

## **Workshop on Reducing Hallucination: Avatar Therapy**

Schizophrenia affects around 1 in 100 people worldwide, the most common symptoms being delusions (false beliefs) and auditory hallucinations (hearing voices). Even with the most effective anti-psychotic medication, around one in four people with schizophrenia continue to suffer from persecutory auditory hallucinations, severely impairing their ability to concentrate. Julian Leff, Emeritus Professor in King's College London, developed the avatar therapy. It uses an avatar system, a computer-based system, to enable people with schizophrenia to control the voice of their hallucinations. The pilot study of avatar therapy among some persons with schizophrenia was effectiveness in reducing the frequency and severity of episodes of schizophrenia. The larger-scale study using large sample is currently conducting.