Better Than Drugs: VR, Meditation and Pain  
Dr. Diane Gromala

Bibliography

**VR as a Therapeutic Modality**


Pain


(Citation: pain is experienced & communicated differently according to specific cultures; social stigmas vary wildly)

VR & Pain
VR is more effective than opiates for ACUTE pain ---> Gromala's alternative approach for CHRONIC pain (self-modulation)


**Meditation**


**Representation (incommensurability of pain, following Scarrey)/ Post-Existentialist Phenomenology (contemporary theorists following Merleau-Ponty)**


(Citation: contemporary phenomenologists: Andy Clark, F. Varela, et al.; body image/body schema; inextricability of mind/body/world)