

Healing in a Virtual World 虚拟现实的真实应用

Maybe you've put on some [virtual reality goggles](#) to join a group of computer **animated** soldiers on a **covert ops** mission in an **undisclosed** Middle Eastern **locale**. Or perhaps you've entered a **shuttle** that transports you into a futuristic world where nothing is what it seems. Currently, most people's experience with virtual reality is limited to these kinds of video game **scenarios**. But as researchers are proving, virtual reality has serious **applications** in the real world, too.

或许你曾经戴上虚拟现实的护目镜，与一群计算机虚拟士兵在中东某处秘密地点进行一项机密任务。或者你曾进入一间机舱，跟着它前往幻化的未来世界。目前，多数人参与虚拟现实的经验都局限在上述的电玩场景。但是研究者证实虚拟现实在现实生活中也有其重要的应用。

For more than ten years, **therapists** have been using virtual reality to help their patients **get over crippling phobias**. By using virtual environments populated with computer-generated inhabitants, doctors can help expose those suffering from **debilitating** fears to increasing levels of whatever they may be afraid of in a completely safe setting. The U.S. Army has found this technique especially useful in treating soldiers suffering from [post-traumatic stress disorder](#), which is caused by witnessing **horrific** situation in combat.

十多年以来，治疗师一直利用虚拟现实帮助病人克服严重的恐惧。借着含有计算机生成角色的虚拟环境，治疗师能帮助那些饱受恐惧折磨的病人；无论他们害怕的是什么，都能让他们在绝对安全的环境中去面对逐渐增强的恐惧。美国陆军已经发现这种技巧对于治疗因目睹战争中残酷画面而产生的创伤后压力症候群特别有效。

Like soldiers, astronauts **are also subjected to** intense situation on a regular basis. So, NASA has developed a virtual space station program that lets astronauts work through problem solving scenarios to show them how to solve conflicts in a healthy way in their **cramped confines** in the depths of space. Another VR program developed at Duke University helps drug **addicts** deal with their **cravings** in **tempting** situations by associating the sound of a tone with a feeling of decreased need for their drug of choice. It's yet another example of how the virtual world is helping people to cope better with real life.

航天员与军人一样，经常得面对极为严苛的紧急情况。因此，美国太空总署研发出一项虚拟太空站计划，让航天员尝试处理各种危机，学习如何在遥远、拥挤局促的太空环境下安全地解决各种问题。另一项由杜克大学设计的虚拟现实计划借着将一种声响与被削弱的毒瘾作连结，以帮助染上毒瘾的人在充满诱惑的环境中抵抗毒瘾。这只是虚拟现实帮助我们处理现实中问题的另一项例子。

— by Joe Henley

Vocabulary

goggles [ˈgɑːɡl̩z] n. (复) 护目镜

animated [ˈæniːmeɪtɪd] adj. 栩栩如生的

covert [ˈkɒvərt] adj. 隐蔽的；隐藏的；暗地的

ops [ɒps] operations n. 军事行动，作战行动

undisclosed [ˌʌndɪs ˈkloʊzd] adj. 未公开的；秘密的

locale [lə ˈkeɪl] n. (事情发生的)现场，场所

shuttle [ˈʃʌtl̩] n. (车辆、飞机等在两地间的)短程穿梭运行；短程穿梭运输线

scenario [sɪ ˈnɛrɪ,o] n.可能发生的事，可能出现的情况

application [ˌæplɪ ˈkeɪʃən] n.应用

crippling [ˈkrɪplɪŋ] adj. 极有害的；有严重后果的

phobia : [ˈfəʊbiə] n. 恐惧症

debilitating [dɪ ˈbɪlə,tetɪŋ] adj. 使人衰弱的

horrific [hɒ ˈrɪfɪk] adj. 可怕的

cramped [ˈkræmpt] adj. 狭窄的

confine [kən ˈfaɪn] n.边界，范围

addict[ə ˈdɪkt] n. 入迷的人；有瘾的人

craving [ˈkreɪvɪŋ] n. 渴望，热望

tempting [ˈtemptɪŋ] adj. 诱惑人的

More Information

get over: 克服 to recover from

be subjected to: 使遭受....