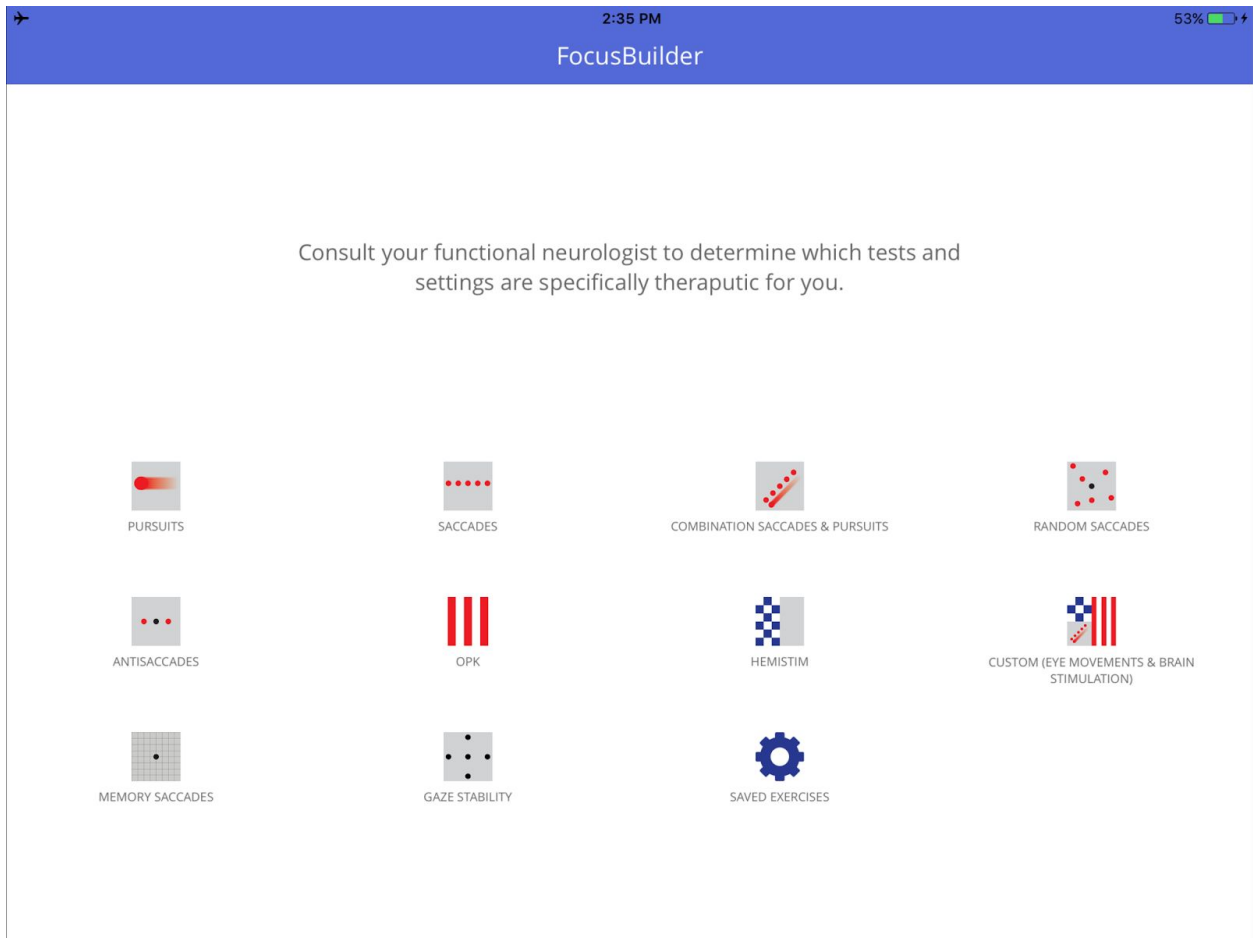


## ADHD / OCD / Addiction / Substance Abuse

The 2 best type of eye movement training strategies to improve attention, impulse control are pursuits and antisaccades. They can also benefit areas of the brain involved with OCD, addiction and substance abuse.

A head pursuit should performed first because it has the potential to improve the smoothness of eye pursuits.

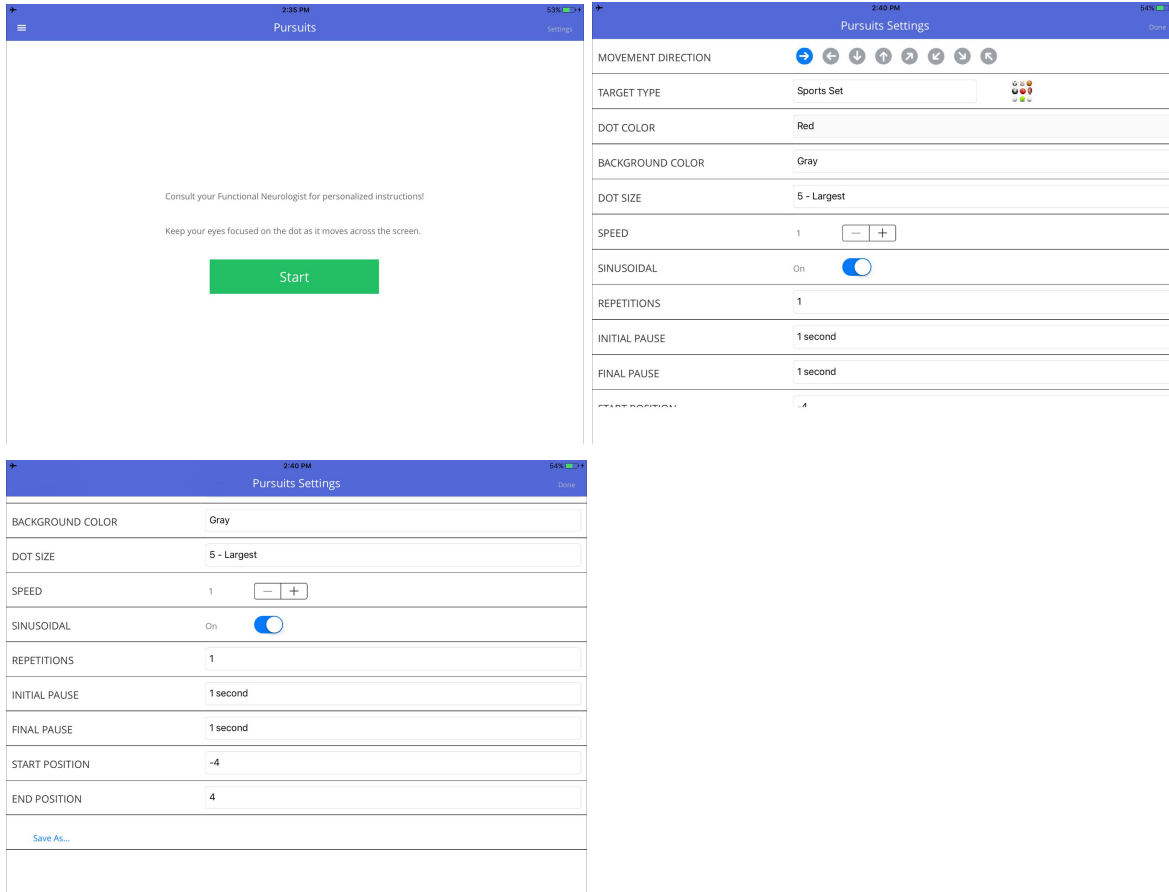
People who have ADHD typically find it very difficult to keep their eyes fixed on a slow moving target. It is much easier for them to constantly move their eyes to a new location. Fast eye movements, which are so easily executed with ADHD, are called saccades. For this reason, the type of eye movement training of choice is pursuit training, which is a slow eye movement. It is also difficult for them to resist the urge to shift their visual gaze to a new target, which makes antisaccades so effective. Antisaccades are type of saccades (fast eye movements) generated in a mirror (opposite) location of a target appearing on the right or left side.



1. **Head pursuit:** horizontal / vertical / Horizontal

- Follow the target keeping your nose pointing at the target as it moves on the horizontal plane back and forth 1 rep.
- Repeat on the vertical plane 1 rep.
- Repeat on the horizontal plan 1 rep.

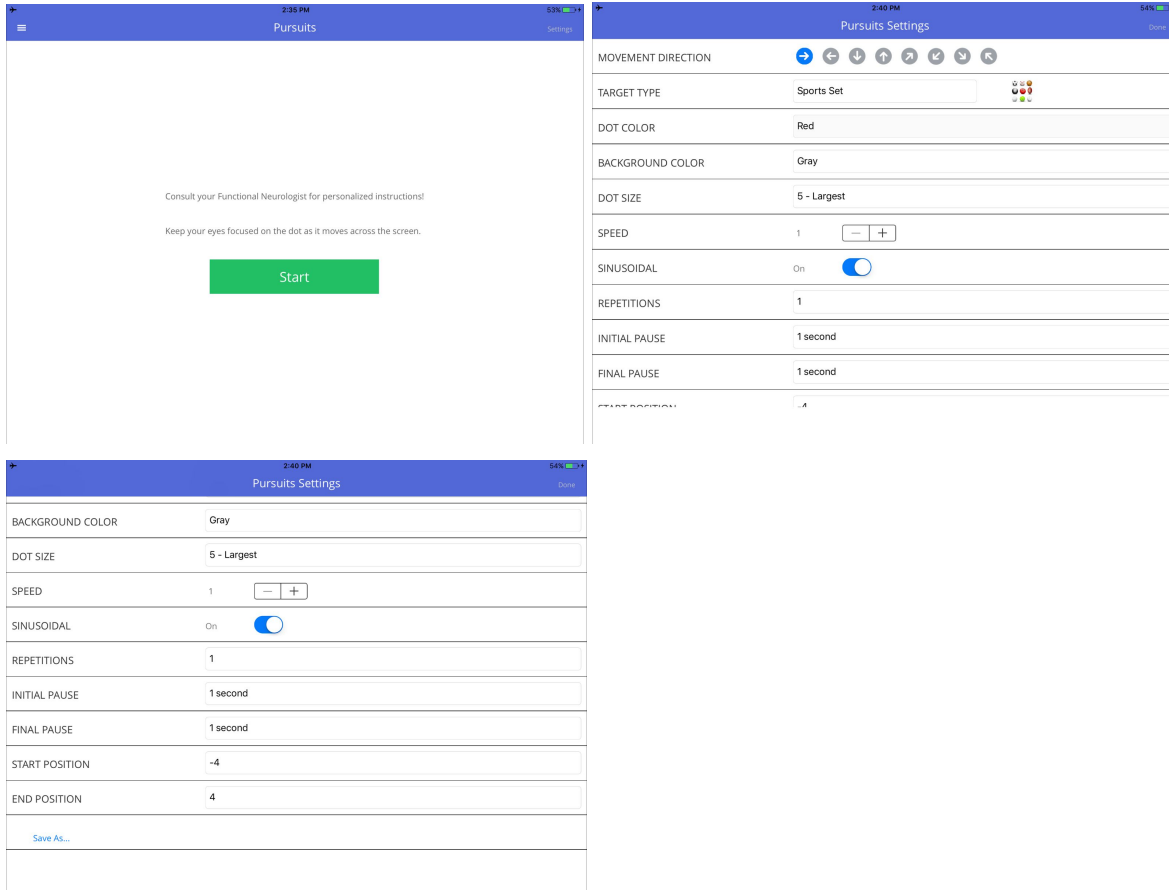
**For Horizontal:**



**For Vertical:**

2. **Eye pursuit:** horizontal / vertical / Horizontal
- Follow the target with your eyes only, keeping your head still in the center. The target will move on the horizontal plane back and forth 1 rep.
  - Repeat on the vertical plane 1 rep.
  - Repeat on the horizontal plan 1 rep.

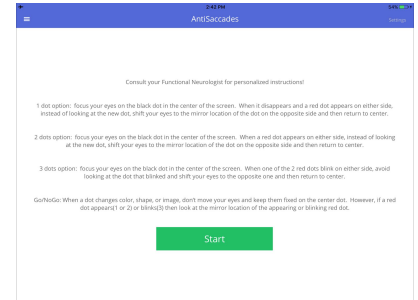
**For Horizontal:**



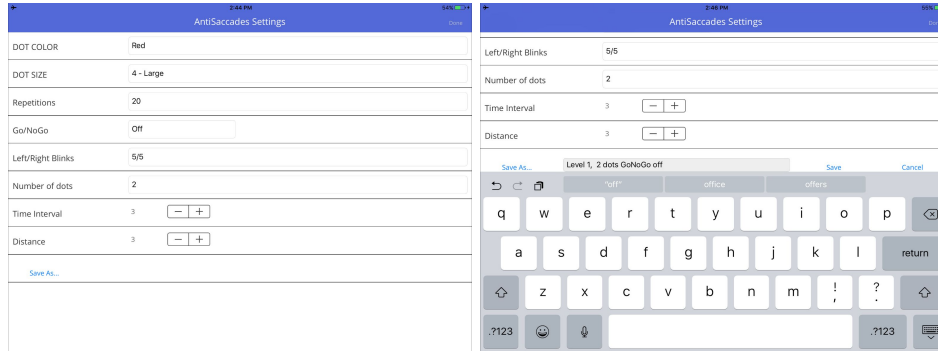
**For Vertical:**

### 3. Anti-Saccades: (Once you make 5 errors or less, move up to the next level)

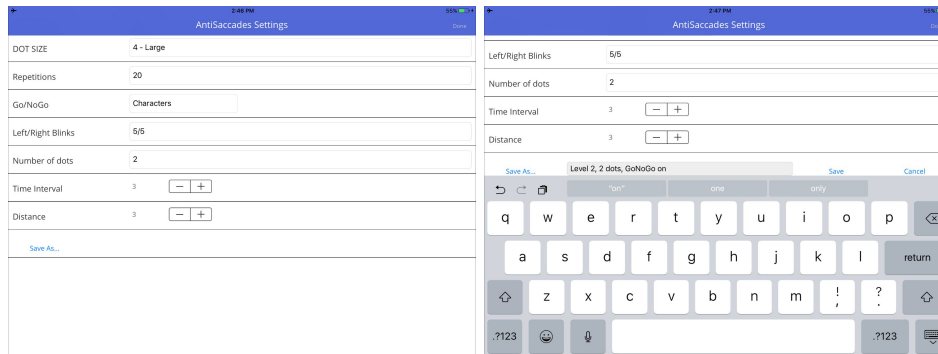
- Level 1: 2 targets
- Level 2: 2 targets with Go NoGo
- Level 3: 1 target with Go NoGo



### Level 1



### Level 2



### Level 3

