



As featured in the NHS's 10 year plan

READY TO LAUNCH

THE NHS PARTNER GUIDE TO XR THERAPEUTICS



**Finance
Procurement
IT Training
& more!**

Prepared by:
xrtherapeutics.co.uk

**UK
CA**



XR Therapeutics
DTAC Certified
★★★★★

Welcome to your XR Therapeutics Implementation Guide

This guide is designed to make the implementation of XR Therapy easy across your Trust. Whether you're in Clinical, IT, Commissioning, or Communications, you'll find everything you need from ROI data to objection handling and training links. Jump straight to your section using the quick links, or explore the full contents to see how we've got every angle covered.

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What you need to know if you only have 2 minutes between meetings.

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Impacts within the calendar year that you can use in your business plan.

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06. Information Governance

All the compliance information for smooth integration with your IT systems.

04. Implementation Process

The timeline from kick-off to service launch and how we get there.

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How to get XR Therapy in your Trust.

Just for you

Find what you need quickly: each button takes you directly to its section.

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Quick Start

If you can only show your colleague one page, show them this page. Here we will break down the 5 key areas of how XR Therapy fits in with your Trust.



NHS
Innovation
Accelerator

What's XR Therapy?

Extended Reality (XR) Therapy takes regular talking therapies and adds a digital simulation that the therapist is in control of. It is a tool for therapists that makes their treatment more effective and efficient.

How We Fit

- Aligned with NICE Step 2–3 for anxiety and phobias
- Used across CAMHS, Talking Therapies, and transition pathways
- Suitable for delivery by Band 4-6

What's the ROI?

- £21,000+ savings per 100 patients (Independent evaluation)
- Fewer therapy sessions = positive impact on waiting lists
- Net benefit: £1,700+ per patient

Ease of Implementation

- Typical rollout: 2–4 weeks
- CPD UK - accredited training, clinical governance, and technical setup included
- Full onboarding with SOPs

Why Trusts Are Adopting It

- Reduces pressure on Tier 3 services by fitting into Step 2/3 models
- Aligns with NHS priorities
- Backed by real-world data

Clinical Fit & Safety

How XR Therapy integrates safely into NHS care models.



Where do we fit?

XR Therapeutics (XRT) supports Step 2 and Step 3 care in line with NICE guidance for anxiety and phobias. It can be used for early intervention, as a complement to CBT, or as a step-down from more intensive services. Common use cases include GAD, social anxiety, autism-related anxiety, phobias, especially for patients who have struggled with regular talking therapies

Who delivers the treatment?

XRT is delivered by trained NHS staff at Band 4–6, including Assistant Psychologists, Therapy Assistants, and Mental Health Practitioners. Sessions are supervised by Band 7+ clinicians, ensuring safe delivery within existing team structures and governance frameworks.

Pathway Integration

XRT fits seamlessly into community and outpatient pathways. Referrals typically come from GPs, CAMHS, Talking Therapies, or early help teams. Sessions can take place in clinics, schools, or community hubs, and align easily with MDT working and local triage and outcome systems.

Clinical Governance

Therapy delivery follows standard NHS clinical governance. This includes structured risk management, safeguarding, consent, and supervision. Documentation and outcomes tracking are built-in to the service. The model is evidence-based, co-designed with clinicians, and reviewed regularly to ensure quality and safety.



Tees, Esk and Wear Valleys
NHS Foundation Trust



Greater Manchester Mental Health
NHS Foundation Trust



Cumbria, Northumberland, Tyne and Wear
NHS Foundation Trust



South Tyneside and Sunderland
NHS Foundation Trust



Sheffield Children's
NHS Foundation Trust

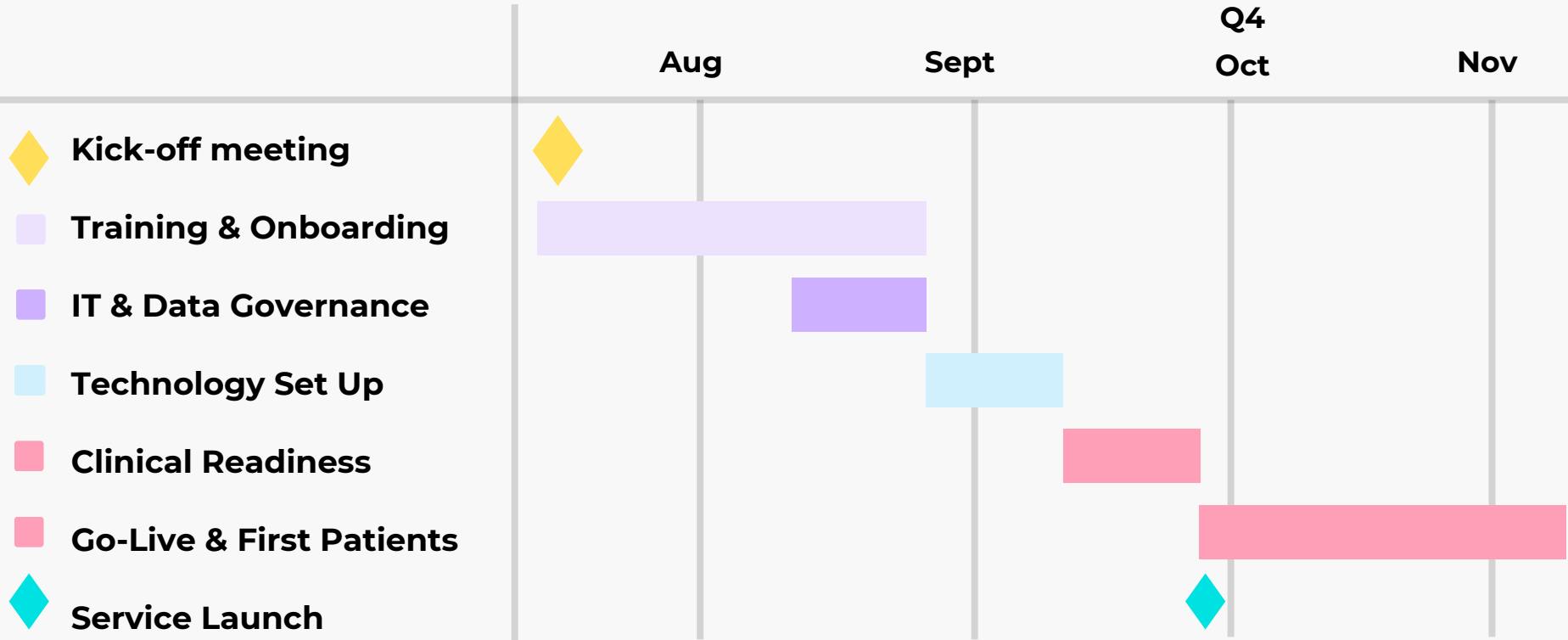


South West London and St George's Mental Health
NHS Trust

Implementation Process & Timeline

Implementing XR Therapy is designed to be straightforward, structured, and low lift for NHS teams. Most Trusts move from scoping to first patient sessions within 4–8 weeks. Our implementation team works alongside your clinical and operational leads to guide each step, including setup, training, risk and consent processes, and site readiness.

Training is delivered online through our CPD UK-accredited platform, with flexible modules suited to Band 4–6 staff. We provide all SOPs, templates, and technical guidance needed to deliver safely and effectively in your setting, whether clinic, school, or community hub.



“I’ve been blown away. This (our technology) is a great opportunity for our Psychology services and ultimately children, young people and families.”

- NHS, Digital Transformation Lead

Return on Investment (ROI)

Key Findings

Cost Savings & Efficiency:

- XRT reduced the number of sessions needed per patient
- Standard care + XRT: £21,416 saved per 100 patients
- In-person care + XRT: £21,106 saved per 100 patients
- Reduces therapist time and increases system capacity

Improved Clinical Outcomes:

- Faster time to recovery
- Patients progressed more quickly to a “recovered” health state
- 7 additional QALYs gained per 100 patients

Strong Economic Case:

- Net Monetary Benefit of over £1,700 per patient
- ICER of £211–£214 per QALY, well below NICE thresholds for cost-effectiveness

Real Term Savings This Year

XR Therapeutics offers a clear return on investment, backed by real-world economic modelling and clinical outcomes. By reducing the number of sessions needed and accelerating recovery, XRT saves therapist time, improves quality of life for patients, and reduces pressure on overstretched services.

A health economics evaluation conducted by the Centre for Healthcare Equipment & Technology Adoption (CHEATA) modelled outcomes for a cohort of 100 patients with generalised anxiety disorder (GAD). It compared standard care with and without XR Therapeutics' programme.

Information Governance & Technical Assurance

NHS Standards & Regulatory Compliance

XR Therapeutics is fully compliant with the NHS Digital Technology Assessment Criteria (DTAC). This includes clinical safety (DCB0129), data handling, cybersecurity, interoperability, and usability. The platform has been assessed and approved for use within multiple NHS organisations, aligning with national standards for safe and effective digital mental health delivery.

Data Security & Hosting

All data is processed in accordance with NHS and UK GDPR requirements. A full Data Protection Impact Assessment (DPIA) is available, and our systems are certified to Cyber Essentials Plus, with regular penetration testing carried out by external providers. XR Therapeutics is hosted securely on UK-based cloud infrastructure, with no data stored or processed outside of the UK.

Technical Assurance & Integration Support

XR Therapeutics can integrate with NHS Electronic Patient Record (EPR) systems where required, and produces structured outcome data suitable for audit and evaluation. The platform is accessible to a wide range of users, meeting WCAG 2.1 standards, and has been co-designed with clinicians and neurodivergent users. Our team provides Trusts with all technical documentation, IG templates, and onboarding support to ensure smooth local assurance and deployment.

Ready to *Empower Change?*

- ✓ Delivered by Band 4–6 staff under Band 7+ clinical oversight.
- ✓ Full clinical safety, consent, and risk management.
- ✓ Easily integrates into stepped-care pathways.
- ✓ Aligned with DTAC standards.



It was fantastic, extremely useful for the patient, they progressed so quickly in 2 sessions. I have a patient scared of heights, he went into the session with all those typical physical symptoms associated with anxiety and what we did in 2 sessions here with XRT would probably have taken around 12 without.

- Laura, NHS Therapist



NEXT STEPS...

01. Book a Discovery Call

Meet our clinical & implementation team.

02. Get the ROI Model for Your Trust

Tailored savings & outcomes data.

03. Reduce Waiting Lists

Meet our clinical & implementation team.

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Book a free discovery call at:
www.xrtherapeutics.co.uk

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HOW XR THERAPY WORKS