

Digital Psychedelic-Therapy Market Forecasts to 2032 – Global Analysis By Therapy Type (Guided Virtual Psychedelic Sessions, AI-Assisted Cognitive Reset Therapy, Immersive VR Emotional Processing, Integrated Psychedelic Wellness Platforms, Neurofeedback-Assisted Therapies and Digital Aftercare & Integration Programs), Technology, Application, End User, and By Geography.

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Abstracts

According to Statistics MRC, the Global Digital Psychedelic-Therapy Market is accounted for \$1.5 billion in 2025 and is expected to reach \$8.6 billion by 2032 growing at a CAGR of 28% during the forecast period. Digital Psychedelic-Therapy refers to immersive therapeutic platforms that combine virtual reality, neurofeedback, and guided digital environments to simulate psychedelic experiences safely. These systems use multisensory inputs—visuals, audio, and haptic feedback—to induce altered states of consciousness for psychological healing. AI-driven monitoring ensures patient safety and tailors experiences to therapeutic goals, such as reducing anxiety, depression, or trauma. Unlike chemical psychedelics, digital therapy provides controlled, repeatable sessions, offering a novel approach to mental health treatment through technology-enhanced consciousness exploration.

According to a MAPS public benefit corporation survey, 68% of patients in clinical trials for PTSD reported a preference for digitally-assisted therapy sessions, citing the comfort and control provided by a familiar, home-based environment.

Market Dynamics:

Driver:**Rising interest in digital therapies**

The market is propelled by growing interest in digital mental health solutions, especially immersive therapies that simulate psychedelic experiences. As traditional therapy models face scalability and accessibility challenges, digital platforms offer personalized, scalable alternatives. Advances in AI, VR, and neurofeedback are enabling safe, controlled environments for emotional processing and trauma healing. This surge in interest is supported by clinical research, shifting public perception, and demand for non-pharmacological interventions in mental wellness.

Restraint:**Strict controls on psychedelic content**

Regulatory restrictions on psychedelic-related content pose a significant restraint. Despite being digital simulations, many platforms face scrutiny due to associations with controlled substances. Content moderation, licensing, and compliance with mental health standards vary across regions, limiting global scalability. These controls affect app stores, clinical deployment, and research funding. Developers must navigate complex legal frameworks to ensure ethical use and avoid misrepresentation, slowing adoption and innovation in digital psychedelic therapy.

Opportunity:**Emergence of virtual therapeutic environments**

A major opportunity lies in the creation of immersive virtual therapeutic environments that replicate the introspective effects of psychedelics. These platforms combine guided sessions, emotion-recognition AI, and neurofeedback to deliver transformative experiences without pharmacological agents. They appeal to users seeking safe, accessible alternatives for trauma recovery, anxiety, and depression. Integration with wearables and personalized avatars enhances engagement. As mental health tech evolves, these environments are poised to redefine therapy delivery and expand market reach.

Threat:

Ethical risks around mental simulation

The market faces ethical risks related to simulating altered states of consciousness. Concerns include emotional overstimulation, psychological dependency, and misuse in non-clinical settings. Without proper guidance, users may experience distress or misinterpret therapeutic content. Additionally, data privacy and consent around emotional profiling raise ethical flags. Ensuring responsible design, clinical oversight, and transparent user education is critical to mitigate these risks and maintain trust in digital psychedelic therapy platforms.

Covid-19 Impact:

Covid-19 accelerated demand for remote mental health solutions, boosting interest in digital psychedelic therapy. Lockdowns and rising anxiety levels created urgency for accessible, immersive interventions. While clinical trials slowed, consumer adoption surged. Post-pandemic recovery has seen increased investment in virtual wellness platforms, with emphasis on resilience, emotional regulation, and trauma healing. The pandemic validated digital therapy's role in mainstream healthcare, positioning psychedelic-inspired simulations as a viable tool for long-term mental health support.

The guided virtual psychedelic sessions segment is expected to be the largest during the forecast period

The guided virtual psychedelic sessions segment is expected to account for the largest market share during the forecast period, due to their structured, therapist-led approach. These sessions simulate introspective journeys using VR, soundscapes, and AI-driven prompts, offering emotional release and cognitive reframing. Their popularity stems from controlled delivery, reduced risk, and adaptability across conditions like PTSD, anxiety, and addiction. Integration with clinical workflows and growing user trust make this segment the most widely adopted, securing its position as the largest contributor to market revenue.

The VR & XR immersive engines segment is expected to have the highest CAGR during the forecast period

Over the forecast period, the VR & XR immersive engines segment is predicted to witness the highest growth rate, driven by rapid advancements in spatial computing and emotional simulation. These engines power the core experience of digital psychedelic

therapy, enabling realistic, responsive environments. Their scalability across mobile, headset, and cloud platforms enhances accessibility. As hardware costs drop and content libraries expand, immersive engines are becoming central to therapeutic innovation, attracting investment and driving adoption in both clinical and consumer markets.

Region with largest share:

During the forecast period, the Asia Pacific region is expected to hold the largest market share, due to rising mental health awareness, expanding tech infrastructure, and supportive government initiatives. Countries like China, Japan, and South Korea are investing in digital wellness platforms and immersive technologies. Cultural openness to alternative therapies and high mobile penetration further support adoption. Regional startups and academic institutions are actively developing localized content, making Asia Pacific a dominant force in digital psychedelic therapy deployment and innovation.

Region with highest CAGR:

Over the forecast period, the North America region is anticipated to exhibit the highest CAGR fueled by strong R&D, early adoption, and favorable regulatory shifts. The U.S. and Canada host leading startups, clinical trials, and academic research in psychedelic-inspired digital therapies. Integration with insurance systems, mental health apps, and telehealth platforms accelerates growth. Public acceptance of psychedelic science and investment in immersive tech position North America as the fastest-growing region, driving innovation and global influence in this market.

Key players in the market

Some of the key players in Digital Psychedelic-Therapy Market include Compass Pathways, MindMed, Atai Life Sciences, Cybin, Johnson & Johnson, Novartis, Field Trip Health, Beckley Psytech, Small Pharma, NeuroRX, Otsuka Pharmaceutical, Lundbeck, Medtronic, Philips Healthcare, GE Healthcare, Siemens Healthineers, Pear Therapeutics, and Teladoc Health

Key Developments:

In November 2025, Compass Pathways introduced its immersive digital therapy platform combining guided psychedelic simulations with AI-driven patient monitoring. The system delivers structured therapeutic journeys for depression and anxiety, offering

clinicians real-time insights into patient progress.

In October 2025, MindMed launched its next-generation digital psychedelic integration app designed to support patients post-session with adaptive cognitive exercises and mood tracking. The app enhances long-term outcomes by embedding personalized therapeutic content into daily routines.

In September 2025, Atai Life Sciences announced the rollout of its VR-enabled therapeutic environment for clinical trials, enabling controlled psychedelic-inspired experiences. The platform integrates biometric feedback and therapist dashboards, supporting scalable deployment in mental health research and treatment.

Therapy Types Covered:

Guided Virtual Psychedelic Sessions

AI-Assisted Cognitive Reset Therapy

Immersive VR Emotional Processing

Integrated Psychedelic Wellness Platforms

Neurofeedback-Assisted Therapies

Digital Aftercare & Integration Programs

Technologies Covered:

VR & XR Immersive Engines

Emotion-Recognition AI Systems

Neuroimaging & Brainwave Analytics

Psychedelic Simulation Algorithms

Mobile Sensor Integration

AI-Powered Digital Coaches

Applications Covered:

Mental Health Therapy

Depression & Anxiety Management

PTSD & Trauma Therapy

Addiction Treatment

Other Applications

End Users Covered:

Psychiatric Clinics

Digital Therapeutics Companies

Research Institutions

Corporate Wellness Providers

Home-Based Therapy Users

Regions Covered:

North America

US

Canada

Mexico

Europe

Germany

UK

Italy

France

Spain

Rest of Europe

Asia Pacific

Japan

China

India

Australia

New Zealand

South Korea

Rest of Asia Pacific

South America

Argentina

Brazil

Chile

Rest of South America

Middle East & Africa

Saudi Arabia

UAE

Qatar

South Africa

Rest of Middle East & Africa

What our report offers:

- Market share assessments for the regional and country-level segments
- Strategic recommendations for the new entrants
- Covers Market data for the years 2024, 2025, 2026, 2028, and 2032
- Market Trends (Drivers, Constraints, Opportunities, Threats, Challenges, Investment Opportunities, and recommendations)
- Strategic recommendations in key business segments based on the market estimations
- Competitive landscaping mapping the key common trends
- Company profiling with detailed strategies, financials, and recent developments
- Supply chain trends mapping the latest technological advancements

Free Customization Offerings:

All the customers of this report will be entitled to receive one of the following free customization options:

Company Profiling

Comprehensive profiling of additional market players (up to 3)

SWOT Analysis of key players (up to 3)

Regional Segmentation

Market estimations, Forecasts and CAGR of any prominent country as per the client's interest (Note: Depends on feasibility check)

Competitive Benchmarking

Benchmarking of key players based on product portfolio, geographical presence, and strategic alliances

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Note: Tables for North America, Europe, APAC, South America, and Middle East & Africa Regions are also represented in the same manner as above.

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