

**KINGS’ SP**

ATTENTION CONTROL TRAINING (ACT)

Cognitive Using arousal management strategies to shift attentional focus. Attention narrows as arousal increases. Practicing optimal attention/arousal. Thought stopping. Emotional control. Centering – to make conscious adjustments to attention/focus. Strong breath, exhale and muscle relaxation followed by Narrow focus on specific task.

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| **SCALE** | **NAME** | **Type** | **Dimension** | **Description** |
| **BET** | BROAD-EXTERNAL | POSITIVE | DIR/WIDTH | Environmental awareness |
| **BIT** | BROAD-INTERNAL | POSITIVE | DIR/WIDTH | Analytical planning skill |
| **NAR** | NARROW-FOCUSED | POSITIVE | WIDTH | Avoid distractions/focus |
| **OET** | EXTERNAL-OVERLOAD | NEGATIVE | DIRECTION | External stimuli focus |
| **OIT** | INTERNAL-OVERLOAD | NEGATIVE | DIRECTION | Internal stimuli focus |
| **RED** | REDUCED ATTENTION | NEGATIVE | DIRECTION | Inability to shift attention |