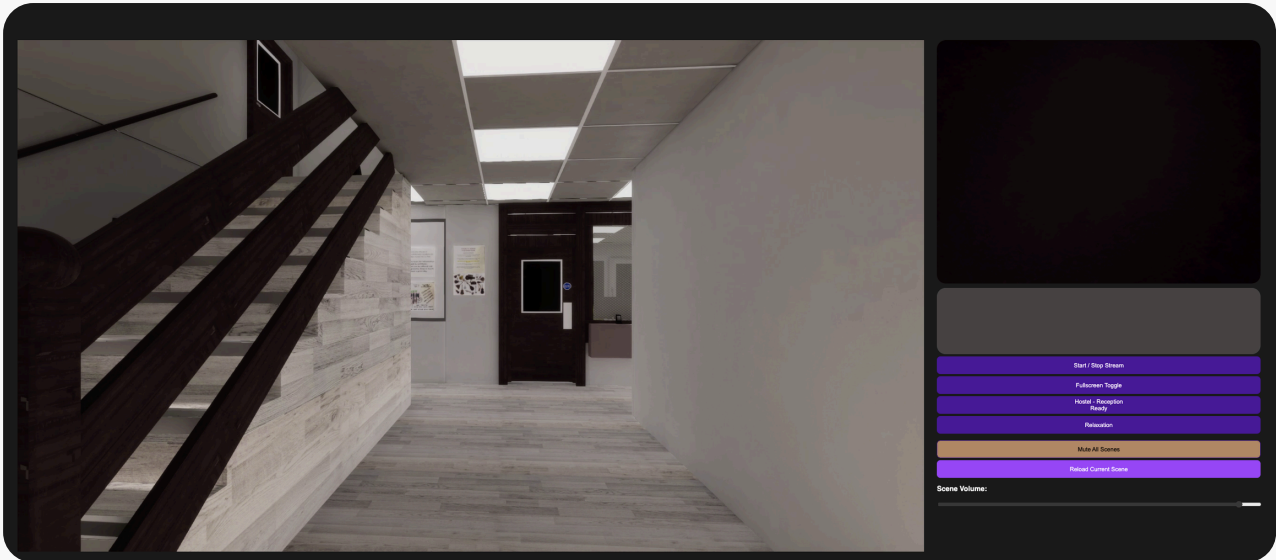
Make sure your patient has received their session link from the therapist prior to the day of the session via email or the normal appointment booking process. You can find the session link in My Bookings and clicking into the booking.

On the day/time of the session, your therapist would copy or click the link provided and be taken to the XRT session (like joining a Zoom call).

They will need access to their Microphone and Video for the call (see notes and reference images above in Joining as a therapist.)



Scene Controls



- **Start / Stop Stream** – to open or close the digital scenes for you and your patient to view
- **Fullscreen Toggle** – expand the digital scene to fit your whole screen
- **Scene 1** – you can select the first scene you chose
- **Scene 2** – you can select the second scene you chose
- **Relaxation** – this will open a relaxation scene
- **Reload Current Scene** – you can restart if the connection was lost for any reason
- **Screen Volume** – toggle the volume to increase or decrease the sound



IMPORTANT!

1. You can see the controls for each scene to navigate through the scene, but your user cannot.

2. As you move through the scene new controls and functions will become available to use in the appropriate part of the patients journey as you both navigate the scenario. For example: if entering a hospital for a blood test, you would be able to pick up the needle when you are in the clinic room and not in the waiting room which would be too early and inappropriate in the scene journey.

In Person Sessions

How to deliver a session using a TV screen

You may wish to connect your laptop or desktop PC to a larger screen to deliver your Boundless session.

If you chose to hold the Boundless session on a larger screen connected via a HDMI cable, you have the ability to control the scenes using another device such as a tablet or a smartphone. This means you can step away from your laptop or PC for the session and your user cannot see the controls during the session.

To do this:

- In the room where you would like to connect to a TV screen, connect the HDMI cable from your laptop or PC to the TV and check the input for whether this HDMI 1 or HDMI 2.
- Turn on the TV and using the remote control 'Source/Input' button change the TV input to the required HDMI setting (HDMI 1 or HDMI 2) if the TV screen does not automatically show your laptop/pc screen
- On your laptop or PC, open your Boundless Homepage and go to the Scene Gallery and scan the QR code with the tablet or smartphone you wish to use to control the scene.
- The Scene Gallery and controls will now be shown on your tablet or smartphone (we term this the 'external device').
- You can now select one scene on your external device.

You are now ready to start your session and control the scenes using your external device.



PLEASE NOTE

You can only connect to an external device to control scenes by selecting Local Session and scanning the QR code.

Frequently Asked Questions

Q. How do you refresh the scene on the screen if my tablet disconnects when using a QR code to connect the tablet?

A: If the tablet disconnects it will automatically attempt to reconnect and refresh the scene, you don't need to do anything.

Q. How can swiping down the tablet screen in error affect the connection between the tablet and TV?

A: It will reset the site on the tablet, disconnecting the tablet from the TV. However, it will then try to reconnect to Boundless and the TV.

Q. It's taking a long time for a scene to load, what do I do?

A: We advise that you are somewhere with a stable internet connection and you close other applications on your device for remote calls (e.g. Teams or Zoom).

More complex scenes may take longer to load due to the amount of information in the scenes. You are able to show a relaxation scene to your patient while your treatment scene loads in the background.

Q. My patient hasn't received an email appointment link prior to joining the session, what do I do?

First, check your junk or spam folder, and that the appointment was sent correctly. If the email still isn't there, you can resend the appointment link from the 'My Bookings' section in Boundless.

Q. Who do I contact if I need to ask a question about using Boundless?

A: Please contact your Account Manager.