



Therapist Guide to using XRT Boundless

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

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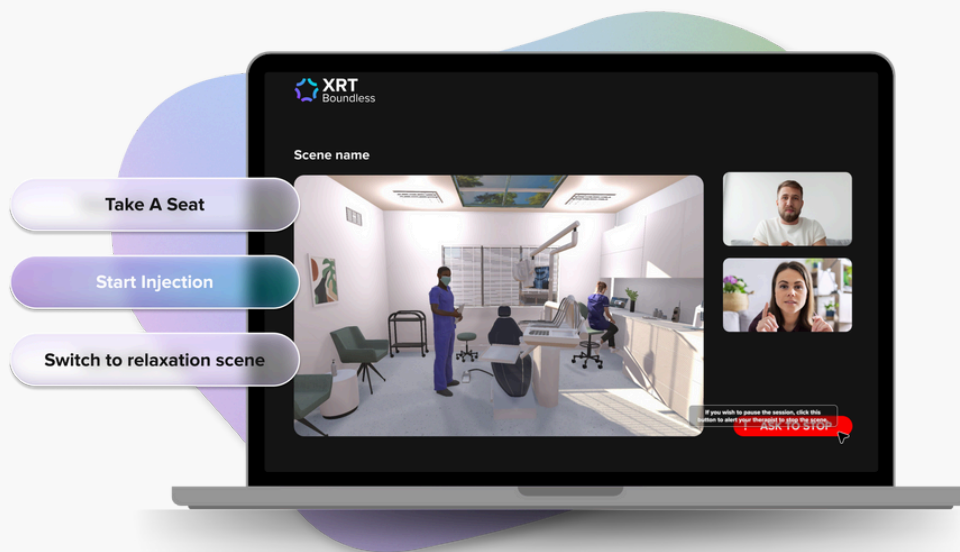


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What is Boundless?

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 and practitioners 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!**

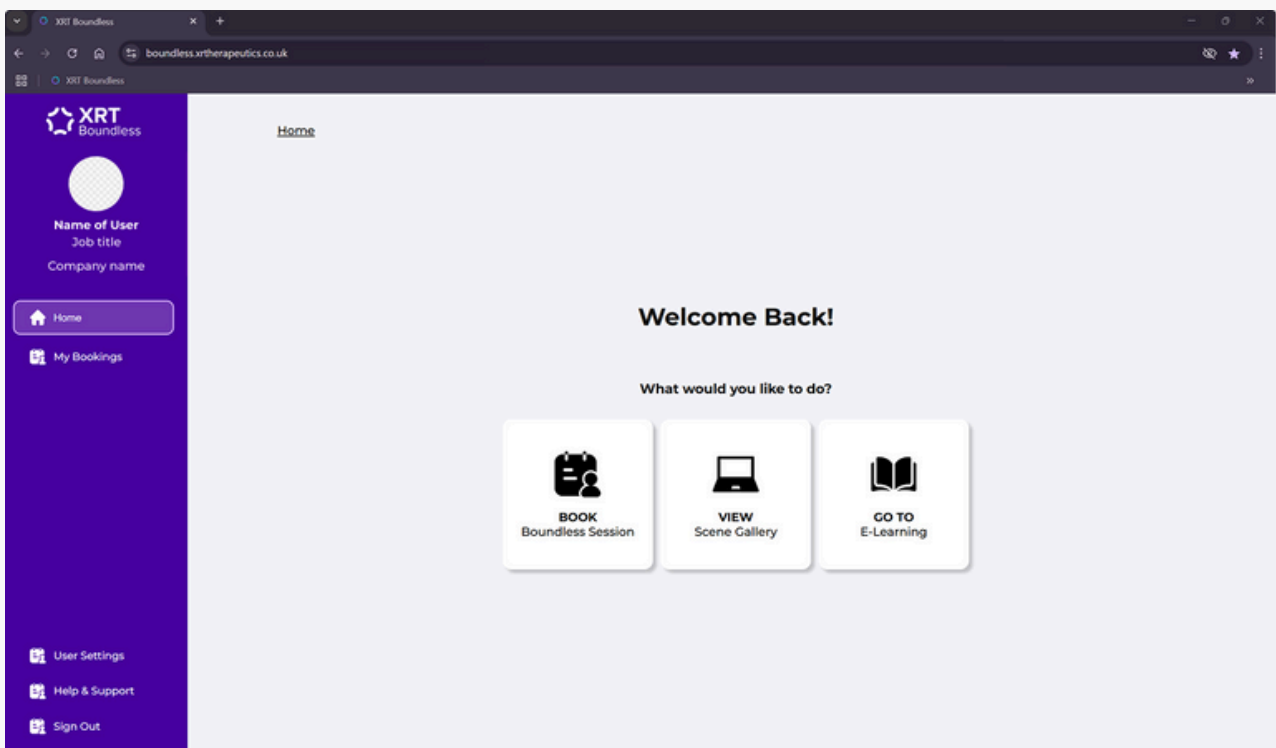
Getting Started

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 **3 options**:

1. Book a Boundless session
2. View Scene Gallery
3. Go To e-learning



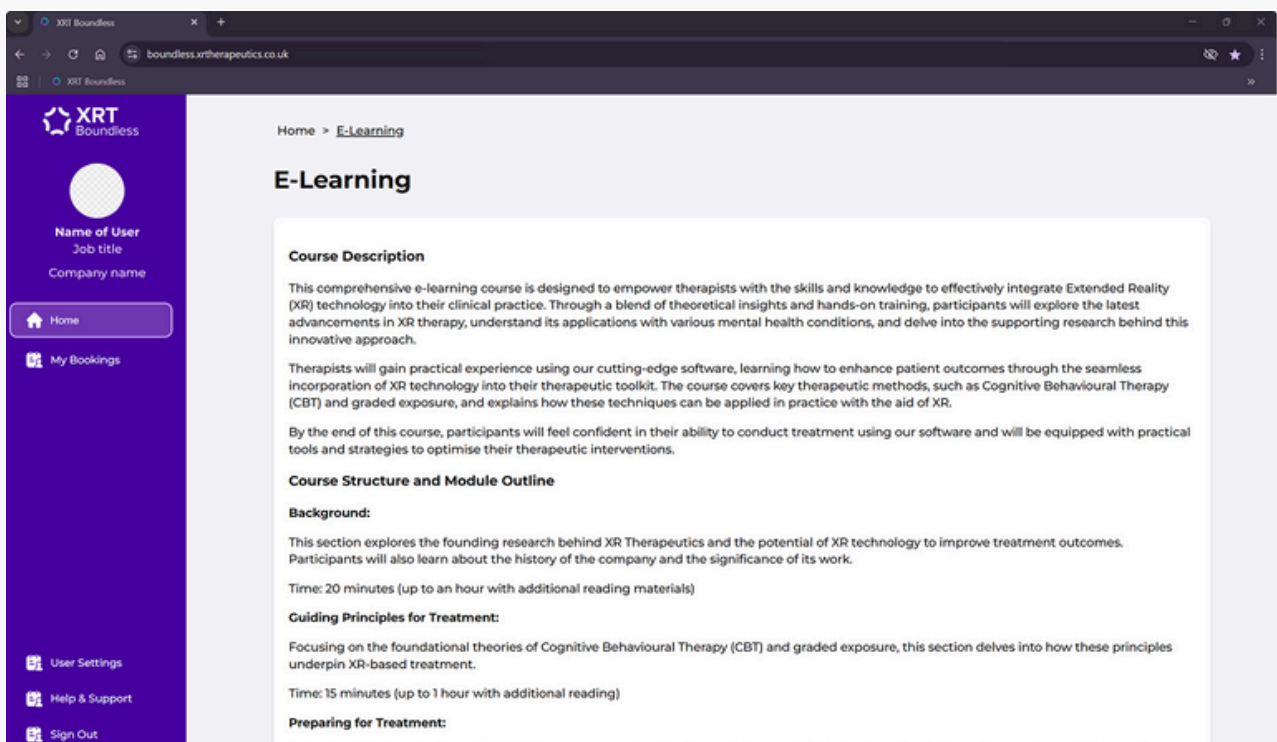
IMPORTANT!

You will NOT be able to Book a Boundless session or View the Scene Gallery 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.

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.



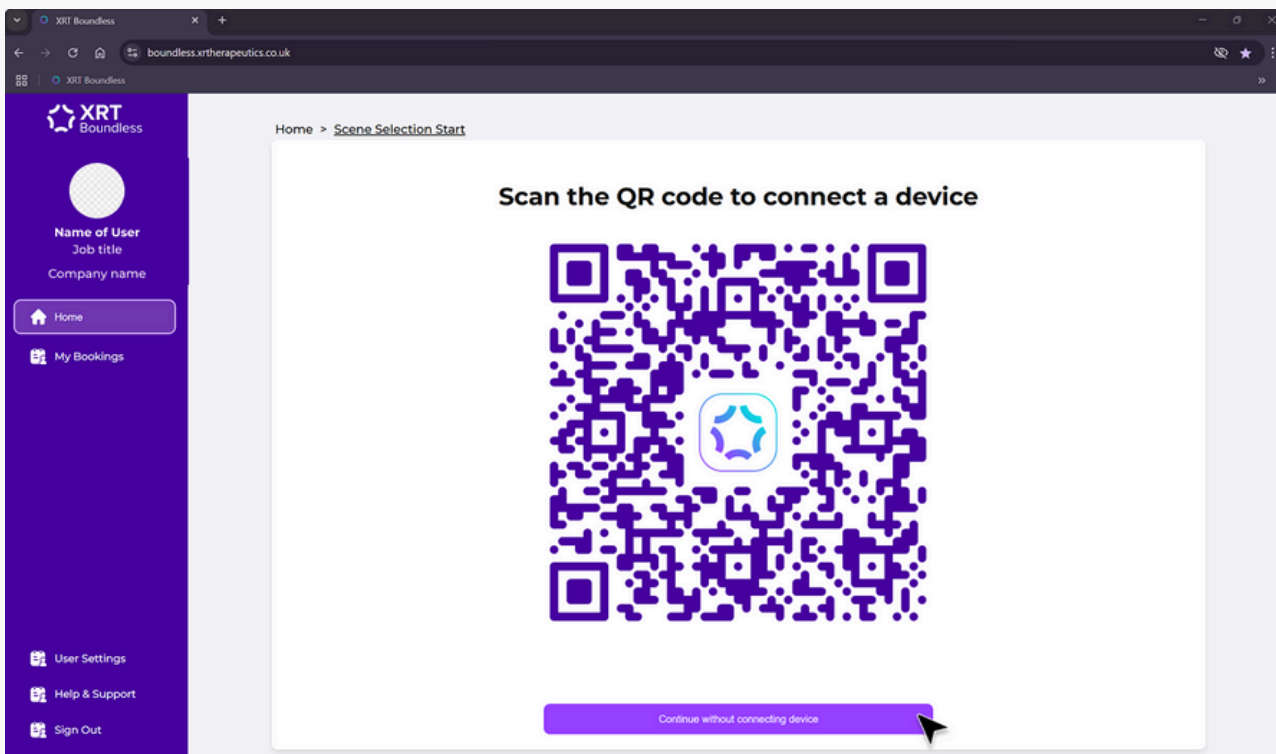
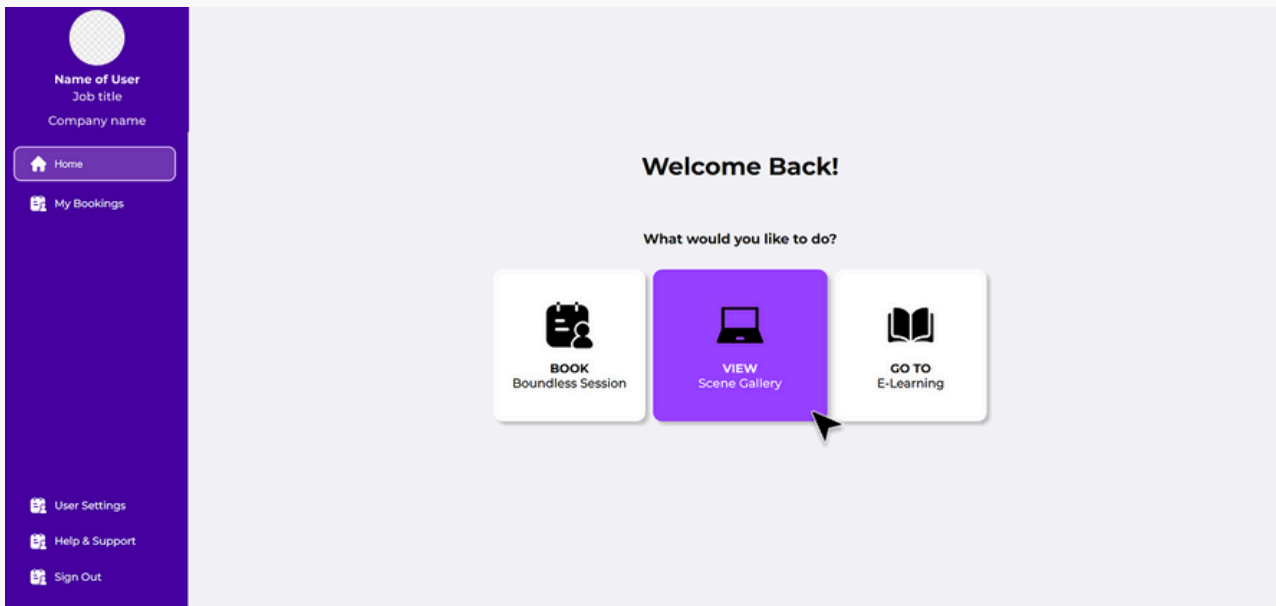
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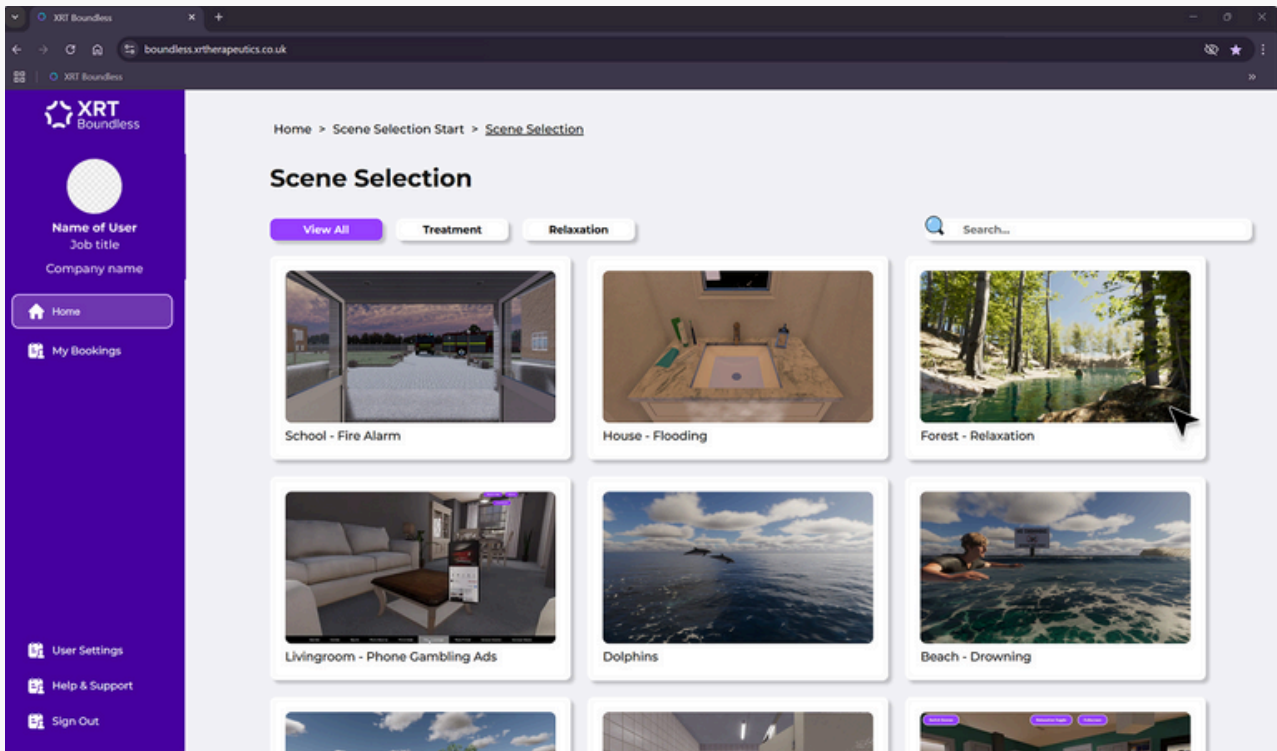
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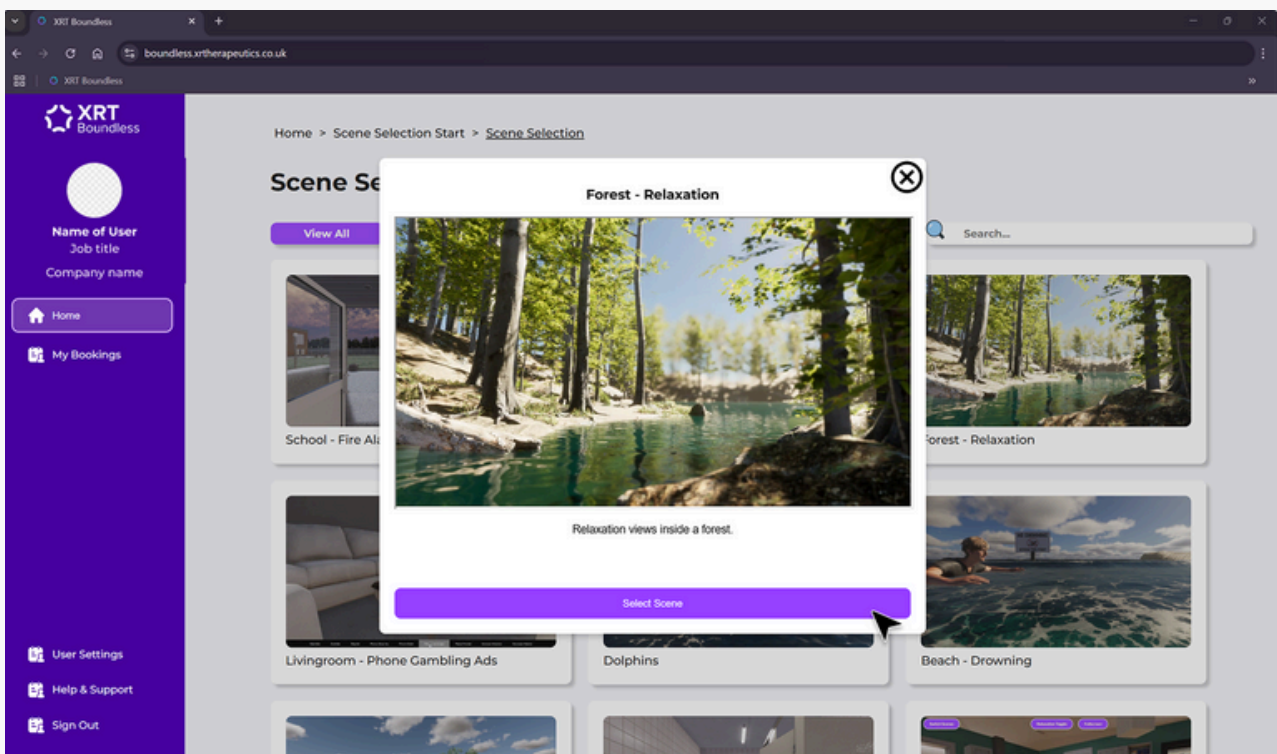
Viewing the Scene Gallery

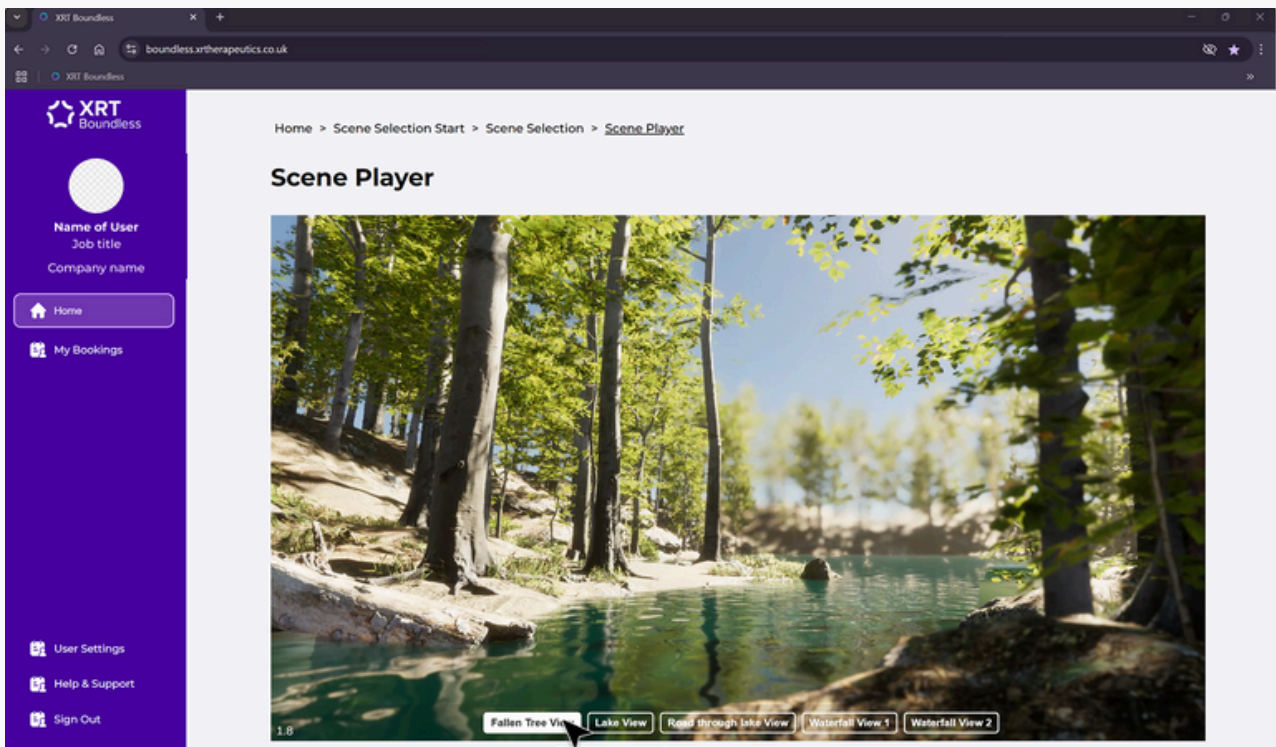
From your home page, click **View Scene Gallery** where you will be able to see all the scenes in your library.





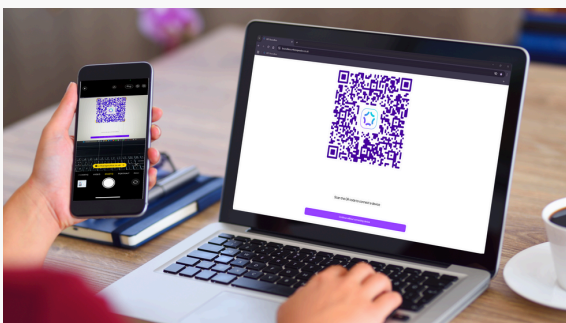
To **see more information about a scene**, click on the image you would like to view. You will then be able to view the scene and explore the controls and functionality within the scene to prepare for your session.



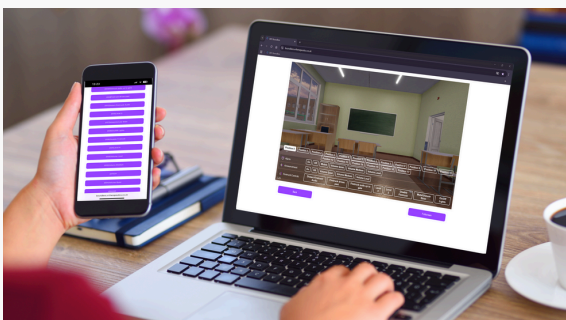


Moving your mouse to the bottom of the screen will enable you to view and use your controls. Click **Fullscreen** to make it larger and **ESC** to exit this mode. To return to the Scene Gallery, press **Back**.

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.

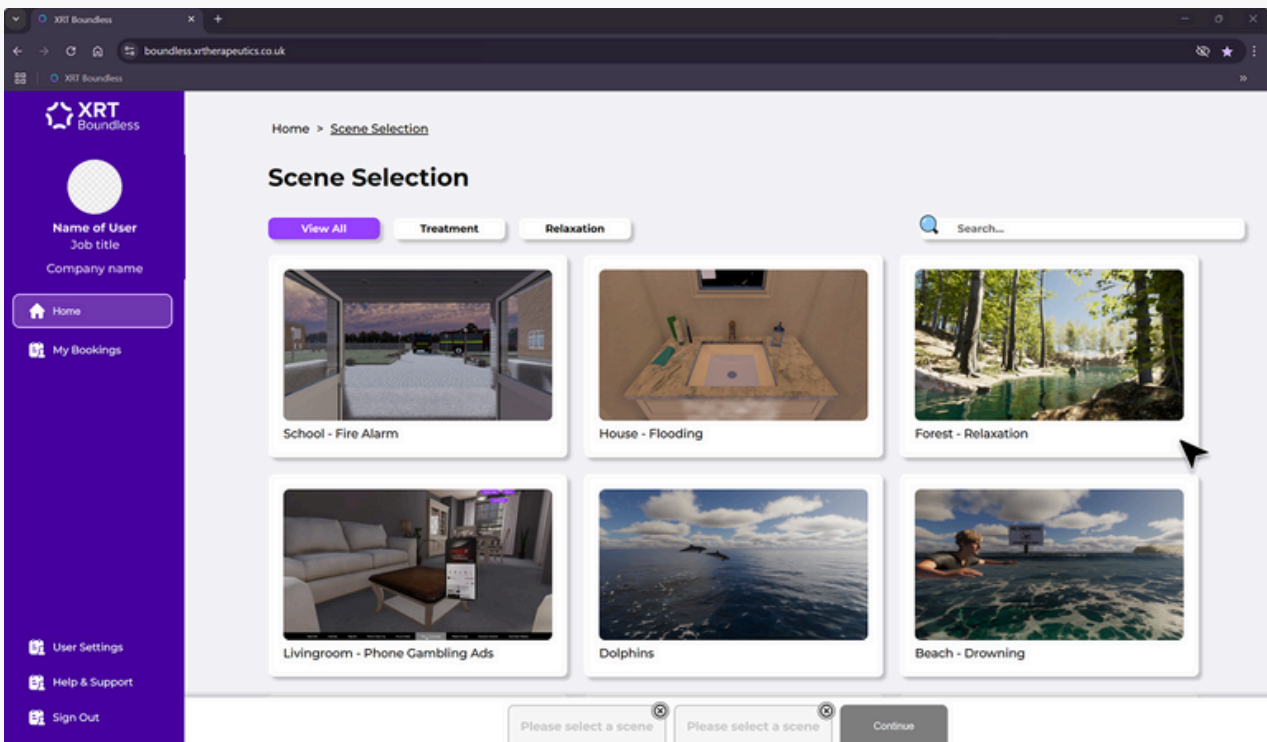
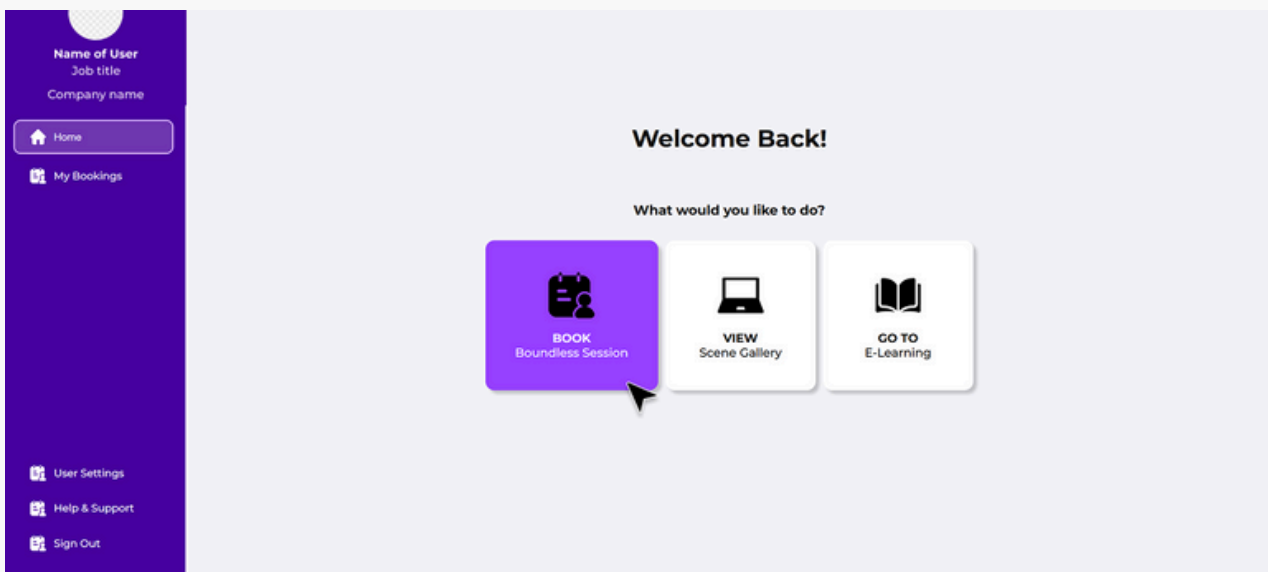


It's very easy to do this, open the Scene Gallery and **scan the QR code** with the tablet or mobile phone you wish to use to control the scene. The Scene Gallery and controls will appear on your tablet or mobile phone.

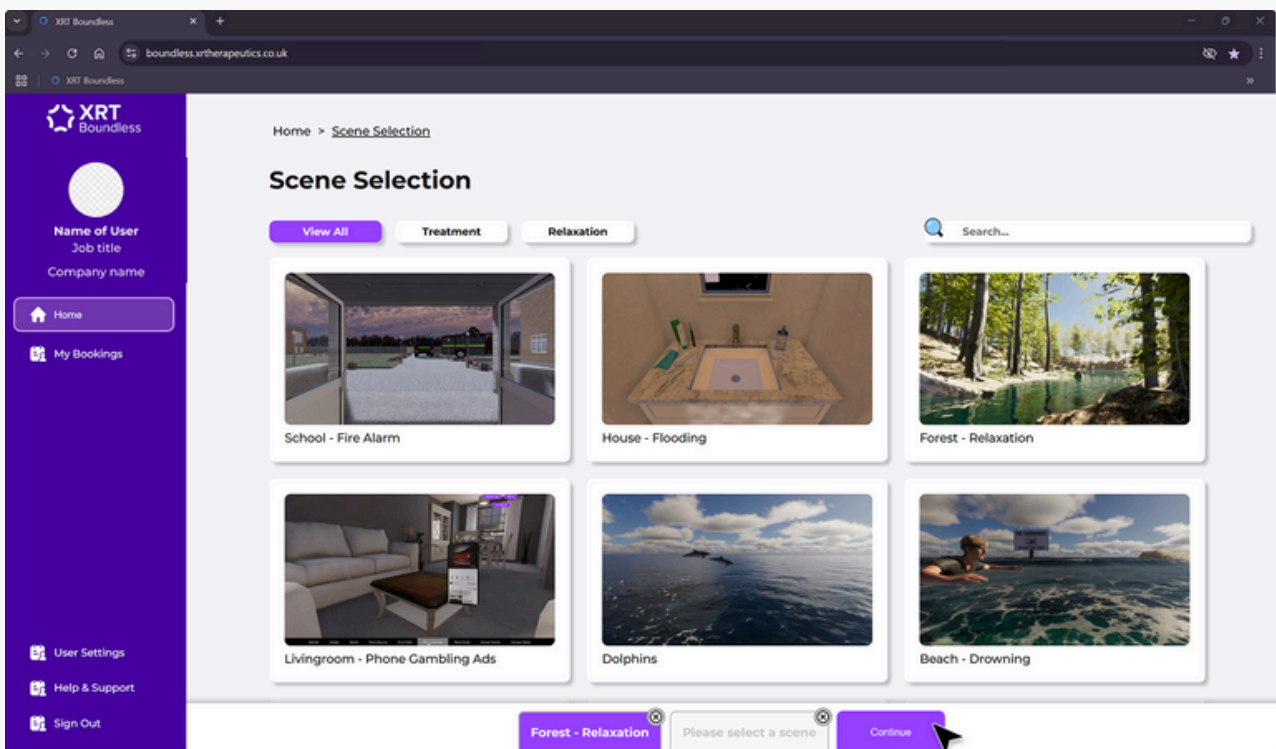
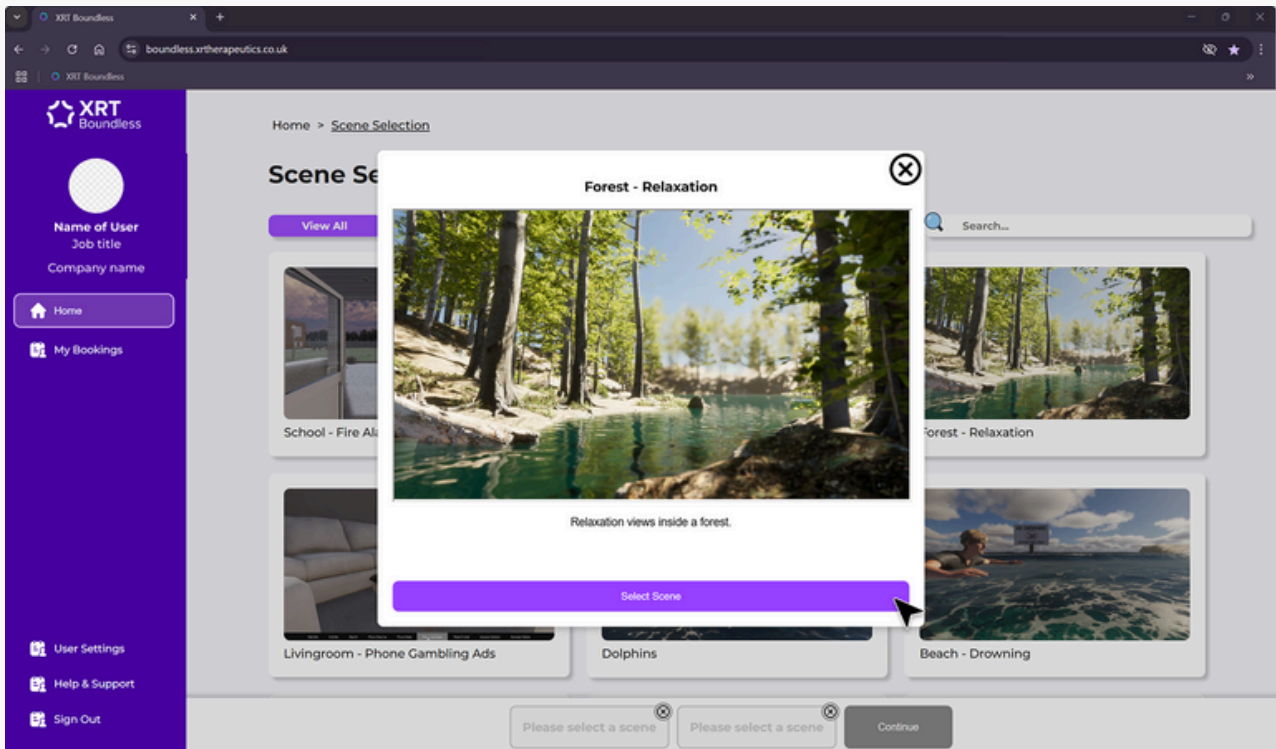
You're ready to go!

Booking a Boundless Session

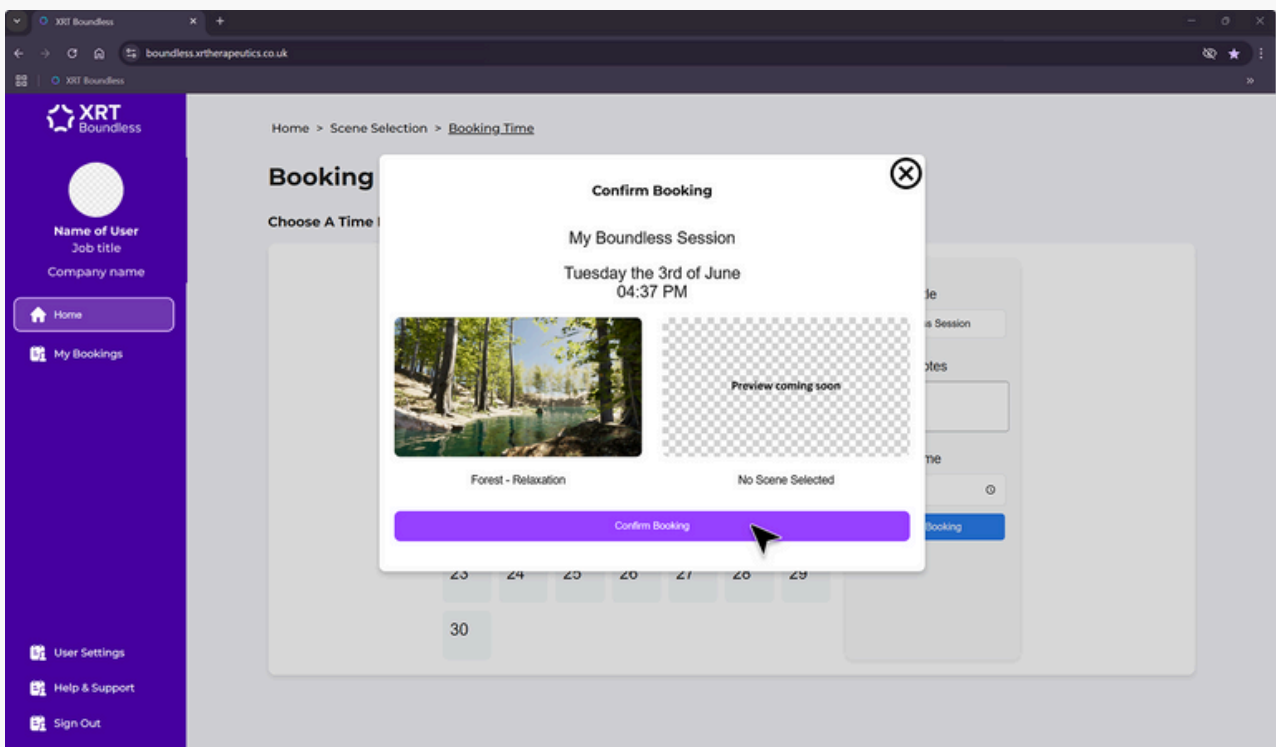
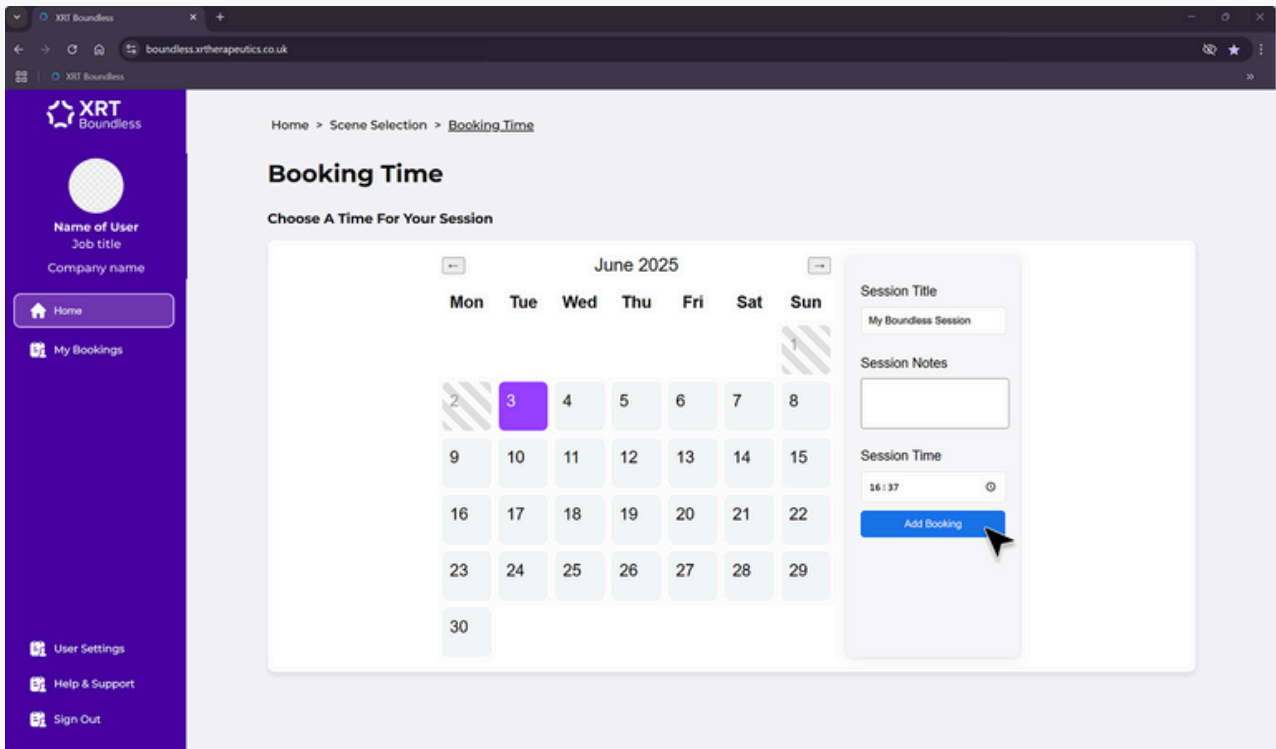
Select **Book Boundless Session** from the Home page where you will be able to see all the Scenes in your library – you can use the filters at the top of the screen to select All or choose to look at Treatment or Relaxation scenes only.



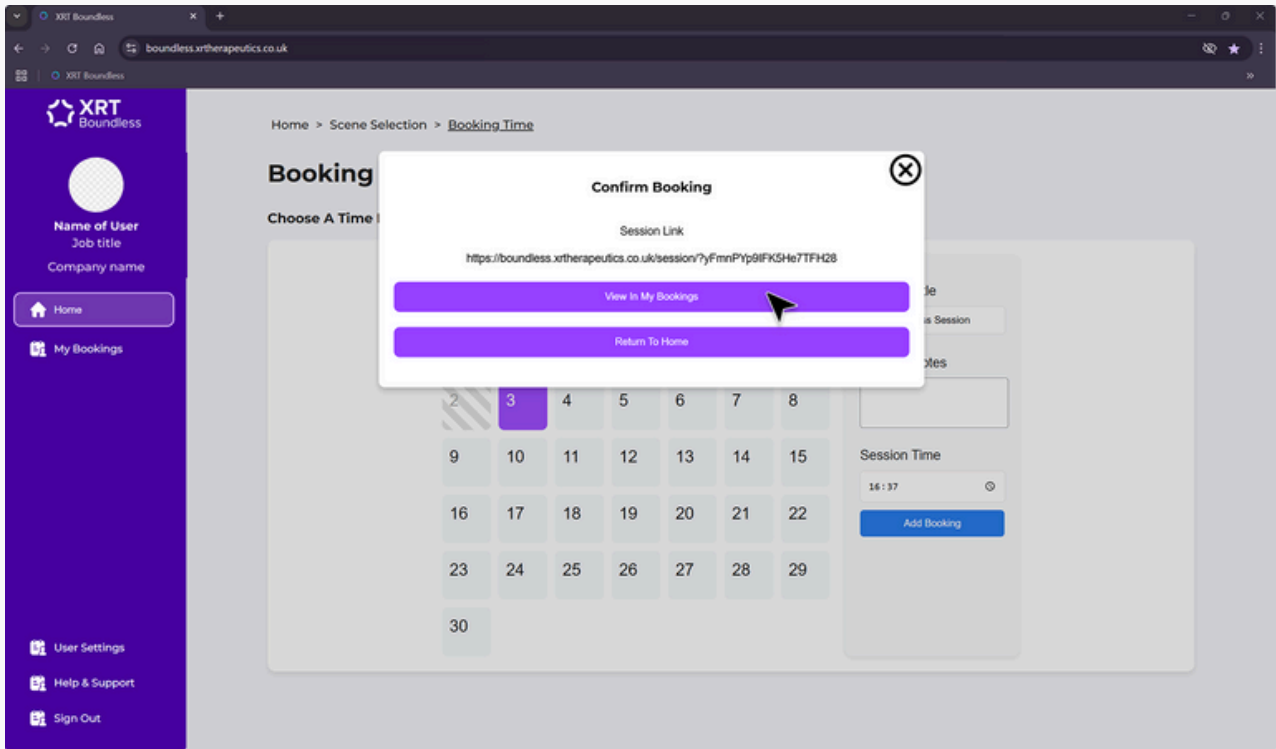
You can select up to two scenes to use in your session. If preferred, you can continue with one selected scene. Click on the image to select a scene – if you change your mind, you can deselect a scene by clicking on the X. When you have chosen, click on continue.



You can now select the date and time of your Boundless session. You have the option to rename 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.



Confirm booking > Success! You have now booked your first Boundless session.



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

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.

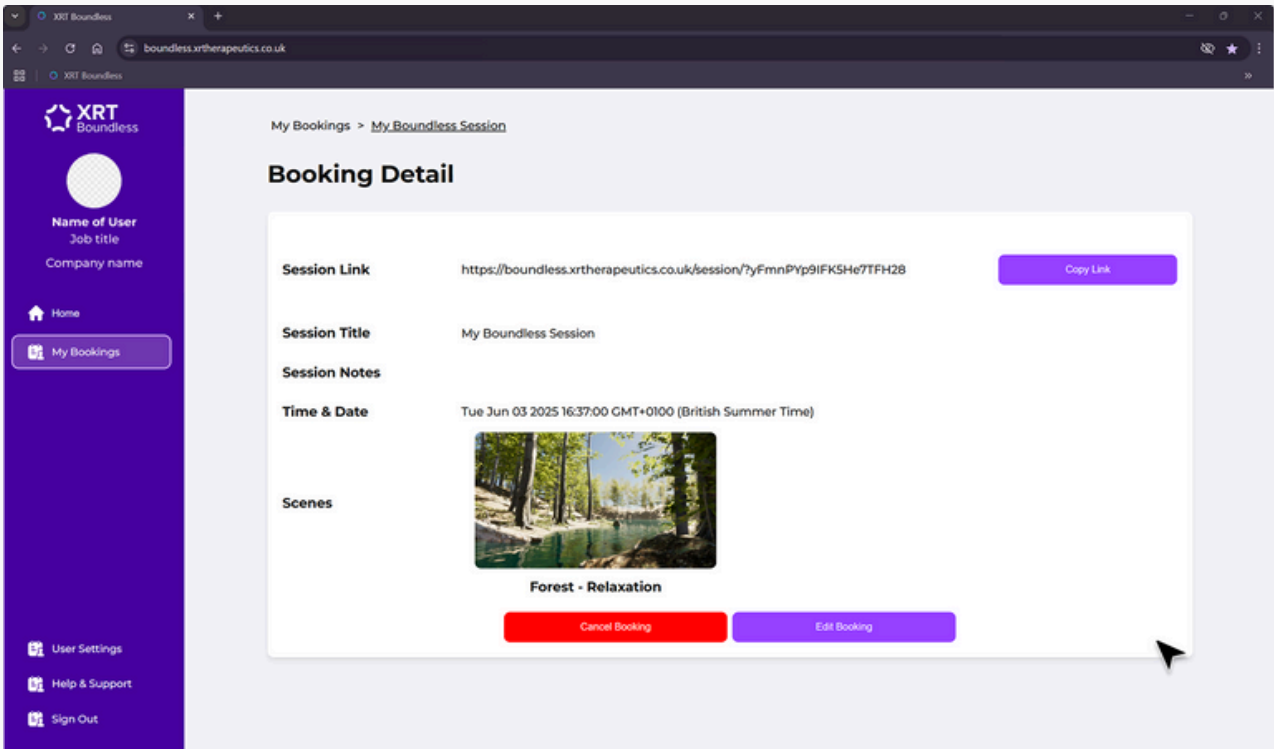
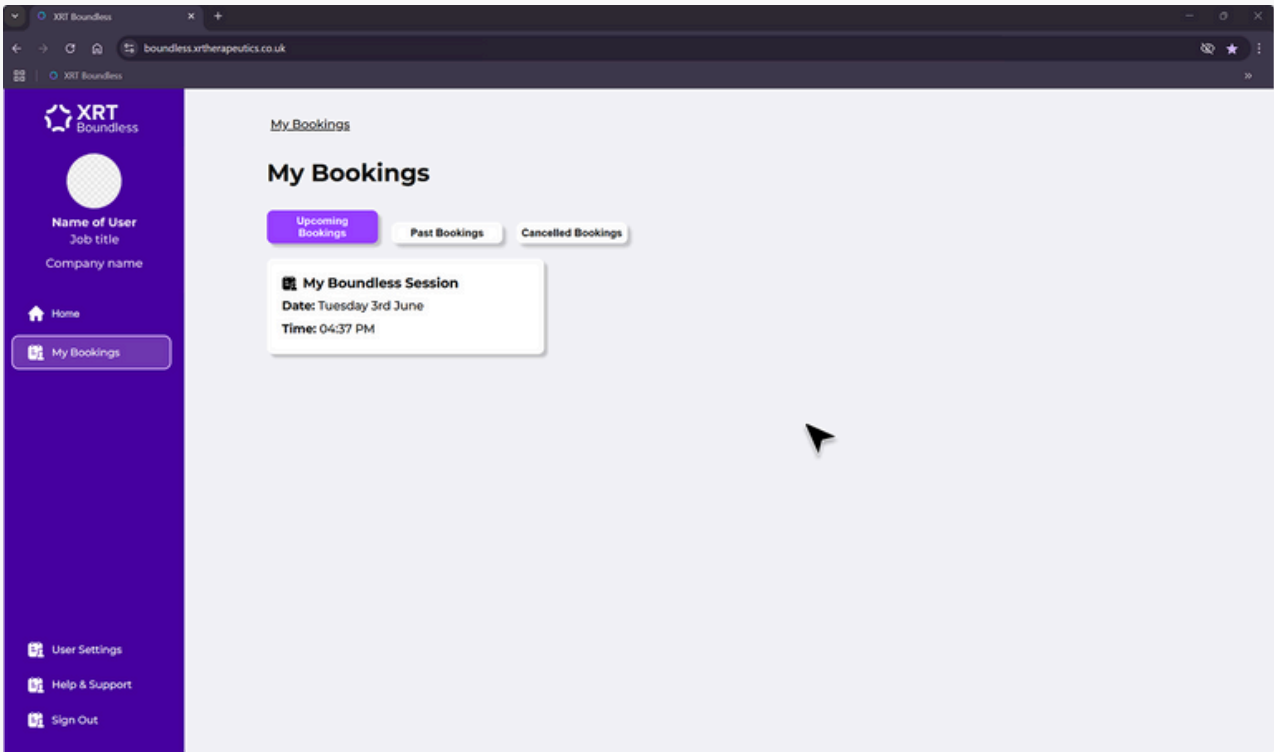
Reschedule a session – this will allow you to select a new date and time. Remember to send a new session link to your patient for the rescheduled date and time.

Edit your Scene Selections - you will be taken back to the scene gallery where you can pick up to two scenes but can continue with one.

Cancel a session - this will appear in your cancelled bookings.

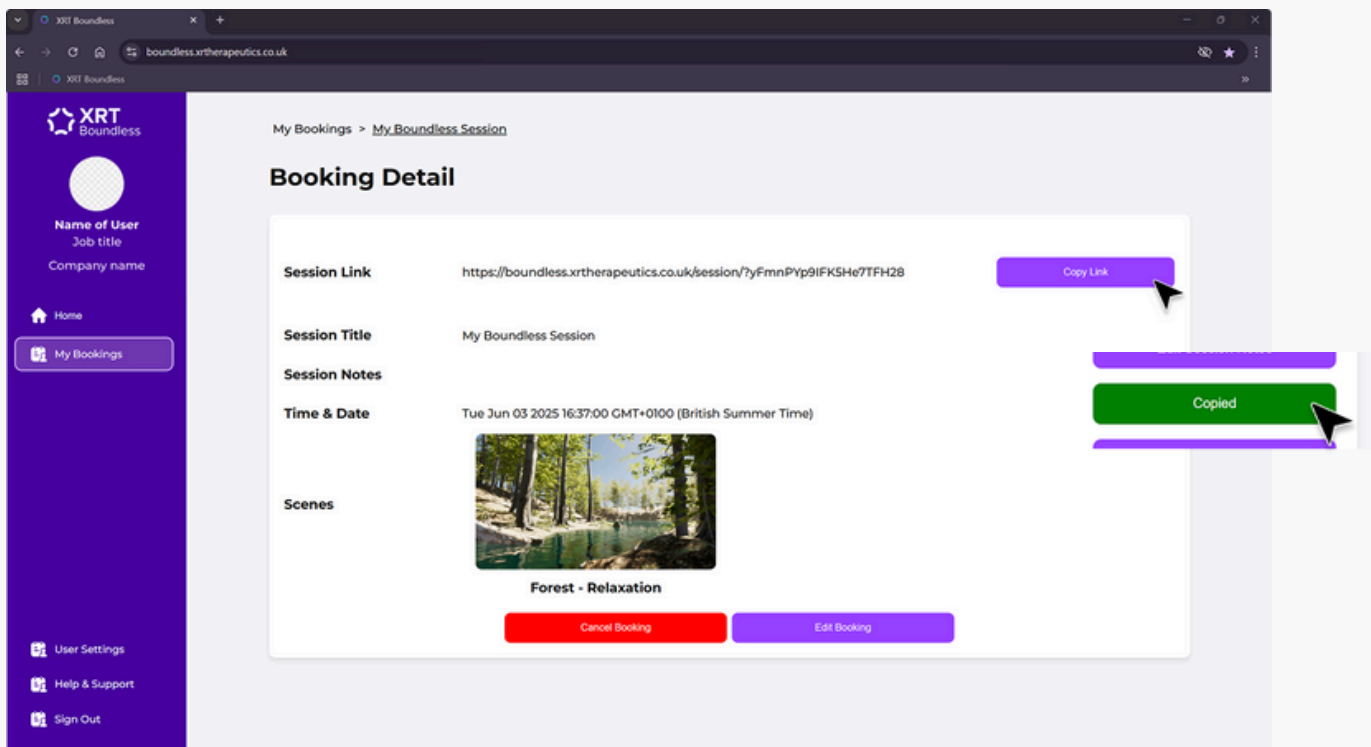
In Past Bookings, you will be able to see all previous sessions (you will NOT be able to click into this booking).

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



Joining a Session

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



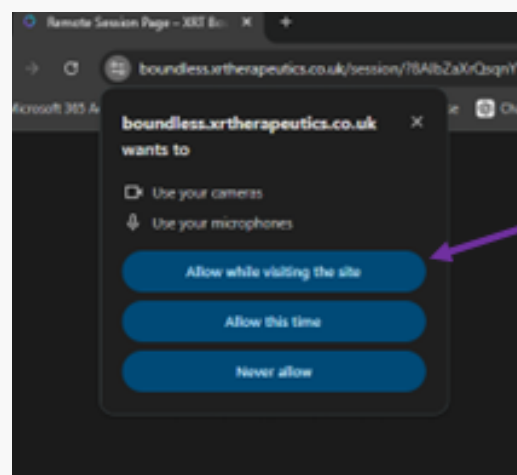
Copy or **click** this link to go to a new tab in your browser. You will need **access to your Microphone and Video** camera for this session by clicking on this popup:

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

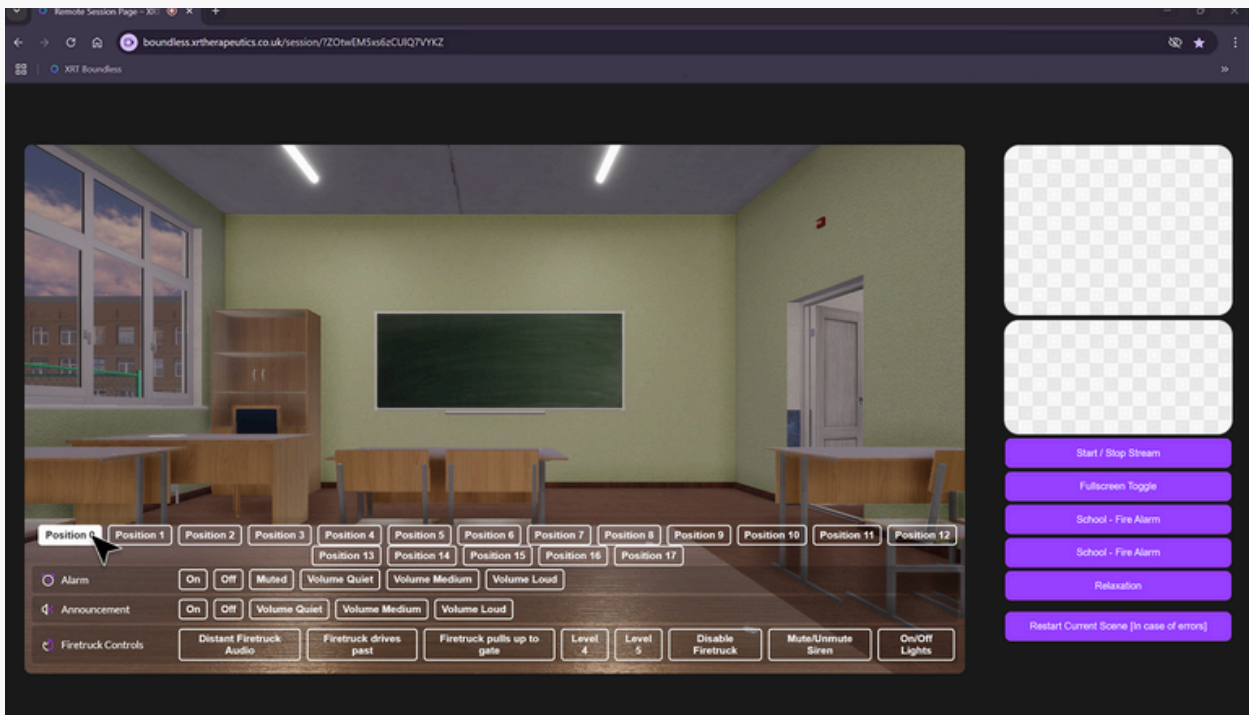
Make sure your Patient has received their session link from the therapist prior to the day of the session via email or the normal appointment booking process. You can find the session link in My Bookings and clicking into the booking.

On the day/time of the session, your patient 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
- **Restart Current Scene** – you can restart if the connection was lost for any reason



IMPORTANT!

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

2. As you move through the scene new controls and functions will become available to use in the appropriate part of the patient's 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 patient 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 Scene Gallery and scanning the XR code. You can't do this through Manage Bookings. This is because the external device connection is for in-person sessions connecting to a TV screen.



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