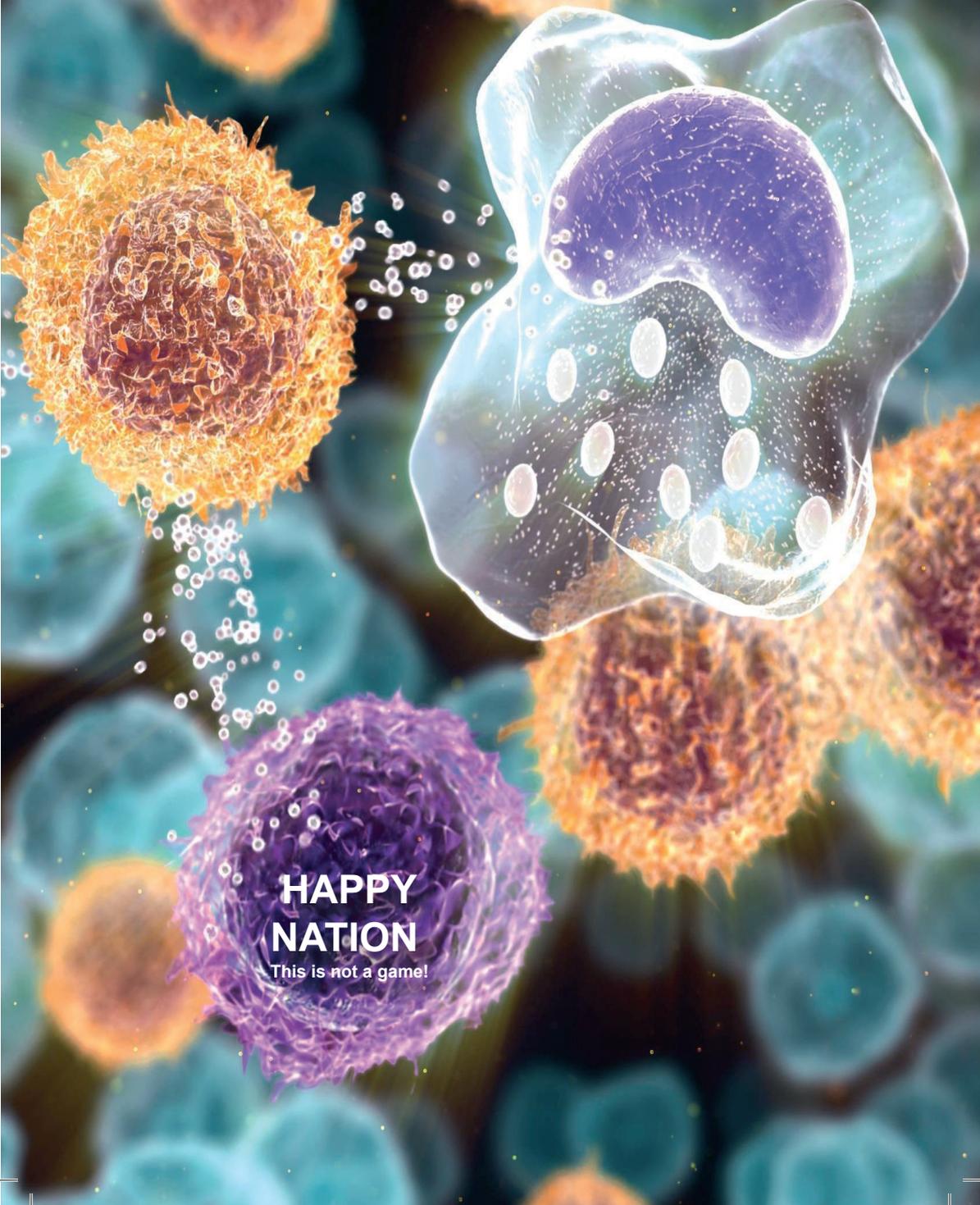


Effective child psychotherapy as Multiplayer Online 3D action game



**HAPPY  
NATION**

This is not a game!

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## Background



According to scientifically proved data every 4th person on Earth have some degree of psychological problems such as anxiety, depression, etc.

It is also known that almost every 4th child will develop ground for lifelong depression, anxiety, etc starting at approximately the age of 10 – 17 years.



We, Ruslan Savitskij, MD and Siv Johansson, psychologist, has together more than 50 years experience in neurosurgery, neurology, rehabilitation, clinical psychology, occupational health, school psychology, psychiatry, including child psychiatry, education and leadership.

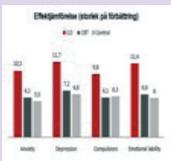


We are also active in medical research and have developed a brand new psychotherapy model that in an advanced research program in Karolinska Institute in Stockholm, Sweden, the so called Nobel study, has been proven to be remarkably effective compared to recent standards in modern psychiatry.



Our psychotherapy model, so called ILD (Inner Leadership development) is an unusual therapy. First of all, it is not a psychotherapy at all.

It is, as the name suggests, designed and conducted as a leadership development program.



To everybody's amazement the ILD program during more than 10 years has outperformed just anything it was compared to – CBT (cognitive behavior therapy), antidepressant drugs, counseling, etc. See this chart from Nobel study which show the size of effect on anxiety, depression, etc. ILD's is colored red, CBT is black, Tau is grey.

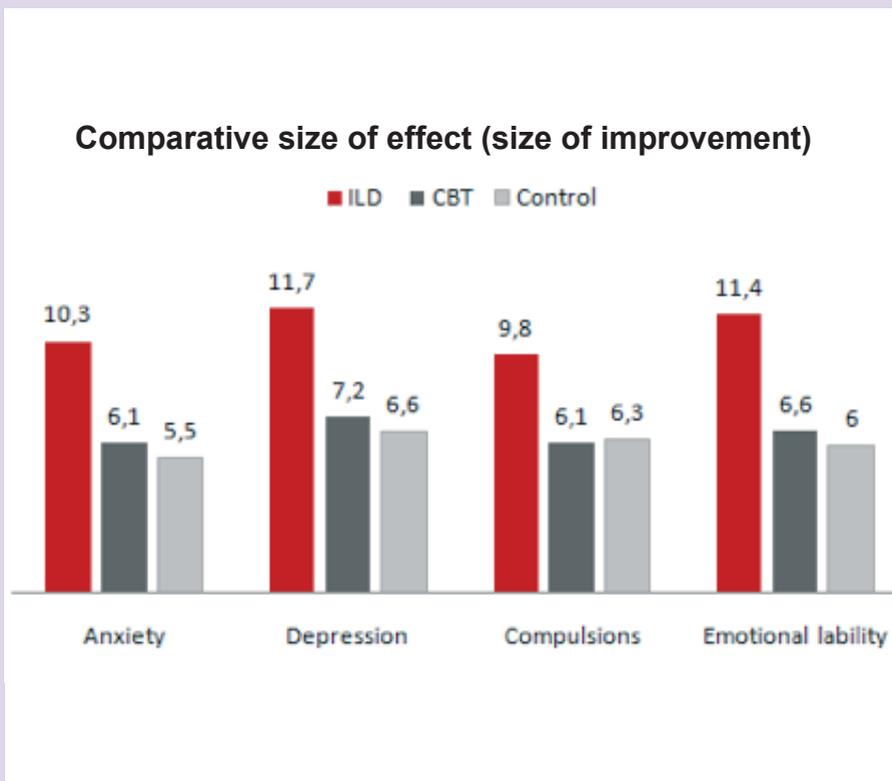


One could say that ILD is a crash course in psychology and psychiatry. We teach people what psychotherapists do, so they wouldn't need one!

As one of our patients put it – you don't give us fish, nor a fishing rod – you teach us how to build a fishing rod . Yes, that's what we actually do.

## Nobel study

*Game Happy Nation is based on effective model of psychotherapy, so called ILD (Inner Leadership Development) which in research study at Karolinska Institute in Stockholm, Sweden, so called Nobel Study, demonstrated size off effect clearly superior to Cognitive Behaviour Therapy (CBT) and control group presented by usual outpatient treatment ie. pharmaceutical treatment (antidepressant drugs) and counseling. Nobel study is controlled randomized study conducted during 3 years in primary care unit in Stockholm, Sweden and included 250 patients and 2 years follow up.*



## Leaderkids

### WHY?

During all the years we applied our therapy – we have got one question thousands of time:

“...so easy, so effective – why couldn’t I learn all this before? Before I went tired, depressed, angry, divorced?”  
WHY?



It was an important question, one to take seriously – which we did. Then the next question arise – when to start?

We did some research and learnt that the majority of people who has lifelong depression, anxiety etc, got it during puberty – that is between the age of 10 to 17.



Then it became clear that if we want to do something to prevent that from happening, we have to do it before those “hormonal storms” begins - that is at approximately 10-11 years of age. Then we had to translate our ILD method to “childish” or “kiddish” if you want . :)



We felt that we would need guides to this new territory so we “recruited” a group of 6 (healthy) children, 9-11 years old and “played therapy” for about 6 months, until our “test pilots” told us that the program was cool, funny and actually not so stupid. From that day we call it Leaderkids.



Leaderkids because when we were looking for “test pilots” we realized that we had to find a reason why healthy kids should spend time with us instead of playing with friends. So we asked them (and their parents of course) if they would like the idea of learning some leadership. Neither the kids nor their parents thought it was one day too early! :)



We were very much excited both by our new insights and by the fact that our “test pilots” gave such a good response that we even changed career, and started to work in child psychiatry. And then, very quickly, we learned something important – kids don’t like psychiatry! They don’t like therapies, they don’t like pills – they like games!

## Therapy = Game



Then again we had to switch career, we became game designers, but this time we kept our dayjobs ;-)

However, we were amazed by the obvious similarity between game and psychotherapy design. The transfer of the main concepts of Leaderkids to our game therefore went smooth, natural and actually fun. See the components below.



**Psychoeducation** – is what we do best – teach kids what we know they have to know. Sads and mads, feelings and doings – this is our edge, that's where Leaderkids shine!

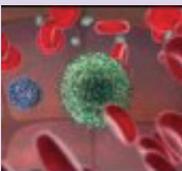
Relatively easy to transfer into games by using Motion Capture technology, or, perhaps even Kinect/PC/Open NI.

**Our choice of platform starts with Kinect/PC.**



Next effective component in therapies and games is the **social interaction** with massive social feedback. Even here there is technology pretty much ready to use – i.e. Kinect avatar chat.

This is a smart thing to use because kids who feel bad are usually stressed to meet other kids because of low self-esteem, shyness, etc. So the avatar chat helps them with that.



**Pulse controlled exercising.**

We developed and tested a Kinect based component where participants "fly" through "soul and body" and during those "missions" they have to avoid to collide with everything else that "flies" in the blood flow system – easy to get a pulse over 100 bit/min which give clinical effects directly comparably to Prozac!



Not the least, we will deploy mindfulness/meditation, which is a very powerful mean for well-being and evidence-based treatment for anxiety and depression. We learned that our "test pilots" just loved it, and even demanded it from time to time. This actually was a welcome surprise to us.



And of course, it will be filled with all the excitement and adventure you would expect from an ambitious game, and Happy Nation will challenge all your senses, mind and feelings – It should be a remarkable journey into your inner world – Expect the unexpected!

Enjoy!

# Happy Nation

## Story board



Many many years ago the Earth was a happy place. People loved and respected themselves and each other, kindness and humbleness was honored ... Then something happened, we do not know for sure what...



People started to hate and destroy and even murder themselves and everybody else.. As stated - we do not know whether it was an environmental hazard, biochemical or nuclear catastrophe or what else ... We called it Isv!



What we do know is that somehow Isv (whatever Isv is) could steal humans control over their minds, feelings, doings etc. We estimate that at least every 4th human on Earth is affected by Isv and the number is growing....



For many years now we were trying to kill, to poison, to nuke and whatever else all those we thought was our enemy. Those who we thought was responsible for all Isv And, as you well know, it didn't work!



That's what we at Happy Nations Air Force academy do – we teach people how to reclaim control over their minds, feelings, their hope and aspirations, their love and respect. In order to make all this possible you need to learn how minds, senses and doings works, what they are made of and what we actually can do to regain control!



We will also teach you how to unleash all the hidden power, all the leadership and the determination that there is inside of you, and you will may be very surprised how much of those talents that you usually are unaware of.



You will learn how you can come into your own and even others minds, feelings and wishes and how you reclaim control over your inner world.

What we also know now is that if anyone of us manage to regain those controls – then a mighty force arise which damage this evil Isv, whatever or wherever Isv is.



This explosion would hit Isv so hard that it will loose control over at least five people on Earth. However - It is not possible to know which 5 person it will be – could be your buddy or a girl in Bangladesh. Don't let this stop you – the goal of our fight is nothing less than a total liberation of the whole Earth. We will get our Happy Nation back!



Therefore It is time for us all to realize that something very new and very radical has to happen.

That's where You come in to the picture.

You herewith are asked to apply for a newly founded Air Force Academy of Happy Nation and together with other fighters liberate Our Nation from the vicious Isv.



We will chase, find and destroy all Isv, which is damaging peoples life, hope and happiness!

People suffer, tortures and die every hour.

There is no time to loose!

Apply now!

We will get our Happy Nation back!



During 6 month of testing the Leaderkids psychotherapy on the group of healthy children we were able to test and retest every single module of the Leaderkids program in game format and finally received judgement from our "testpilots" that Happy Nation game is fun, cool and not least playable. So we expect nothing less than that the HN game would be as clinically effective as the online version of Leaderkids.

**We will get our Happy Nation back!**

## Game mechanics



Those who would like to play Happy Nation has to apply online for attending Happy Nation (HN) Air Force Academy (A.F.A). HN is browser based multiplayer online game. Big part of game is based on Gesture recognition Modules and would require Kinect/ PC/Open Ni consoles.



Game starts with gamer suddenly staying close, "eye to eye" with somebody wearing niqabe and staring intensively in gamers eyes and whispering his/her name: John?. Then gamer is invited to follow through an arcade of somewhat bizarre places, finally via an obscure restaurant kitchen into a small room which is an entrance to A.F.A



A.F.A looks like an abandoned industrial plant. Gamer, who is by now an A.F.A officer cadet would be introduced to Academy stuff which consists of 2 veterans – rector of Academy, captain X and Academy Chief , miss Y. Also 6 senior cadets introduced as mentors. All those characters represent different types of personality/behavior.



Everybody at A.F.A has to wear uniform with military style decorations and gradesigns which clearly demonstrate how long ones fighter carrier has come so far. See chapter Awards for details. Within A.F.A everybody requires to wear "aviators scarf" – stuff as cadets.



Cadets picks individually what lessons or trainings they would like to participate in – that is they can play almost whatever component in the HN they like and pick their choice of mentor, but to participate in joint missions together with other cadets they have to fulfill A.F.A's training program (which is of course sort of Leaderkids psychotherapy program).



Then, fully trained, they would participate, together with fellow cadets, in liberation missions- that is to fly through body&souls (Kinect based pulse controlled exercise) into brain and join in "spiritual attack" on Isv (mindfulness/meditation) and if they succeed in getting into the state of mindfulness – at least 5 persons would be liberated from the vicious Isv.

## Award system



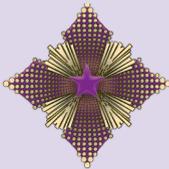
A.F.A. deploy clear chain of promotions and awards, fully visible on cadets uniforms for every achievement in HN game. Most promotions and events are significant occasions with public display, fanfares etc. Often, veteran fighters from the whole HN fly in to participate in celebration of heroes. Star of Liberty is given by President.



When we asked our "test pilots" what would be the most important motivation for them to participate in Leaderkids – to be a "boss", to learn how to deal with own anxiety/sadness or help to develop a method to help kids who feel bad – 4 of 6 choose last reason. Therefore, compassion is the goal of HAPPY NATION GAME!



There is actually lots of academical research pointing out that compassion makes us happy, and kids seems to be no exception. As Dalai Lama put it : if you want others to be happy – conduct compassion. If you would like yourself to be happy – conduct compassion!



Therefore the highest award a fighter can achieve in Happy Nation is the Star of Liberty. You get one if you liberate at least 50 persons from Isv. (that is you managed at least 10 times during A.F.A training to get into the state of mindfulness /meditation which as we all know would damage Isv so much that 5 other people on Earth would be liberated from th Isv.



The next highest award is the Purple Cross – this one indicates that you have fulfilled A.F.A training (which is equivalent to fulfilling of Leaderkids psychotherapy program) and from that day on your title and assignment would be Mission Commander officer !



There is an award for more or less every achievement in Happy Nation –small and big. Awards, public celebrations of heroes, fanfares, parades –this is very much Happy Nation style. So go get yours stars and ordens, people of Happy Nation love-and celebrate their heroes! And, of course, you are one of them!

## Conclusions



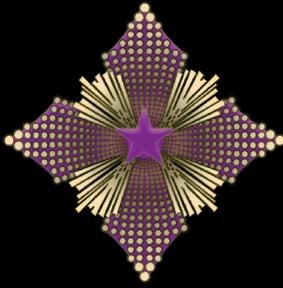
Game Happy Nation is based on effective, evidence-based psychotherapy ILD (Inner Leadership Development) and therefore we expect it to be an efficient, healthy and fun alternative to antidepressant drugs and traditional psychotherapies.

Not least it would be a cost-effective alternative.

Average cost of treatment of depression or anxiety in Europe is approximately 5000 Euro compared to the cost of use of game Happy Nation which is expected to be approximately 50 Euro which is 100 times less.

Moreover – Happy Nation would be easily available to children in remote, rural areas.

Beyond that we expect positive influence on development of leadership, compassion and heroism!



*Some kids need help  
+  
Kids don't like pills  
+  
Kids like games!!!!  
=  
Happy Nation*

*Happy Nation need  
You!*

*Be an angel - invest  
in Happy Nation.*

*Be an ambassador for  
Happy Nation - spread  
the word.*

*Be a Pal - we fight  
hard and are happy for  
all the help we could  
get- a line of code, a  
talented brush stroke,  
and, well, why not a  
good advice.*



*WE WILL TEACH YOU HOW TO FLY THROUGH  
BODY, MIND AND SOUL.  
WHY?  
TO WIN THE WAR, TO SAVE THE EARTH,  
TO BE A HERO!*

## **HN Air Force Academy Fighters oath**

*You all, you sad, you lonely,  
I will fight for you!*

*You abused, abandoned, afraid,  
I will fight for you!*

*I will not fear,  
I will not give up.*

*Until this war is over.  
I will fight for you!*

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