Dr Roos Pot-Kolder

Psychologist · Supervisor · Virtual Reality Therapy Researcher

Melbourne (Naarm), Australia | roos.potkolder@gmail.com | ORCID 0000-0002-1177-7347 | AHPRA PSY0002656328

15+ years	200+	A$6.8M+	Lancet Psychiatry
delivering and researching VR therapy	students, psychologists and colleagues supervised	research funding secured, incl. Wellcome Trust	landmark trial of VR-CBT for psychosis (2018)

PROFILE

I am a scientist-practitioner who brings research into the therapy room. Since 2012 I have been one of the pioneers of virtual reality (VR) therapy, both as a clinician and as a lead researcher on large multi-site trials for psychosis. My research tests whether practising difficult social situations in VR can reduce paranoia, anxiety and avoidance, and help people get back to everyday life.

Since 2021 I have led the **VR for Social Recovery** research stream at Orygen and the University of Melbourne, where I co-design VR interventions with young people, and I work clinically as a VR psychologist at Orygen Specialist Services. I trained as a cognitive behavioural psychotherapist in the Netherlands and have spent 15 years mentoring the next generation of clinicians and researchers.

AREAS OF EXPERTISE

Supervision & mentoring

- Clinical supervision in CBT, incl. CBT for psychosis
- Supervision for clinicians starting with VR therapy
- Early intervention and youth mental health
- Professional mentoring for students and early-career researchers
- Bilingual: English and Dutch

Keynotes, workshops & advice

- Keynotes for clinical, research and public audiences
- Hands-on VR-CBT skills workshops and masterclasses
- Symposium chairing and panel discussions
- Advice on designing, testing and implementing VR interventions

SPEAKING TOPICS

- **Virtual reality in mental health:** how it works, what we know so far, and where the field is heading
- **Designing with young people:** co-producing digital mental health tools with lived experience
- **The next generation of VR therapy:** personalised treatment targeting multiple mechanisms
- **Equity in digital mental health:** making immersive technology accessible to everyone
- **VR-CBT in practice:** skills workshops for clinicians

HIGHLIGHTS

- **Led a landmark multi-site trial of VR-CBT for psychosis** (Lancet Psychiatry, 2018), which was covered by international media.
- **Co-PI of VISOR,** a A$5.7M Wellcome Trust programme developing VR therapy for social recovery with young people.
- **Shared first author** of a major review of VR in mental health care in Nature Reviews Psychology (2024).
- **Elected Vice President Asia-Pacific,** IEPA Early Intervention in Mental Health (from 2025).
- **Brain & Behavior Research Foundation Young Investigator Award** (2022);
- **PhD awarded cum laude**, top 5% (2021).

SELECTED TALKS

2025	**Symposium chair & speaker, IEPA Early Intervention in Mental Health** · Berlin
2025	**Co-production of VISOR VR therapy, CyberPsychology & CyberTherapy Conference** · Sydney
2022	**VR for the treatment of early psychosis, NZ Early Intervention in Psychosis Society** · New Zealand
2021	**Invited speaker, BeckFest** · Beck Institute
2019	**Skills class: paranoid psychosis, World Congress of Behavioural & Cognitive Therapies** · Berlin
2017	**Invited speaker, VR Intervention Summit** · Leeds
2016	**Young Talent Keynote, Dutch National Psychosis Conference (Phrenos)** · Zwolle

Plus 20+ further national and international presentations, masterclasses and workshops since 2013.

CAREER

2024–now	**Senior Research Fellow, Orygen & Centre for Youth Mental Health, University of Melbourne**
2024–now	**VR Psychologist, Orygen Specialist Services, Parkville**
2021–2024	**Postdoctoral Research Fellow, Orygen & University of Melbourne**
2013–2022	**Psychologist & CBT therapist in early psychosis, primary and digital care** · The Hague & Amsterdam
2010–2021	**Lecturer and guest lecturer** · Universities of Amsterdam, Twente, Leiden; VU Amsterdam
2008–2013	**Psychologist and VR therapist for social anxiety** · Amsterdam

QUALIFICATIONS

2021	**PhD cum laude, Virtual Reality for Research and Treatment of Psychosis** · VU Amsterdam
2020–2025	**GZ-psycholoog** · Dutch registration, Dutch Health Professional Council
2018	**EMDR therapist**
2010–2015	**Postgraduate training as Cognitive Behavioural Psychotherapist** · Dutch Association for Behavioural & Cognitive Therapies
2013	**Scholarship: CBT for Schizophrenia, Recovery-Oriented Model** · Beck Institute
2007	**BSc & MSc Clinical Psychology** · Utrecht University
Current	**AHPRA-registered psychologist (Australia)**

SELECTED PUBLICATIONS

Bell, I.*, Pot-Kolder, R.*, et al. (2024). **Advances in the use of virtual reality to treat mental health conditions.** *Nature Reviews Psychology, 3, 552–567. *Shared first authorship*

Pot-Kolder, R.*, Geraets, C.*, et al. (2018). **Virtual-reality-based cognitive behavioural therapy versus waiting list control for paranoid ideation and social avoidance in patients with psychotic disorders: a randomised controlled trial.** *Lancet Psychiatry, 5, 217–226.*

Pot-Kolder, R., Reinoso, M., Liu, Y., et al. (2026). **Improving social functioning in youth at clinical high risk for psychosis with VR-based CBT: the feasibility and acceptability of REVIVE.** *Early Intervention in Psychiatry, 20, e70192.*

Pot-Kolder, R., Veling, W., et al. (2020). **Cost-effectiveness of virtual reality cognitive behavioral therapy for psychosis.** *Journal of Medical Internet Research, 22, e17098.*

Spark, J., Pot-Kolder, R., et al. (2025). **Virtual reality for the treatment of positive symptoms of psychosis: a meta-analysis of trials.** *Current Treatment Options in Psychiatry, 12, 10.*

Pot-Kolder, R., Veling, W., Brinkman, W.-P., & van der Gaag, M. (2019). **Virtual reality and psychotic disorders.** *In Rizzo & Bouchard (Eds.), Virtual Reality for Psychological and Neurocognitive Interventions. Springer.*

23 peer-reviewed papers and 5 book chapters in total. Full publication list available on request.

RESEARCH FUNDING

2022–2028	**VISOR, Wellcome Trust (A$5.7M)** · Co-PI
2025–2027	**LisDex, Medical Research Future Fund (A$998K)** · CI-D
2022–2027	**LINK, Brain & Behavior Research Foundation (A$105K)** · PI
2026–2029	**Global PhD Partnership, KU Leuven & University of Melbourne (2 PhD scholarships)** · Co-supervisor