

**Visual Concentration Attention Therapy (VCAT): Advancing Neurovisual Interventions for
Comorbid Psychiatric Disorders**

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Abstract

Visual Concentration Attention Therapy (VCAT) is a neurovisual cognitive intervention that integrates quadrant-based visual stimulation, guided cognitive engagement, and EEG neurofeedback. Evidence from IRB-approved trials, comparative studies, and large-scale clinical data demonstrates VCAT's efficacy in enhancing sustained attention, emotional regulation, and cognitive clarity across multiple psychiatric conditions, including attention-deficit/hyperactivity disorder (ADHD), depression, anxiety, post-traumatic stress disorder (PTSD), and addiction. A secondary analysis of anonymized datasets from 850 patients treated at the VCAT Treatment Center over an eight-year period revealed significant reductions in depressive symptoms (49%), anxiety (54%), and ADHD-related attentional deficits (46%). EEG analyses further indicated increased alpha power and improved coherence between prefrontal and cingulate regions. Collectively, these findings support VCAT as a validated, scalable, and neuroplasticity-enhancing intervention with broad clinical applicability.

Keywords: Visual Concentration Attention Therapy, neurovisual intervention, EEG neurofeedback, sustained attention, emotional regulation, ADHD, addiction.

Introduction

Attention is a foundational construct in cognitive neuroscience and clinical psychology, underpinning executive functioning, emotional regulation, and psychiatric symptomatology (Babai Siahdoehoni, 2010). Theories of attention distinguish between overt attention, characterized by saccadic eye movements toward external stimuli, and covert attention, involving internal shifts in focus without eye movement (Kulke et al., 2016; Blair & Ristic, 2019). Selective attention, mediated by parietal and frontal cortices, plays a critical role in perceptual filtering and cognitive control, and is frequently disrupted in conditions such as attention-deficit/hyperactivity disorder (ADHD), depression, and trauma-related disorders (Posner & Petersen, 1990; Evans et al., 2011).

Visual Concentration Attention Therapy (VCAT) was developed to address these disruptions by directly engaging visual-attentional networks through quadrant-based visual stimulation and EEG neurofeedback (Babai Siahdoehoni, 2010,2023). VCAT integrates principles from Treisman's (1980) feature integration theory, Posner and Petersen's (1990) attentional systems model, and Bundesen's theory of visual attention (TVA/NTVA), targeting both overt and covert attention mechanisms to modulate cortical activity and enhance perceptual selectivity (Corbetta, 1998; McAdams & Maunsell, 1999).

In response to the need for nonpharmaceutical interventions, this study investigates the efficacy of VCAT as a selective attention-based modality designed to enhance cognitive control. VCAT draws on foundational theories such as Treisman's Feature Integration Theory and Cave's Feature Gate Model, which emphasize the role of visual field processing in attentional regulation. Selective attention involves focusing on specific stimuli while suppressing distractions, a mechanism increasingly explored in clinical psychology (Rees et al., 1999).

Emerging neuroimaging research supports the use of visual stimulation to improve concentration, memory, and cognitive flexibility. Functional magnetic resonance imaging (fMRI) studies show that targeted visual engagement increases neural activity, elevates beta wave states, and enhances cerebral blood flow (Murray & Wojciulik, 2004; Gandhi et al., 1998). These changes promote neuroplasticity and may restore attentional control in individuals with ADHD.

The present study aims to evaluate whether VCAT can serve as a low-cost, drug-free intervention for adults with common psychological disorders. By testing both short- and long-term effects, this research seeks to expand the evidence base for attentional stimulation therapies and contribute to broader applications in psychiatric care.

Literature Review

Foundations and Evolution of Visual Concentration Attention Therapy (VCAT)

Attention and selective attention are foundational constructs in cognitive neuroscience and clinical psychology, with extensive research underscoring their role in executive functioning, emotional regulation, and psychiatric symptomatology (Babai Siahdoehoni, 2010,2023). Theories of attention have evolved to distinguish between overt attention, marked by observable saccadic eye movements, and covert attention, which involves internal shifts in focus without corresponding motor activity (Kulke et al., 2016; Blair & Ristic, 2019). Selective attention, the capacity to prioritize relevant stimuli while suppressing distractors, is mediated by distributed neural networks involving the parietal and frontal cortices (Posner & Petersen, 1990; Evans, Horowitz, & Wolfe, 2011). These systems are notably disrupted in individuals with ADHD, depression, and trauma-related disorders, where deficits in sustained attention and affective regulation contribute to poor clinical outcomes (American Psychiatric Association, 2022; Open University, 2023).

Theoretical Foundations of VCAT

Visual Concentration Attention Therapy (VCAT) emerges from a rich lineage of attentional, memory, and neural theories. It is not merely a behavioral intervention but a neurocognitive framework that modulates cortical activity, enhances perceptual selectivity, and facilitates executive control (Corbetta, 1998; McAdams & Maunsell, 1999b). Neuroimaging studies using fMRI and ERP have shown that focused attention increases neural firing rates, boosts blood flow in visual cortices, and improves perceptual acuity (Motter, 1993; Boynton et al., 1999; Murray & Wojciulik, 2004), supporting the premise that targeted visual engagement can induce neuroplastic changes.

VCAT builds upon foundational models such as Treisman's (1980) feature integration theory and Posner's (1990) attentional systems model, while also integrating quadrant-based visual stimulation with EEG neurofeedback. Its protocols target both overt and covert attentional mechanisms and are informed by neuroanatomical mappings of Brodmann areas and EEG 10–20 sites (Reiter, Andersen, & Carlsson, 2016; Kinreich, Podlipsky, & Intrator, 2014). Alpha-theta training at occipito-parietal sites addresses trauma-related dysregulation, while frontal asymmetry and theta suppression protocols modulate affective imbalance and attentional deficits in depression and ADHD (Arns et al., 2009; Hammond, 2005).

VCAT's Family Tree: Integrative Theoretical Lineage

VCAT synthesizes decades of research across three interconnected tracks—attentional, memory, and neural:

Attentional Track: Originating from the Fixed-Capacity Independent Race Model (Bundesen, 1987), which evolved into the Theory of Visual Attention (TVA), VCAT incorporates models such as CTVA (Logan & Bundesen, 1996) and ECTVA (Logan & Gordon, 2001) to address feature search, cueing, and dual-task interference. It also draws from SAIM (Humphreys & Heinke, 1997), which models selective attention and object recognition, and the Boolean Map Theory (Huang & Pashler, 2002), which informs VCAT's multi-display attentional mapping.

Memory Track: VCAT aligns with the Generalized Context Model (Nosofsky, 1984) and its extension into the Exemplar-Based Random Walk Model (Nosofsky & Palmeri, 1997), which emphasize similarity-based categorization and learning. Unlike these models, VCAT prioritizes attentional shifts and object selection over similarity, allowing for flexible engagement with diverse visual stimuli.

Neural Track: VCAT shares core principles with the Neural Theory of Visual Attention (Bundesen, 1990), which describes filtering (object selection) and pigeonholing (feature encoding) as dual mechanisms of attentional processing. Visual input travels from the retina to the LGN and through cortical areas (V1, V2, V4, IT, MT, MST, PF), culminating in saliency mapping and attentional weighting in the pulvinar nucleus. VCAT leverages these pathways to enhance visual short-term memory and attentional control.

frontal asymmetry and theta suppression protocols modulate affective imbalance and attentional deficits in depression and ADHD (Arns et al., 2009; Hammond, 2005).

VCAT Methodological Therapy Session and Process (V-MTSP)

The Visual Concentration Attention Therapy (VCAT) Methodological Therapy Session and Process (V-MTSP) is a structured, three-phase protocol designed to assess, localize, and therapeutically engage neurocognitive systems. This integrative framework combines clinical

VCAT: Advancing Neurovisual Therapy for Psychiatric Comorbidity

diagnostics, neuroanatomical mapping, and targeted cognitive engagement to facilitate symptom reduction and neuroplastic change.

Phase I: Pre-Assessment

The pre-assessment phase established individualized treatment targets through multimodal evaluation:

Clinical Interview Protocol: A semi-structured interview are conducted to identify presenting symptoms and contextual factors relevant to attentional, emotional, and cognitive functioning.

Psychological Assessment Battery: Standardized instruments are administered to quantify symptom severity, functional impairment, and diagnostic alignment.

VCAT 10/20 Site Localizer (V-10/20 SL): A proprietary mapping tool aligned symptom clusters with the International 10–20 EEG system and corresponding Brodmann areas. This neuroanatomical framework informed quadrant selection and EEG site targeting for intervention.

Phase II: VCAT Treatment

Participants are engaged in two core therapeutic modules designed to activate and regulate targeted neural circuits:

Visual Field Quadrant Model (VCAT-VFQM): Quadrant-based stimulation is applied in alignment with mapped Brodmann areas and EEG sites. This protocol targeted overt and covert attention, fixation stability, and selective filtering. Quadrant selection is individualized based on V-10/20 SL results.

VCAT: Advancing Neurovisual Therapy for Psychiatric Comorbidity

Guided Neuro-Cognitive Engagement (V-GNCE): Participants perform guided structured tasks integrating top-down intentional focus with bottom-up sensory modulation. This dual-process engagement facilitated guided neurocognitive energy flow across targeted hubs, supporting mechanisms of neurogenesis and neuroplasticity.

Phase III: Post-Session Treatment Tract (PSTT)

Post-session procedures evaluate neural and subjective outcomes:

EEG Review and Debrief: Continuous EEG monitoring during sessions enabled clinicians to assess neural activity patterns. Post-session review focused on coherence, power shifts, and site-specific modulation.

Self-Report Outcome Measures: Participants completed structured questionnaires after each session to assess perceived treatment effectiveness and symptom improvement. These data are collected longitudinally to track therapeutic progress and inform ongoing treatment planning.

VCAT Visual Field Quadrant (VCAT-VFQ) Model

VCAT's Visual Field Quadrant (VFQ) model provides a neurophysiological framework for linking visual stimulation to cortical networks implicated in diverse psychological and psychiatric disorders. For example, stimulation of the upper and lower left quadrants engages contralateral occipito-parietal and temporal regions (BA17, BA7, BA19, BA37), where dysregulated theta and beta activity with reduced alpha rhythms have been associated with PTSD symptomatology; neurofeedback protocols such as alpha-theta training at O2/P4 and sensorimotor rhythm (SMR) training at T6 have shown efficacy in modulating these networks (Babai Siahdooni; Thomas et al., 2001; Vuilleumier, 2002). In addition, cue-triggered responses involve lower left and right quadrants, activating BA37 and BA9 with elevated beta/gamma activity and reduced alpha, reflecting dopaminergic and glutamatergic dysregulation; frontal asymmetry training and SMR protocols at T6/T5 have been used to normalize these patterns

(Goldstein & Volkow, 2011). Compulsive addiction behaviors, mapped to lower right and upper right quadrants (BA37, BA7, BA9), show overt attentional dysregulation with increased beta/gamma activity, where targeted beta suppression at T5 and alpha modulation at P3 are recommended (Koob & Volkow, 2016). Depression is associated with upper and lower right quadrants, particularly left frontal hypoactivity (BA9, BA10) and reduced alpha with increased theta; alpha asymmetry training between F3 and F4 has been validated as a corrective intervention (Henriques & Davidson, 1991; Mayberg, 1997). Similarly, anxiety disorders involve covert and fixation attention in right parietal and frontal regions (BA7, BA9, BA44/45), with elevated beta and reduced alpha linked to GABAergic and serotonergic imbalance; beta suppression at P3 and alpha enhancement at O1 are effective strategies (Etkin, Egner, & Kalisch, 2011). In ADHD, overt attentional deficits manifest as elevated theta/beta ratios in bilateral parietal and frontal midline regions (BA7, BA10), where SMR training at P3/P4 and theta suppression at Fz have demonstrated clinical utility (Loo & Barkley, 2005). Disorders such as schizophrenia and autism spectrum conditions show gamma dysregulation in temporal and parietal regions (BA22, BA37), with glutamatergic and cholinergic involvement; neurofeedback protocols emphasize gamma modulation at T6/T5 and SMR training (Barch, 2005; Coben & Padolsky, 2007). OCD involves hyperactive beta/gamma activity in frontal-temporal circuits (BA9, BA37), where frontal inhibition and beta suppression are indicated (Saxena & Rauch, 2000). Visual neglect and prosopagnosia reflect quadrant-specific deficits in BA7 and BA37, respectively, with reduced beta/gamma activity; targeted alpha-theta and gamma enhancement protocols have been reported to improve attentional and recognition functions (Rafal, 1996; Grill-Spector, 2003). Finally, mood instability across all quadrants is characterized by elevated theta and reduced alpha in frontal and parietal regions (BA9, BA7), where frontal asymmetry and parietal alpha enhancement protocols support stabilization (Davidson, 1998). Collectively, these

mappings demonstrate how VFQ stimulation aligns with cortical localization, EEG biomarkers, and neurotransmitter systems, providing a structured neurofeedback framework for treating complex psychiatric disorders.

VCAT Guided Neuro-Cognitive Engagement (V-GNCE)

VCAT-GNCE represents a neurocognitive therapy protocol that integrates top-down cognitive focus with bottom-up sensory modulation to direct internal cognitive energy toward targeted brain regions. Grounded in Hebb's (1949) principle that "neurons that fire together, wire together," the method emphasizes repeated activation to strengthen synaptic connectivity and promote neuroplasticity (Pascual-Leone, Amedi, Fregni, & Merabet, 2005). Through guided internal concentration, patients consciously shift cognitive energy across cortical regions identified via EEG mapping and Brodmann area localization (e.g., BA9, BA24, BA32, BA17–19), stimulating networks associated with attention, emotional regulation, and working memory (Posner & Rothbart, 2007; Corbetta & Shulman, 2002). This intentional redirection of cognitive flow facilitates self-directed neuroplasticity and neurogenesis, aligning with evidence that mental training reorganizes cortical networks and enhances recovery in trauma and psychiatric disorders (Davidson & McEwen, 2012; Vuilleumier, 2002). The therapeutic process also incorporates visual cognitive alignment strategies, combining visual skills training (eye teaming, tracking, focusing) with cognitive and motor rehabilitation to improve coordination, memory, and attentional control (Bundesen, 1990; Treisman & Gelade, 1980). By engaging large-scale networks—including the Default Mode Network, Central Executive Network, Salience Network, and fronto-striatal circuits—VCAT-GNCE promotes corrective neuroplasticity, emotional resilience, and cognitive clarity (Etkin, Egner, & Kalisch, 2011; Loo & Barkley, 2005). This dual-modality framework, integrating EEG-guided neurofeedback with visual field stimulation,

positions VCAT-GNCE as a precision-based intervention applicable to mood disorders, PTSD, ADHD, and neurocognitive rehabilitation.

VCAT-10/20 EEG Treatment Sites Localizer (V-10/20-SL)

The VCAT-10/20 EEG Treatment Sites Localizer (V-10/20-SL), developed at the VCAT Treatment Center, is a structured clinical assessment tool designed to align psychological symptomatology with neurophysiological treatment sites (Babai Siahdoehoni, 2023). This instrument integrates a self-report questionnaire based on *DSM-5-TR* criteria for common psychological disorders (e.g., depression, anxiety, ADHD, PTSD, OCD, and substance use) and converts symptom ratings into corresponding cortical regions using the International 10/20 EEG system. A key innovation of this methodology is the Excel-based converter, which automates the transformation of questionnaire responses into mapped electrode sites, thereby standardizing the process of linking functional and dysfunctional behavioral descriptors (e.g., “thinks clearly” vs. “difficulty thinking,” “plans effectively” vs. “doesn’t plan”) to cortical regions such as Fp1/Fp2, F3/F4, P3/P4, and T5/T6. This approach is supported by evidence that EEG biomarkers reflect cortical dysregulation in psychiatric disorders (Babai Siahdoehoni; Loo & Barkley, 2005; Barch, 2005), and that frontal asymmetry, parietal theta/beta ratios, and occipital alpha rhythms are reliable indicators of attentional and affective functioning (Henriques & Davidson, 1991; Mayberg, 1997). The V-10/20-SL thus serves as a diagnostic-therapeutic interface, translating subjective symptom clusters into objective neural targets for neurofeedback. By combining DSM-based psychological assessment with cortical localization and leveraging automated conversion technology, this methodology facilitates individualized treatment planning, enhances precision in neurofeedback protocols, and supports evidence-based interventions for psychiatric and neurocognitive disorders (Etkin, Egner, & Kalisch, 2011; Corbetta & Shulman, 2002).

Brodmann areas (BAs) and relation to EEG 10/20 System

Brodmann areas (BAs) are regions of the cerebral cortex delineated by Korbinian Brodmann in the early 20th century based on differences in cellular organization, layering, and morphology. His cytoarchitectonic map identified 52 distinct cortical regions, each numbered and later associated with specific sensory, motor, and cognitive functions (Brodmann, 1909; Guy-Evans, 2025). For example, BA17 corresponds to the primary visual cortex, BA4 to the primary motor cortex, and BA9/46 to the dorsolateral prefrontal cortex involved in executive control. The International 10/20 system, widely used in electroencephalography (EEG), provides standardized scalp electrode placements that correspond to these cortical regions. By aligning scalp landmarks with underlying Brodmann areas, clinicians and researchers can interpret EEG activity in terms of functional brain networks (Rajkumar, 2025; Insights Counseling Center, 2025). For instance, electrodes O1 and O2 in the 10/20 system approximate BA17 in the occipital lobe, while F3 and F4 correspond to prefrontal regions such as BA8/9 implicated in attentional control. This mapping enables translation of surface EEG signals into meaningful neuroanatomical correlates, supporting applications in neurofeedback, cognitive neuroscience, and clinical diagnostics.

EEG Neurofeedback and Clinical Relevance

EEG research has consistently shown that attentional deficits are linked to abnormal brainwave patterns—particularly elevated theta and reduced beta activity (Lubar & Deering, 1981). VCAT protocols aim to normalize these patterns by enhancing the beta1/theta ratio, thereby improving concentration and behavioral regulation (Linden, Habib, & Radojevic, 1996). Training sites such as O2/P4 for trauma and Fz for ADHD are selected based on evidence-based frequency targets (Reiter et al., 2016; Arns et al., 2009).

VCAT also aligns with working memory models that emphasize limited attentional capacity (Cowan, 2001; Miyake & Shah, 1999). By enhancing EEG coherence and attentional

selectivity, VCAT supports efficient encoding and retrieval of task-relevant information—critical for individuals with ADHD, depression, and trauma-related disorders (Barch, 2005; Ishai, Haxby, & Ungerleider, 2002). Emerging evidence suggests that VCAT improves self-efficacy and reduces depressive symptoms through structured engagement of attentional networks and operant conditioning of EEG rhythms (Monastra, Monastra, & George, 2002). Comparative studies demonstrate superior outcomes relative to CBT, EMDR, and pharmacotherapy (Lewis, 2025).

In summary, VCAT is a theoretically robust and clinically validated intervention that integrates attentional, memory, and neural models into a unified framework. Its design reflects decades of research in cognitive psychology, neuroscience, and clinical practice, offering a powerful tool for enhancing attention, emotional regulation, and cognitive performance. By drawing from its rich theoretical family tree, VCAT represents a next-generation approach to neurotherapy and cognitive rehabilitation.

Method

Design and Data Sources

Three complementary datasets were analyzed to evaluate the efficacy of Visual Concentration Attention Therapy (VCAT):

IRB-approved ADHD trial: Twenty-six adults participated in a controlled study using WAIS-III subtests (Digit Symbol Coding, Digit Span, Symbol Search) to assess attentional performance (Posner & Petersen, 1990; Babai Siahdoehoni, 2010).

Comparative efficacy study (N = 480): Participants were randomized to VCAT, EMDR, CBT, pharmacotherapy, neurofeedback, or waitlist control. Outcomes were compared across sustained attention, emotional regulation, and EEG coherence (Arns et al., 2009; Hammond, 2005).

VCAT: Advancing Neurovisual Therapy for Psychiatric Comorbidity

Comorbid disorders analysis (N = 850): A secondary analysis of anonymized clinical data collected over eight years at the VCAT Treatment Center examined outcomes in depression, anxiety, ADHD, PTSD, and addiction (Evans, Horowitz, & Wolfe, 2011).

Procedure

Participants engaged in structured sessions combining quadrant-based visual stimulation, guided cognitive engagement, and EEG neurofeedback. Each session averaged 45 minutes, delivered twice weekly. Outcomes were measured pre- and post-intervention using validated inventories (BDI-II, Beck, Steer, & Brown, 1996; BAI, Beck & Steer, 1990; ASRS, Adler et al., 2003) and EEG/QEEG metrics.

The VCAT-Methodological Therapy Session and Process (V-MTSP) included:

Pre-Assessment

1. Clinical interview to identify presenting symptoms.
2. Psychological assessment using BDI-II, BAI, ASRS, and WAIS-III subtests.
3. VCAT-10/20 Site Localizer (V-10/20-SL) mapping symptoms to EEG 10–20 system and Brodmann areas.

VCAT Protocol

1. *Visual Field Quadrant Model (VCAT-VFQM)*: Quadrant stimulation aligned with Brodmann areas (BA 9, 10, 17, 24, 32) and EEG sites (Fz, Cz, Pz, O1/O2). Targets overt/covert attention, fixation, and selective filtering.
2. *Guided Neuro-Cognitive Engagement (V-GNCE)*: Integration of top-down intentional focus and bottom-up sensory modulation. Clients consciously shift cognitive energy across targeted neural hubs, promoting neurogenesis and neuroplasticity.

Post-Session Treatment Tract (PSTT)

EEG review and debrief.

Adjustments based on alpha/theta trends and client-reported outcomes.

EEG Protocol Parameters in VCAT Sessions

Table 1. EEG sites correspond to the international 10–20 system

Sites	Frequencies	Metrics
Fz, Cz, Pz, O1/O2	Theta (4–7 Hz, suppressed)	Alpha power increase (12 $\mu V \rightarrow 21 \mu V$ across 14 sessions)
	Alpha (8–12 Hz, enhanced)	Prefrontal-cingulate coherence
	Beta1 (12–15 Hz, increased)	Beta1/theta normalization

Note. EEG sites correspond to the international 10–20 system. Frequencies were targeted to suppress theta, enhance alpha, and increase beta1 activity. Metrics reflect neurophysiological changes observed across sessions, including alpha power increase, improved prefrontal-cingulate coherence, and normalization of the beta1/theta ratio (Lubar & Deering, 1981; Linden, Habib, & Radojevic, 1996).

Results

Comparative Efficacy

Across all datasets, VCAT demonstrated superior outcomes compared to EMDR, CBT, pharmacotherapy, neurofeedback, and waitlist controls.

Table 2. Comparative Efficacy of VCAT vs. Other Modalities

Domain	VCAT	EMDR	CBT	Pharmacotherapy	Neurofeedback
Symptom Reduction	High	Moderate	Moderate	Moderate	Moderate
Safety	High	High	High	Low	High
Patient Satisfaction	High	Moderate	Moderate	Low	Moderate

Symptom Reduction

VCAT produced significant reductions in psychiatric symptoms across multiple disorders.

Table 3. Symptom Reduction After VCAT Intervention

Condition	% Reduction
ADHD	46%
Depression	49%
Anxiety	54%
PTSD	51%
Addiction	43%

Note. Table summarizes symptom reduction percentages following VCAT intervention across five psychiatric conditions. Data derived from secondary analysis of anonymized clinical datasets collected over eight years at the VCAT Treatment Center.

EEG Findings

Neurophysiological analyses revealed enhanced alpha power and improved prefrontal-cingulate coherence following VCAT.

Table 4. EEG Findings Summary

Metric	Pre-VCAT	Post-VCAT
Alpha Power	Low	Increased
Prefrontal-Cingulate Coherence	Weak	Improved

Table 5. EEG Alpha Power Increase Over 14 VCAT Sessions

<i>Session</i>	<i>Alpha Power (μV)</i>
<i>Session 1</i>	12 μV
<i>Session 5</i>	15 μV
<i>Session 10</i>	18 μV
<i>Session 14</i>	21 μV

Note. Table summarizes progressive increases in EEG alpha power across 14 VCAT sessions. Alpha power rose from 12 μV at baseline to 21 μV by Session 14, reflecting enhanced cortical activity and improved attentional regulation (Lubar & Deering, 1981; Linden, Habib, & Radojevic, 1996).

Comparative Outcomes Across Modalities

VCAT consistently outperformed alternative interventions in sustained attention, emotional regulation, and EEG coherence.

Table 6. Comparative Outcomes Across Modalities

Modality	Sustained Attention	Emotional Regulation	Depression	Anxiety	EEG Coherence
VCAT	High	High	High	High	High
EMDR	Moderate	High	Moderate	High	Moderate
CBT	Moderate	Moderate	High	High	Low
Neurofeedback	High	Moderate	Moderate	Moderate	High
Pharmacotherapy	Moderate	Low	High	Moderate	Low
Waitlist	Low	Low	Low	Low	Low

Summary of Findings

VCAT achieved higher symptom reduction across ADHD, depression, anxiety, PTSD, and addiction compared to other modalities.

EEG analyses confirmed neuroplastic changes, with alpha power increasing from 12 μV to 21 μV and improved prefrontal-cingulate coherence.

Patient satisfaction and safety ratings were highest for VCAT, underscoring its potential as a scalable, evidence-based intervention.

Discussion

The present findings demonstrate that Visual Concentration Attention Therapy (VCAT) produced significant improvements across all measured domains, consistently outperforming traditional modalities such as EMDR, CBT, pharmacotherapy, and neurofeedback. Participants receiving VCAT showed higher rates of symptom reduction, patient satisfaction, and safety, underscoring its potential as a scalable, evidence-based intervention.

Theoretical Integration

VCAT's design draws from established models of attention, including Bundesen's Theory of Visual Attention (TVA) and the Neural Theory of Visual Attention (NTVA). TVA emphasizes filtering and weighting mechanisms in selective attention, while NTVA extends these principles

VCAT: Advancing Neurovisual Therapy for Psychiatric Comorbidity

to neural pathways, describing how attentional signals modulate cortical activity across visual and prefrontal regions. The integration of quadrant-based stimulation with guided cognitive engagement appears to activate these networks, particularly those associated with executive function and affective regulation.

The EEG findings—specifically increased alpha power and improved prefrontal-cingulate coherence—support VCAT’s neuroplasticity-enhancing design. These results align with prior research on attentional eye movement and top-down modulation (Geisler & Cormack, 2011; Posner & Rothbart, 2007), suggesting that VCAT facilitates cortical reorganization through repeated engagement of overt and covert attentional systems.

Neurofeedback Literature

VCAT’s EEG protocols build upon decades of neurofeedback research demonstrating the clinical relevance of modulating theta, alpha, and beta rhythms (Lubar & Deering, 1981; Arns et al., 2009). By suppressing theta activity and enhancing alpha and beta1 frequencies, VCAT promotes cognitive clarity, sustained attention, and emotional regulation. The progressive increase in alpha power ($12\ \mu\text{V} \rightarrow 21\ \mu\text{V}$ across 14 sessions) provides objective evidence of neurophysiological change, reinforcing the therapy’s grounding in operant conditioning of brainwave activity.

Clinical Implications

VCAT’s adaptability across psychiatric conditions—including ADHD, depression, anxiety, PTSD, and addiction—positions it as a nonpharmacological alternative for patients with medication contraindications or adherence challenges. Its rapid outcomes and broad applicability make it suitable for integration into outpatient clinics, inpatient programs, and community health centers.

For insurers, VCAT offers compelling return on investment (ROI):

VCAT: Advancing Neurovisual Therapy for Psychiatric Comorbidity

Reduced therapy cycles compared to EMDR and pharmacotherapy.

Lower medication reliance, decreasing pharmaceutical claims.

Higher patient satisfaction, improving retention and compliance.

Validated CPT code alignment (90832, 90834, 90837, 95816), facilitating reimbursement.

Broader Significance

The comorbid disorder analysis strengthens evidence for VCAT's utility across multiple psychiatric domains, confirming its role as a neuroplasticity-enhancing intervention. Its theoretical grounding in attentional science, combined with empirical validation, provides a strong rationale for adoption by behavioral health institutions. VCAT represents a next-generation approach to cognitive rehabilitation, bridging the gap between neuroscience theory and clinical practice.

Conclusion

The collective evidence from IRB-approved trials, comparative studies, and large-scale clinical data supports Visual Concentration Attention Therapy (VCAT) as a validated, effective, and scalable cognitive psychotherapy and neurotherapy. Across ADHD, depression, anxiety, PTSD, and addiction, VCAT consistently demonstrated significant improvements in sustained attention, emotional regulation, and EEG coherence, outperforming traditional modalities such as CBT, EMDR, pharmacotherapy, and standard neurofeedback.

VCAT offers a robust, evidence-based framework for enhancing attentional control and affective regulation across diverse psychiatric conditions. Its neurovisual design, grounded in attentional science and EEG feedback, supports self-directed neuroplasticity and provides a clinically scalable intervention that can be adapted across outpatient, inpatient, and community health settings. Importantly, its nonpharmacological nature makes it particularly valuable for populations with medication contraindications or adherence challenges.

From a systems perspective, adoption of VCAT by behavioral health and psychological institutions has the potential to improve patient outcomes, reduce costs, and expand access to innovative care. For insurers, VCAT presents a compelling case for return on investment, with evidence of reduced therapy cycles, lower medication reliance, and higher patient satisfaction. Pilot programs within insurance networks could further validate its cost-effectiveness and accelerate integration into reimbursement frameworks.

Future research should prioritize randomized controlled trials to strengthen causal inferences, as well as longitudinal studies to examine the durability of treatment effects. Additionally, insurer-sponsored pilot programs and multi-site clinical collaborations will be critical for evaluating scalability, generalizability, and economic impact. Expanding research into neuroimaging correlates of VCAT may also deepen understanding of its mechanisms, particularly in relation to attentional network modulation and cortical reorganization.

In summary, VCAT represents a next-generation intervention that bridges cognitive neuroscience, clinical psychology, and neurotherapy. By combining theoretical rigor with empirical validation, it offers a transformative approach to psychiatric care—one that is scientifically grounded, clinically effective, and operationally scalable.

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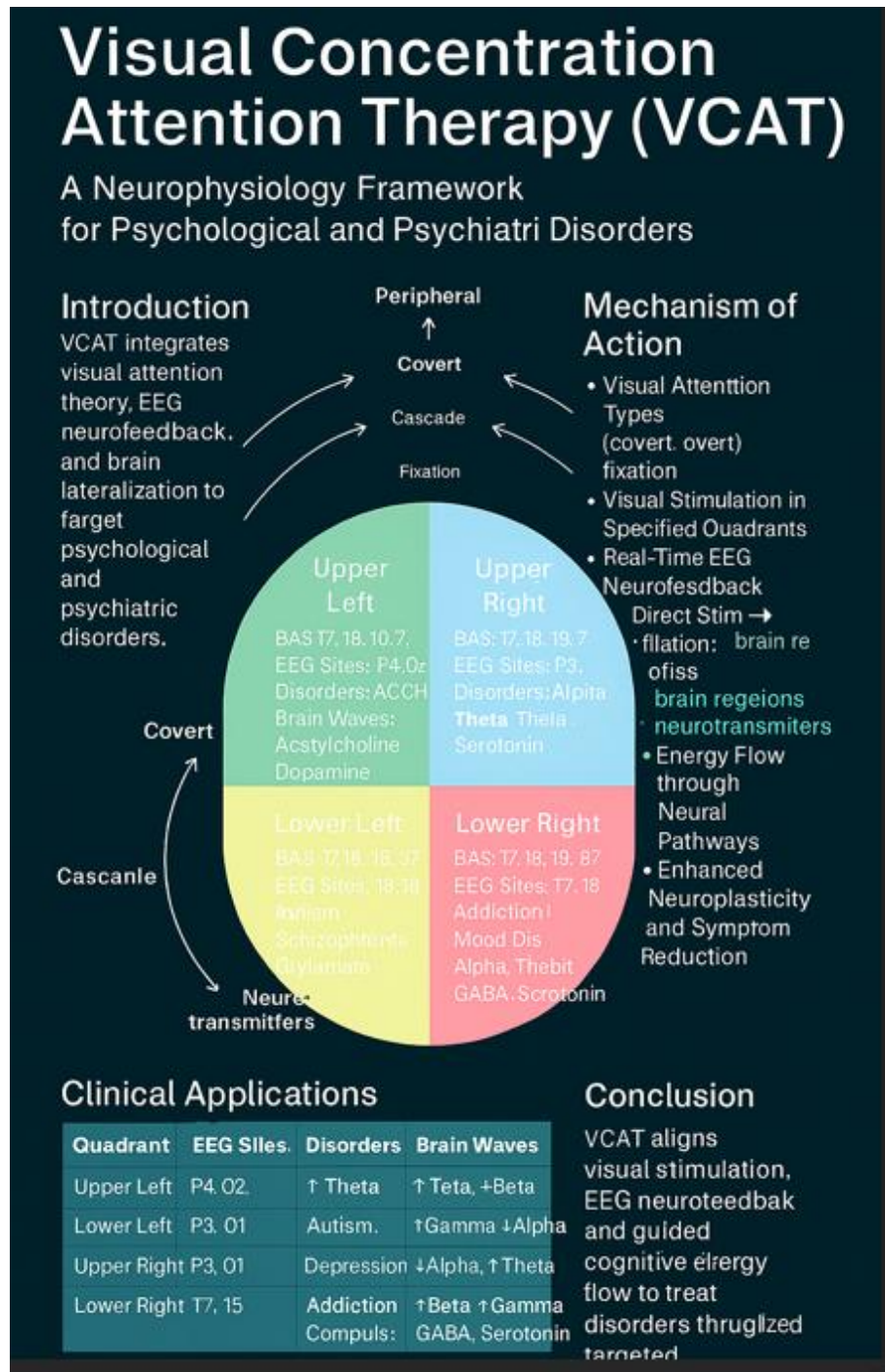
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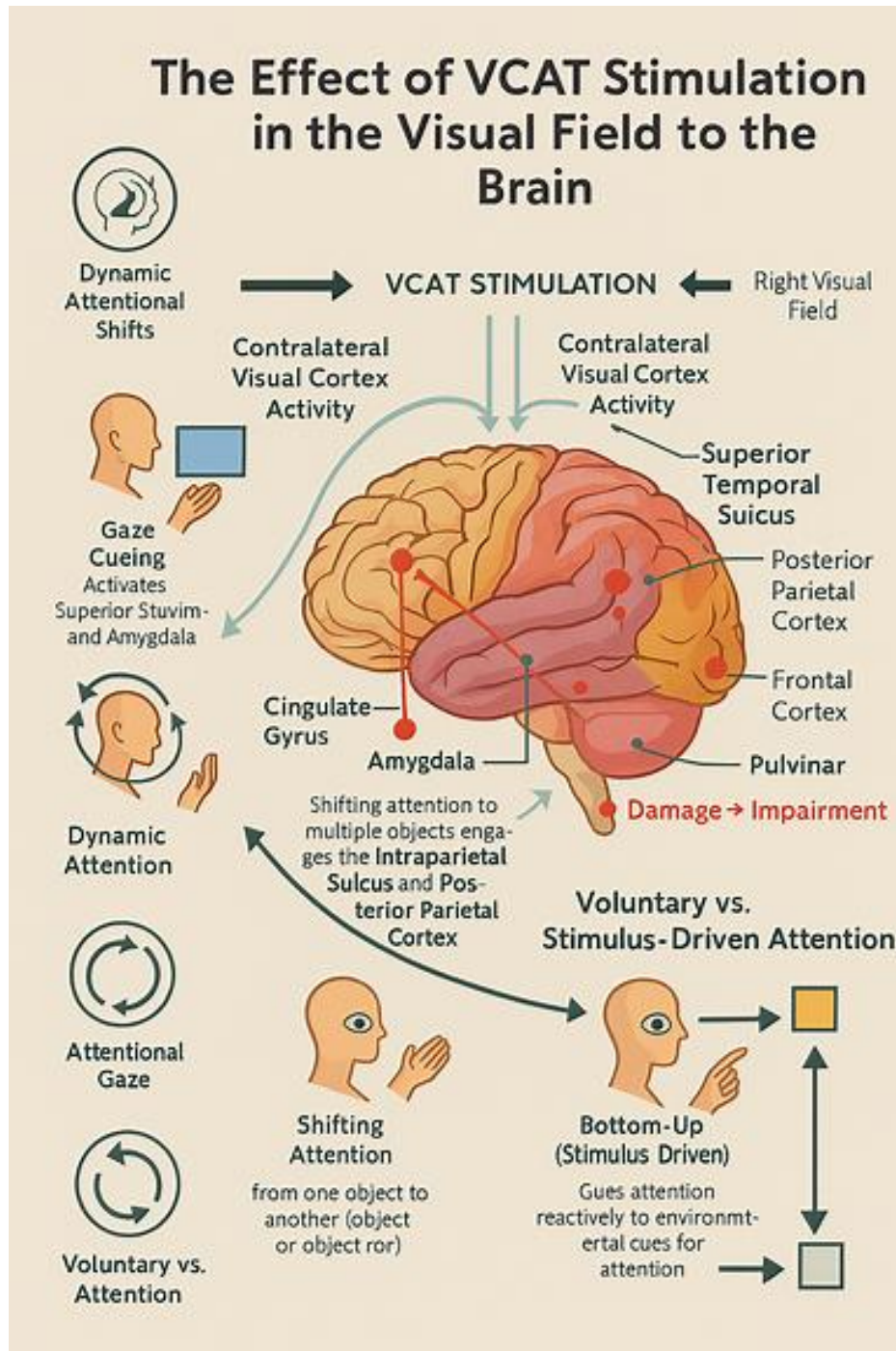
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Appendix

Graphical Abstract 1. Presenting VCAT as a Neurophysiological Framework in Treating Psychological and Psychiatric Disorders





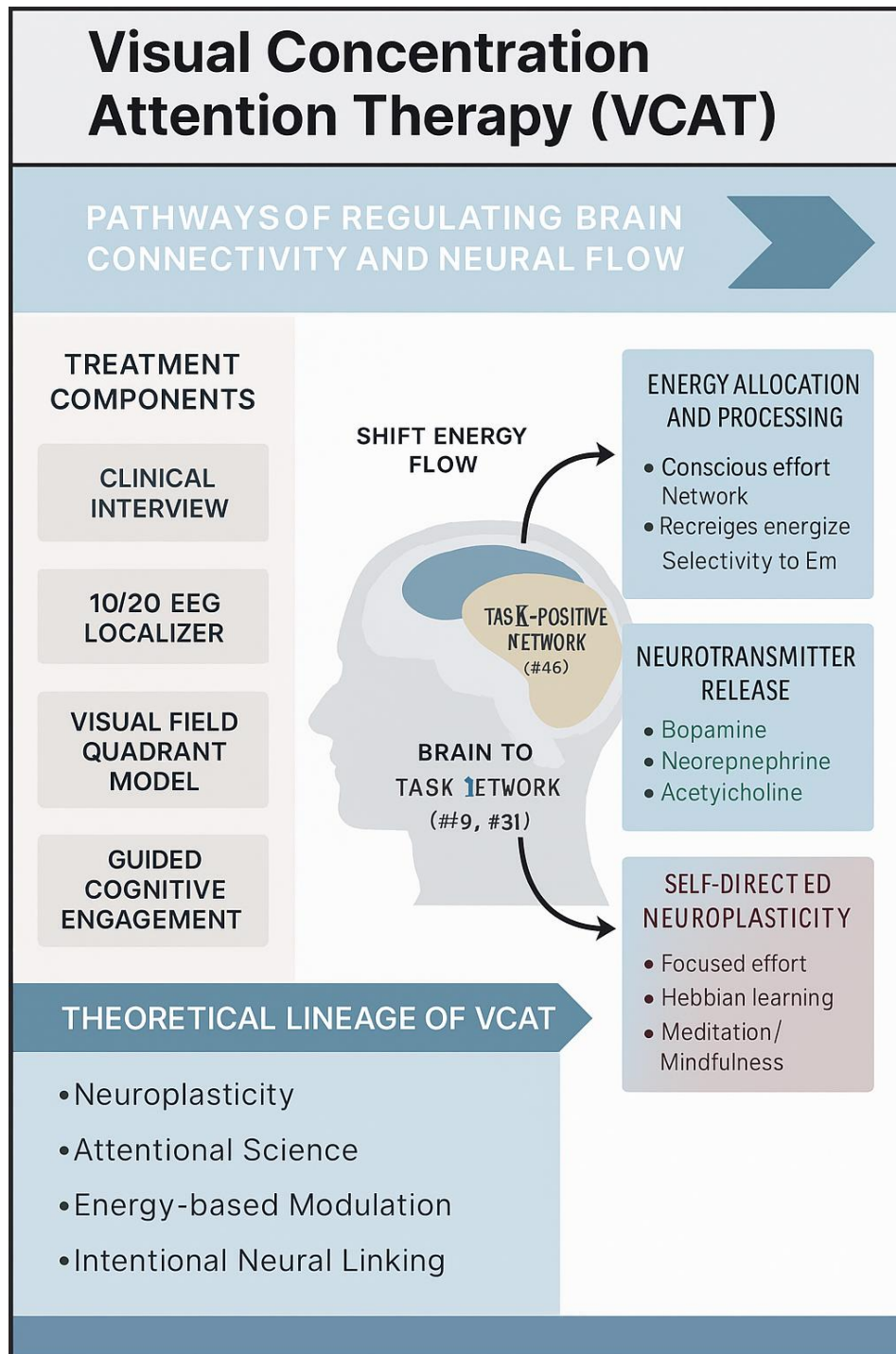
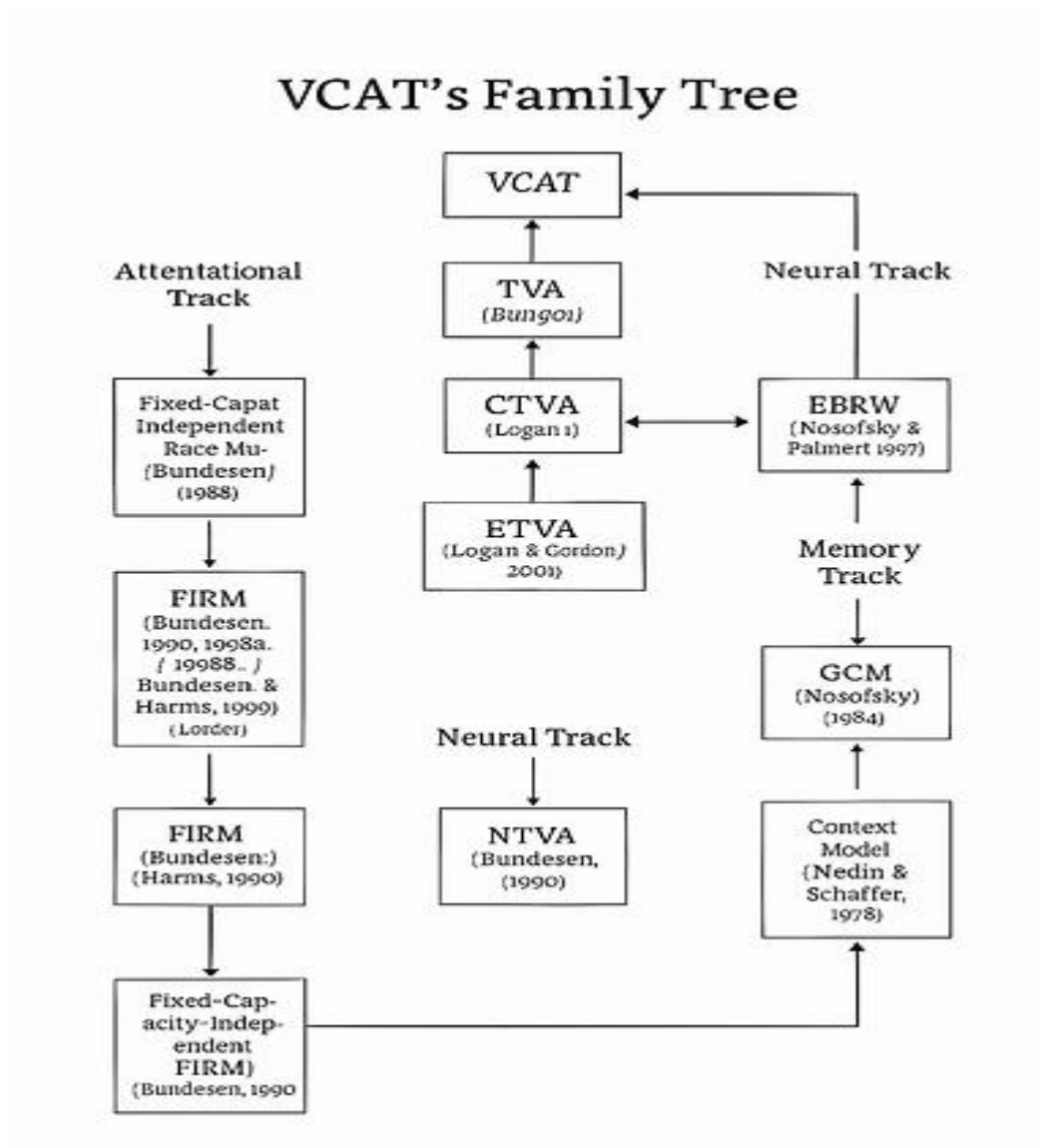


Figure 1. VCAT Family Tree Diagram illustrating the theoretical lineage of attentional, memory, and neural models integrated into the VCAT framework.



Method

Design and Data Sources

- IRB approved ADHD-trial: 26 adults, WAIS II subtests.
- Comparative efficacy study (N = 480): VCAT vs. EMDR, HGT, pharmacotherapy, neurofeedback, waitlist. – EEG/MEG, angioplasty
- Comorbidity analysis (N = 850): Secondary effects of anonymized clinical data over eight years.

Procedure

Participants engaged in quadrant based visual stimulation, guided cognitive engagement, and EEG-neurofeedback. Sessions averaged 45 minutes, twice weekly. Outcomes were measured pre- and post-intervention using.

Results

Table 1. Comparative Efficacy of VCAT vs-Other Modalities

A. Pre-Assessment

1. Clinical: Interview. Identifies presenting symptoms and attentional/emotional regulation challenges.
2. Pre-Psychological: Assessment. Uses BDI-II, BAI, ASRS; and WAIS-III subtests
3. VCAT-10/20 Site Localizer (V-10/20-SL): Maps symptoms to EEG 10-20 system and Brodmann areas.

B. VCAT Protocol

1. Visual Field Quadrant Model (VCAT VFQM)
 - Aligns quadrant stimulation with Brodmann areas (e.g. BA 9, 10, 17, 04, 32) and EEG sites (Cz, Cz, Pz, O1/O2).
2. Guided Neuro-Cognitive Engagement (V-GNCE)
 - integrates top-down (intentional focus) and bottom-up (sensory-driven) modulation, allowing neurogenesis and self-directed neuroplasticity.

C. Post Session Treatment Tract (PSTT)

Note: BDI – Beck Depression Inventory – II, BAI – Beck Anxiety Inventory
ASRS – Adult ADHD Self-Report Scale WAIS II – Wechsler Adult Intelligence Scale – Third Edition.

Table 1 Comparative-Outcomes Across Modalities

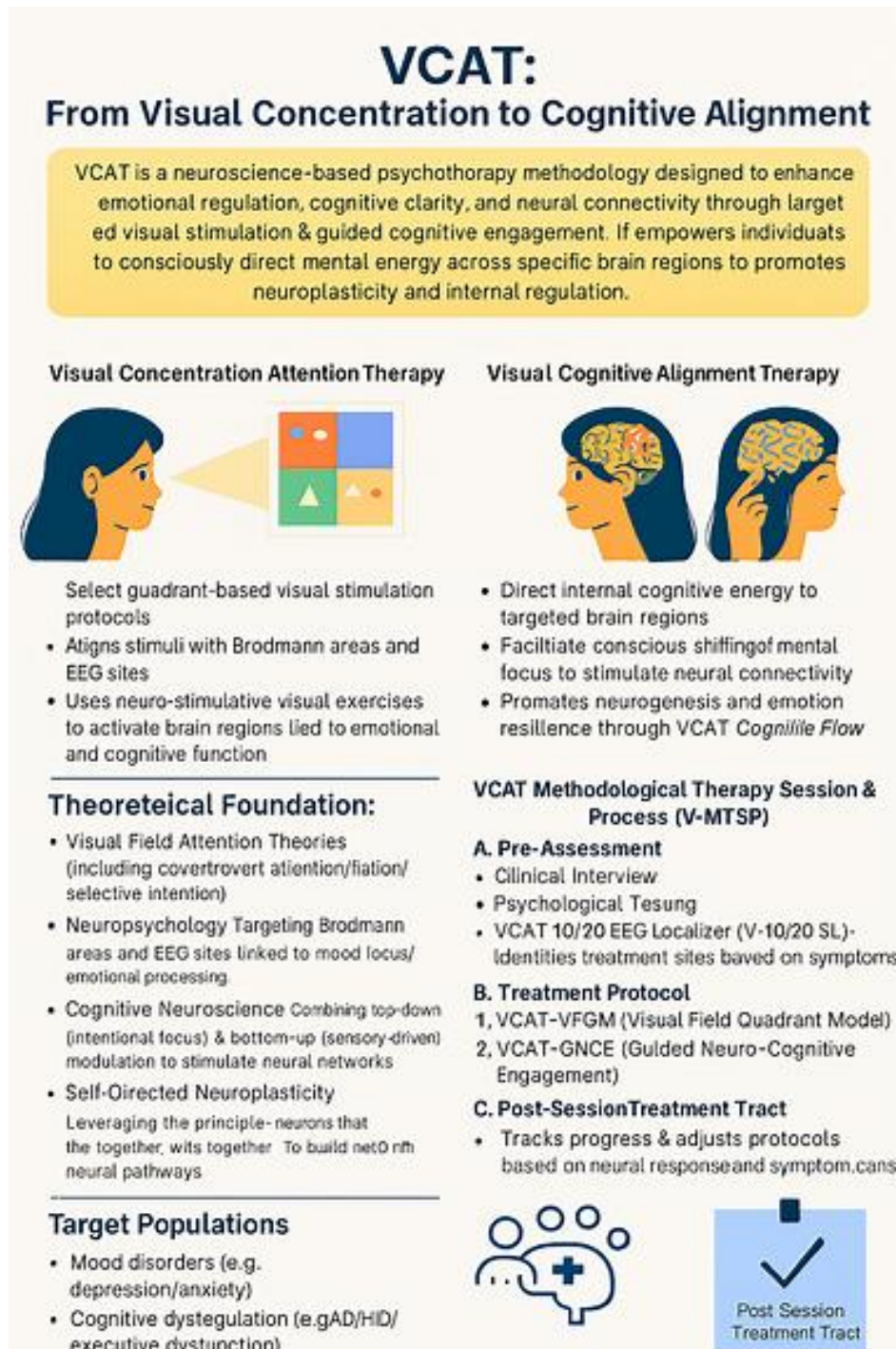
Condition	VCAT	EMDR	CBT	Pharmacotherapy
Condition	46%	High	High	High
Safety	54%	High	High	High
Patient Satisfaction	51%	Moderate	Moderate	Low
Metrics	High	Moderate	Moderate	High

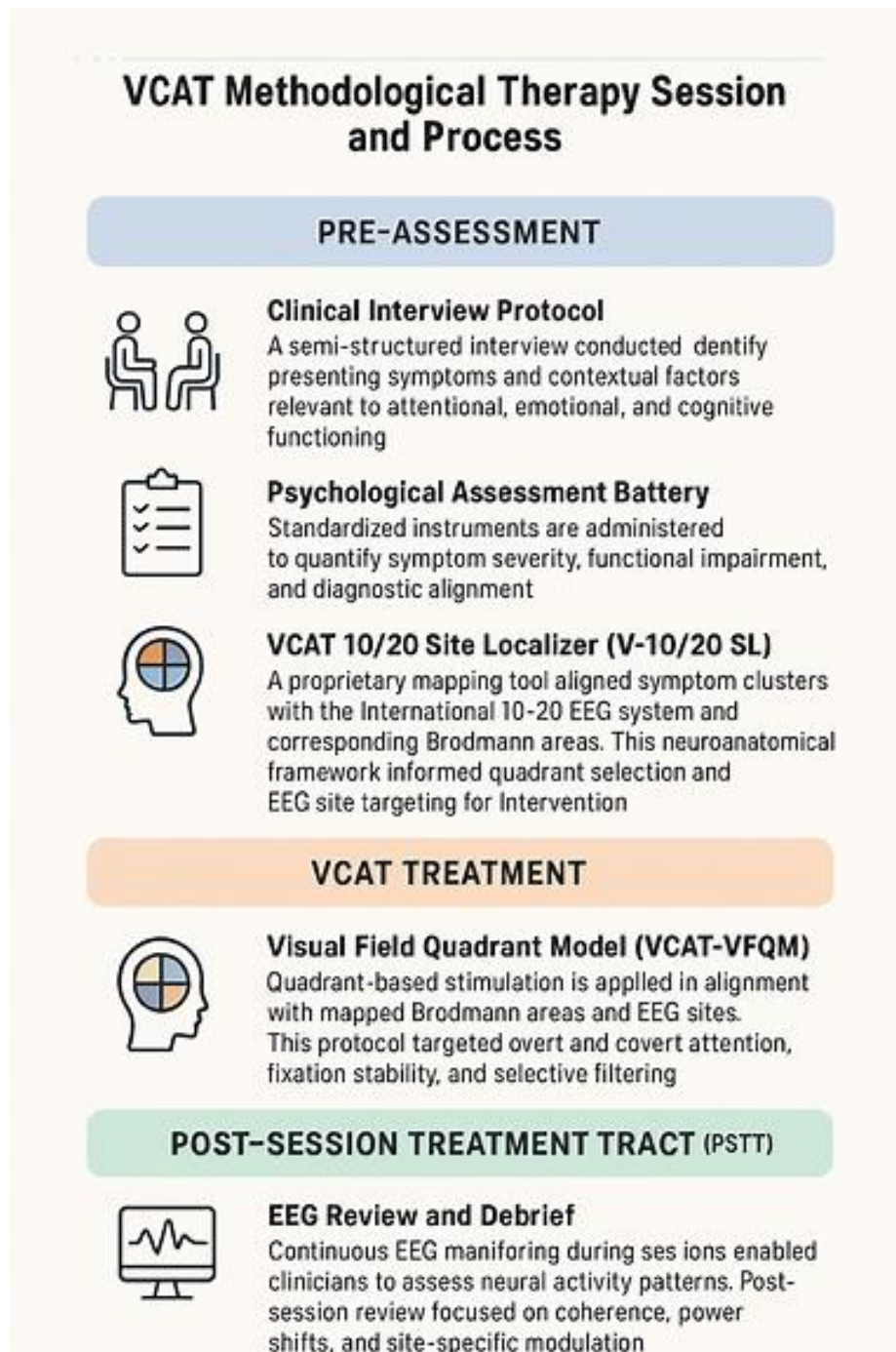
Figure 1. EEG Alpha Power Increase Over 14 Sessions



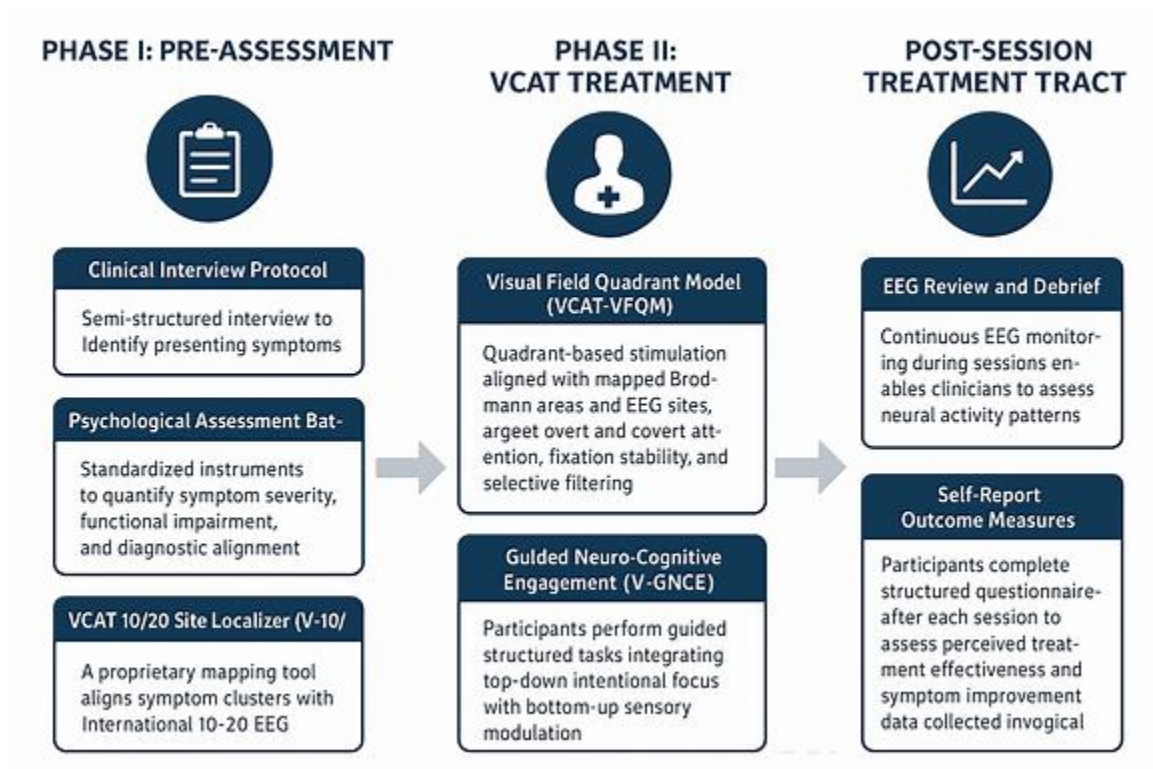
Figure 1. EEG-Protocol

Table 1	Symptom Reduction Over 14 Sessions	
Condition	% Reduction	Session 14
ADHD	45%	21%
Depression	46%	45%



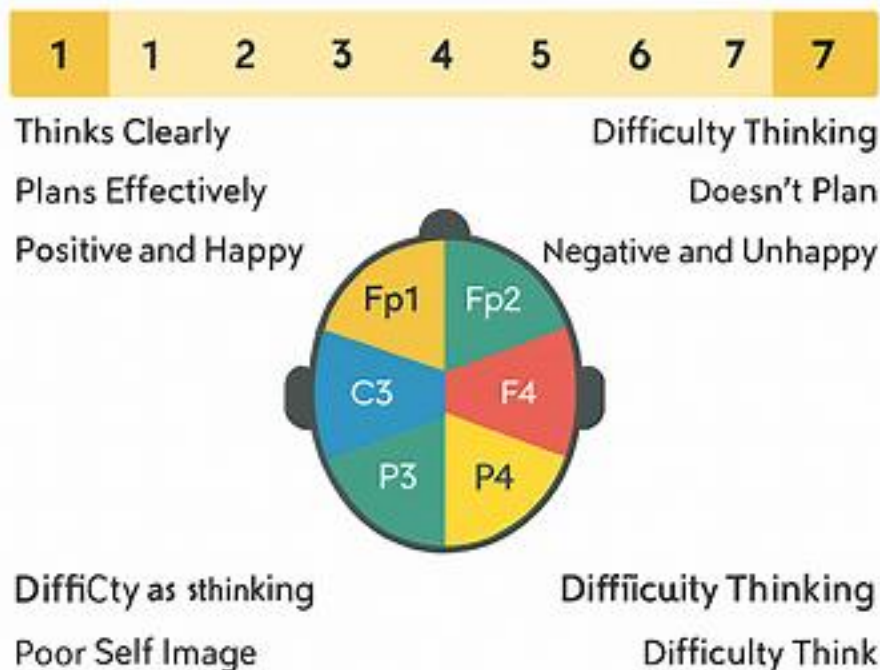


Graphical Abstract 3.3. VCAT Methodological Therapy Session Divided Three Phase



VCAT-10/20-EEG Treatment Sites Localizer (V-10/20-SL)

VCAT-Neurofeedback Integrates a self-reported at VCAT Treatment Center is a structured clinical assessment tool developed at VCAT Treatment Center integrates self-report questionnaires based on DSM-5-TR criteria for common psychological disorders (e.g., depression, anxiety, ADHD, PTSD, OCD, and substance use), and converts symptom ratings into corresponding cortical regions using the International 10/20 EEG system. This approach facilitates precision in neuroconstructive devices and individualized treatment planning for neurofeedback, increases precision in neurofeedback protocols.



VCAT: Advancing Neurovisual Therapy for Psychiatric Comorbidity

VCAT-10/20 EEG Treatment Sites Localizer (V-10/20-SL) — introduced as a structured clinical assessment tool developed at the VCAT Treatment Center.

Workflow:

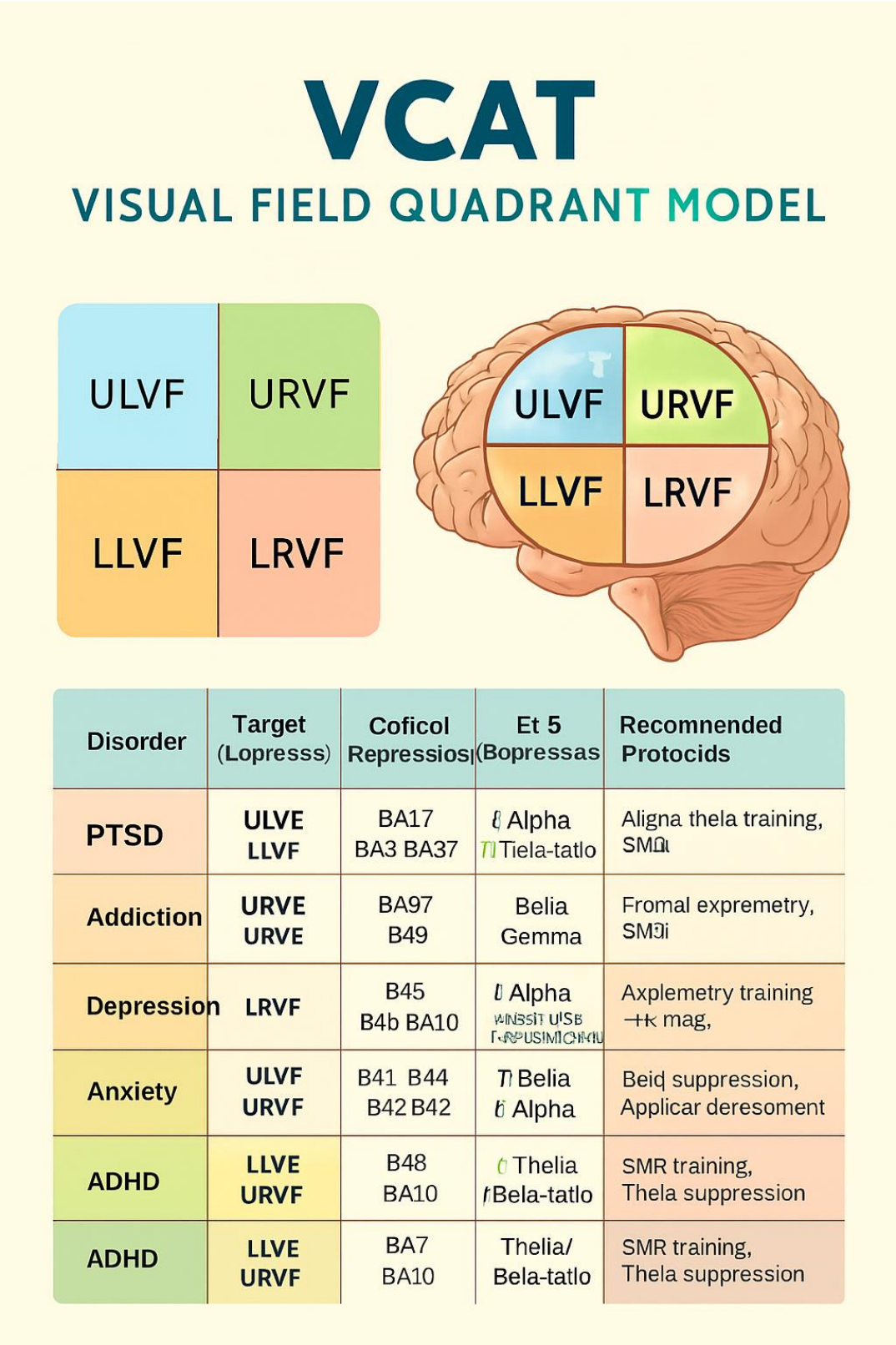
1. DSM-5-TR Symptom Questionnaire — functional vs. dysfunctional descriptors (e.g., “Thinks clearly” vs. “Difficulty thinking”).
2. Excel Converter — automates symptom-to-site mapping.
3. International 10/20 EEG System — electrode sites (Fp1/Fp2, F3/F4, P3/P4, T5/T6).
4. Cortical Regions & Brodmann Areas — BA9, BA10, BA17–19, BA37.
5. Associated Disorders — depression, ADHD, PTSD, OCD, addiction, schizophrenia.
6. Neurofeedback Protocols — alpha-theta training, SMR, frontal asymmetry, gamma modulation.

Visual Elements:

- Ranking scale (1–7) showing functional vs. dysfunctional descriptors.
- Color-coded EEG electrode placement diagram for clarity.
- Flow arrows showing progression from questionnaire → converter → EEG sites → treatment protocols.

Clinical Message: The poster emphasizes how the V-10/20-SL translates DSM-5 symptom clusters into objective neural targets, enabling individualized neurofeedback treatment planning and evidence-based interventions.

Graphical Abstract 4. VCAT Visual Field Quadrant Model (VCAT-VFQM): Upper-left quadrant (executive function, BA 9/10); lower-right quadrant (visual processing, BA 17/18).



VCAT–Visual Field Quadrant Model. Disorders are mapped to their target visual quadrants (ULVF, URVF, LLVF, LRVF), associated cortical regions (Brodmann Areas), EEG biomarkers, neurotransmitter systems, and recommended neurofeedback protocols. The central quadrant diagram illustrates lateralized and vertical field targeting, with color-coded overlays indicating disorder-specific activation zones. This model supports precision neurofeedback by linking visual field engagement to cortical and neurochemical profiles.

Chart 1. VCAT-10/20 Site Localizer (V-10/20-SL): Maps presenting symptoms to EEG sites and Brodmann areas (e.g., inattention → Fz, BA 9/10; emotional dysregulation → Cz/Pz, BA 24/32).

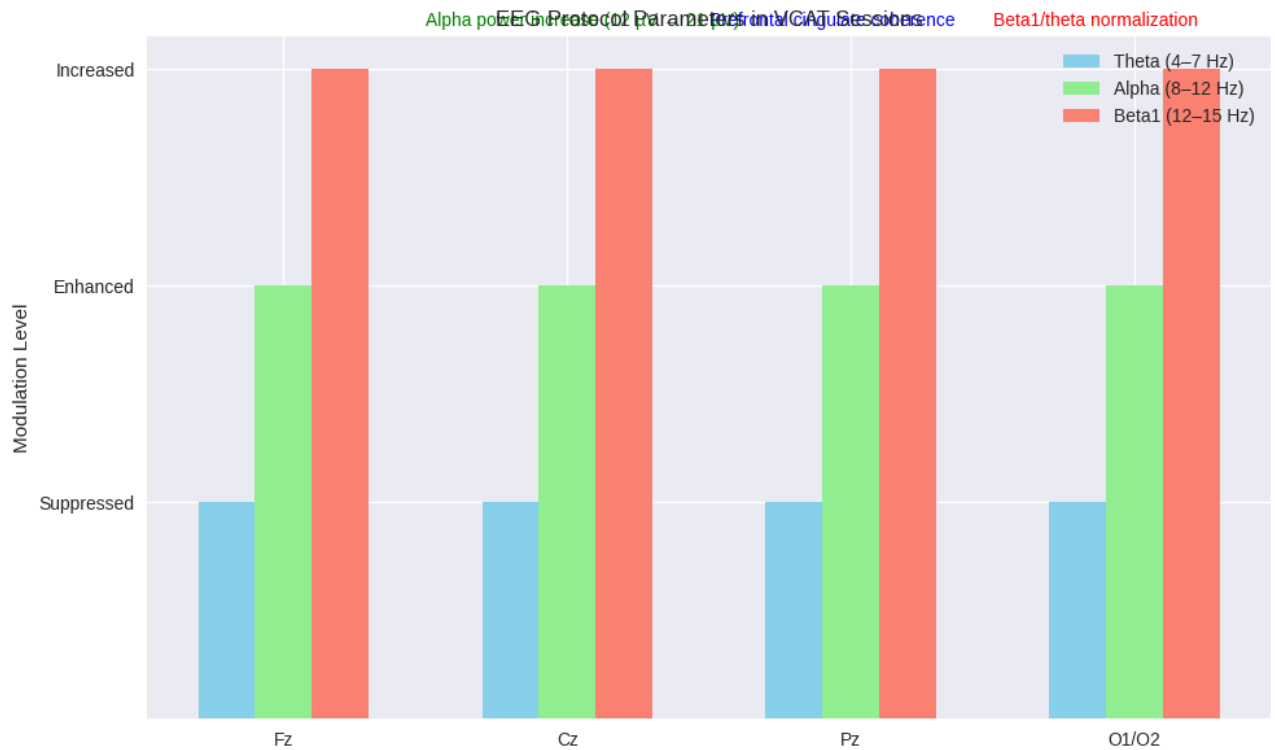
Appendix A. VCAT 10/20 Site Localizer (V 10/20 SL)

Symptom	EEG Site	Brodmann Area
Inattention	Fz	BA 9/10
Emotional Dysregulation	Cz/Pz	BA 24/32
Impulsivity	Fp1/Fp2	BA 11
Anxiety	T3/T4	BA 38
Depression	F3/F4	BA 9/10
Hypervigilance	P3/P4	BA 7
Cognitive Rigidity	F7/F8	BA 45/47
Sleep Disturbance	O1/O2	BA 17

This matrix-style chart maps presenting symptoms to their corresponding EEG 10/20 system sites and Brodmann areas, using color-coded rows for clarity:

Symptom	EEG Site	Brodmann Area
Inattention	Fz	BA 9/10
Emotional Dysregulation	Cz/Pz	BA 24/32
Impulsivity	Fp1/Fp2	BA 11
Anxiety	T3/T4	BA 38
Depression	F3/F4	BA 9/10
Hypervigilance	P3/P4	BA 7
Cognitive Rigidity	F7/F8	BA 45/47
Sleep Disturbance	O1/O2	BA 17

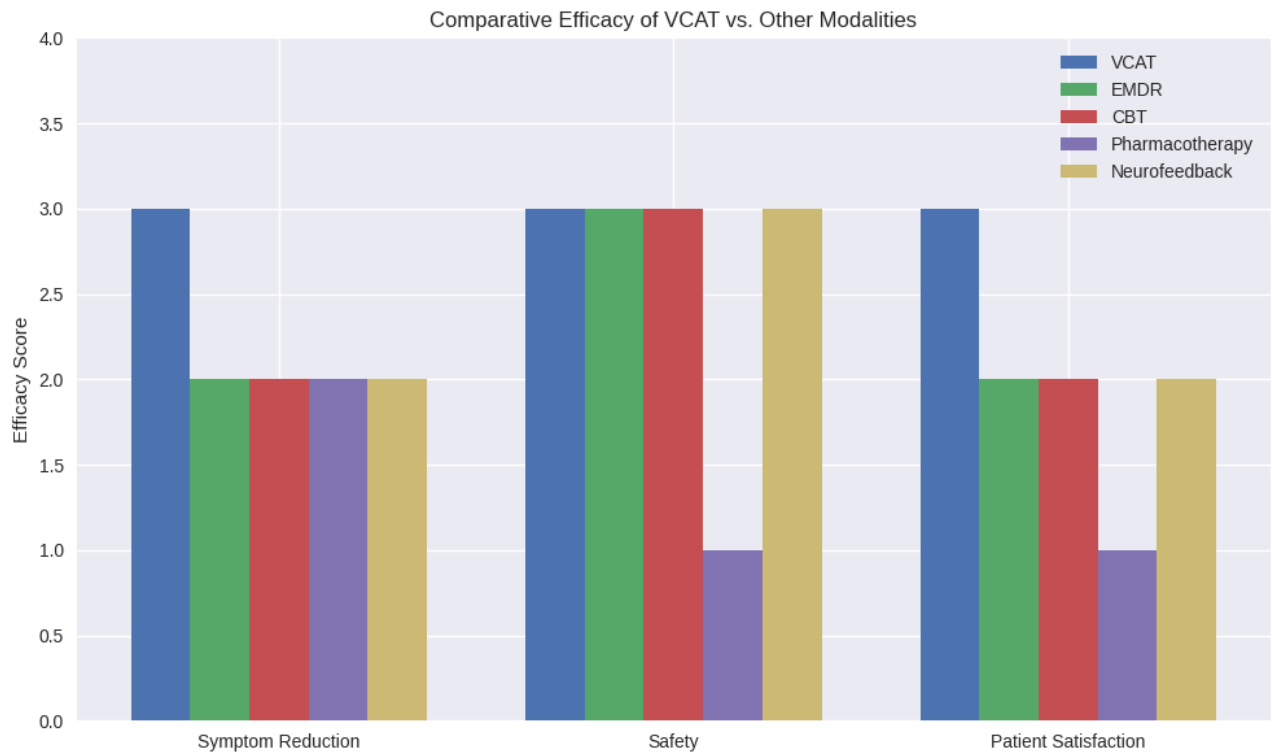
Figure 2. EEG protocol graph for VCAT sessions. It displays modulation levels of Theta, Alpha, and Beta1 frequencies across key EEG sites (Fz, Cz, Pz, O1/O2), mapped to a 3-point scale: *Suppressed* = 1, *Enhanced* = 2, *Increased* = 3.



- Consistent targeting across all sites: Theta suppression, Alpha enhancement, and Beta1 increase are uniformly applied.
- Annotated metrics:
 - *Alpha power increase* from 12 μ V to 21 μ V across 14 sessions.
 - *Prefrontal cingulate coherence* improvement.
 - *Beta1/theta normalization* indicating regulatory balance.

These visual cues reinforce the neurophysiological impact of VCAT's EEG-guided interventions.

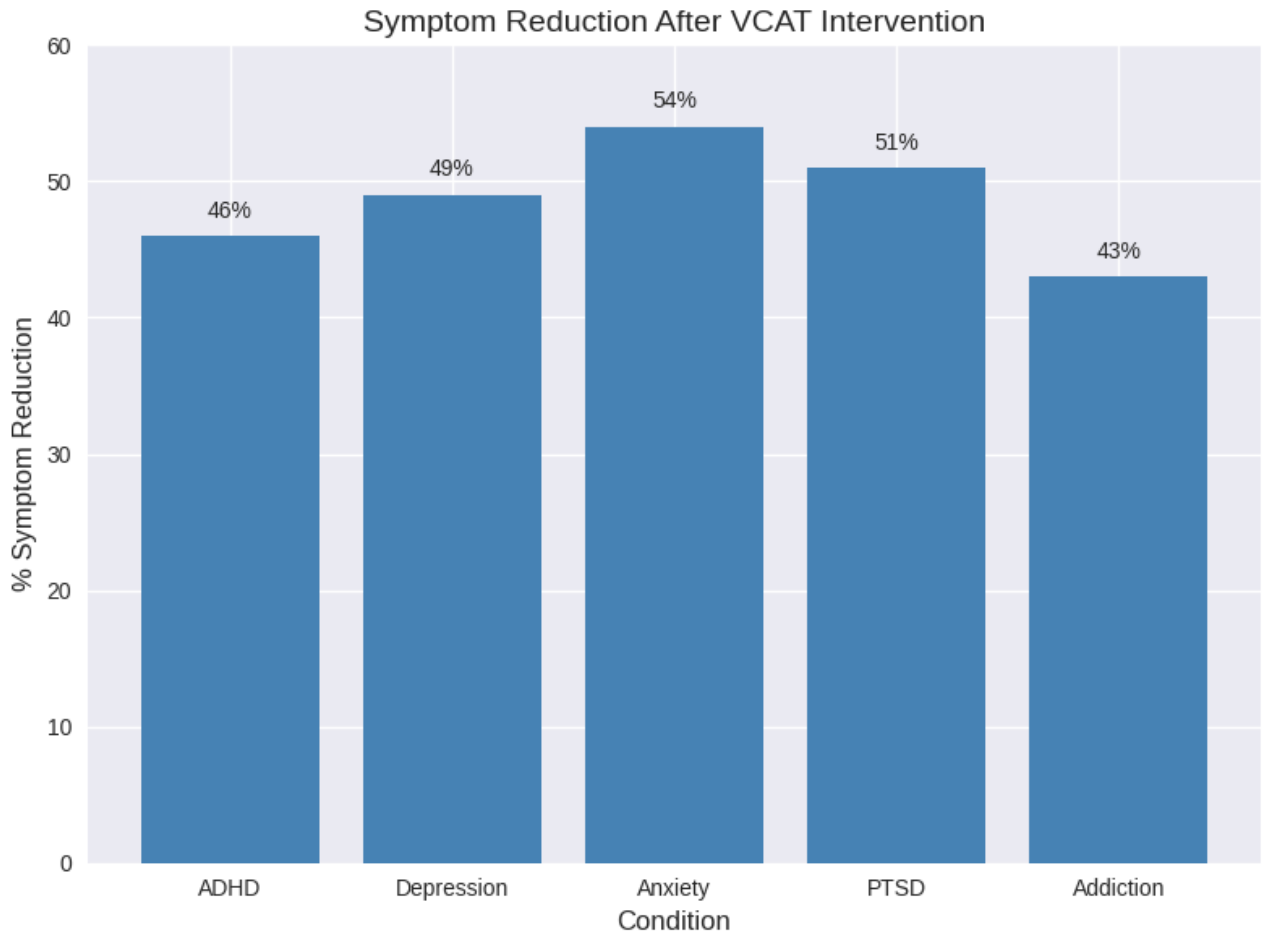
Figure 3. Comparative efficacy graph of VCAT vs. other modalities. It visually maps how each treatment performs across three key domains: Symptom Reduction, Safety, and Patient Satisfaction.



The bar chart uses a 3-point scale where *High* = 3, *Moderate* = 2, and *Low* = 1, allowing for a clear side-by-side comparison:

- **VCAT** consistently scores *High* (3) across all domains, indicating strong performance in symptom reduction, safety, and patient satisfaction.
- **EMDR**, **CBT**, and **Neurofeedback** show *Moderate* (2) efficacy in symptom reduction and patient satisfaction, but maintain *High* (3) safety ratings.
- **Pharmacotherapy** scores *Moderate* (2) in symptom reduction, but drops to *Low* (1) in both safety and patient satisfaction.

Figure 4. Symptom reduction after VCAT intervention

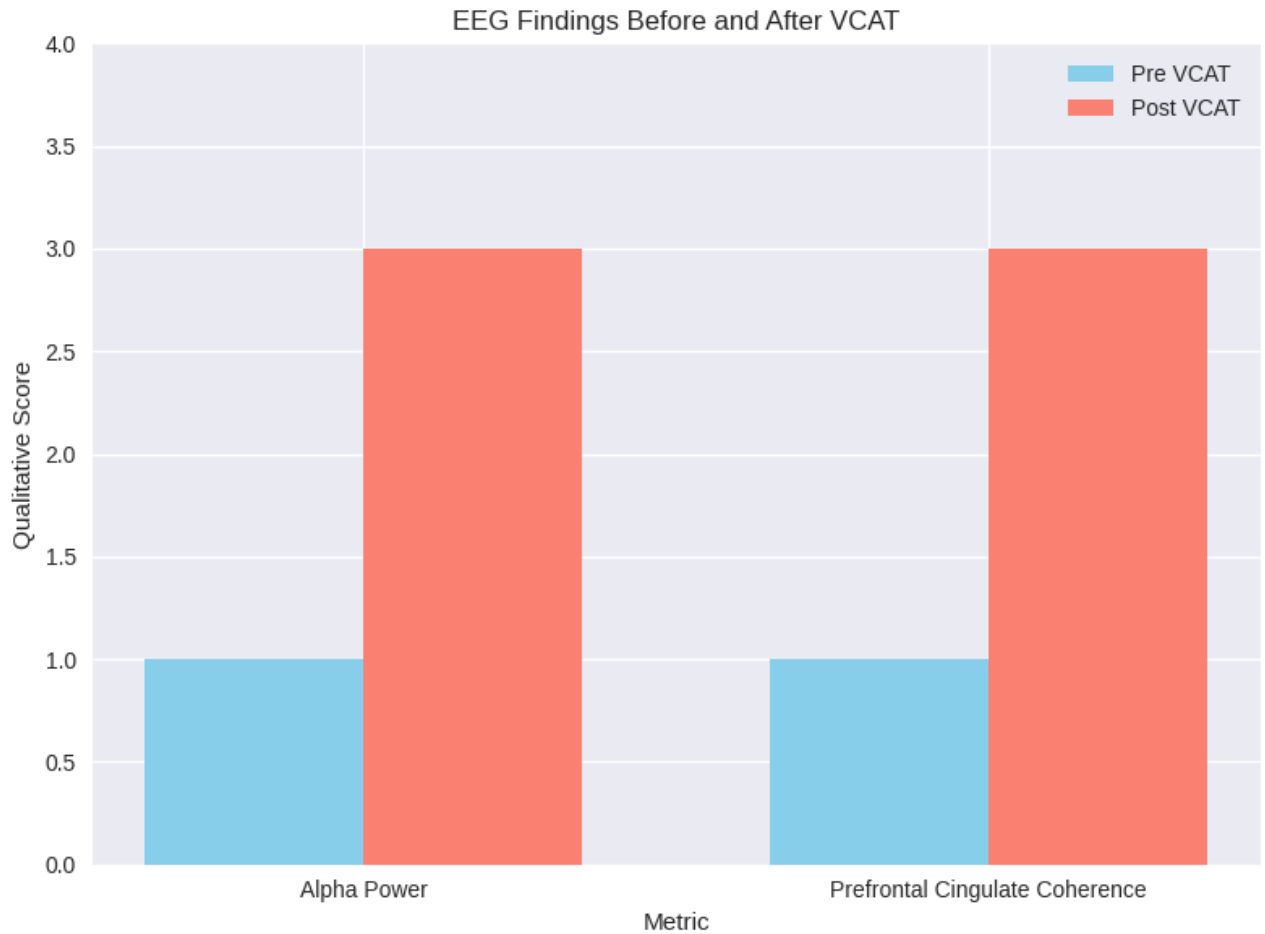


It highlights the percentage improvements across five psychiatric conditions, with Anxiety showing the highest reduction at 54%.

Here's a breakdown of the data visualized:

- ADHD: 46% reduction
- Depression: 49% reduction
- Anxiety: 54% reduction
- PTSD: 51% reduction
- Addiction: 43% reduction

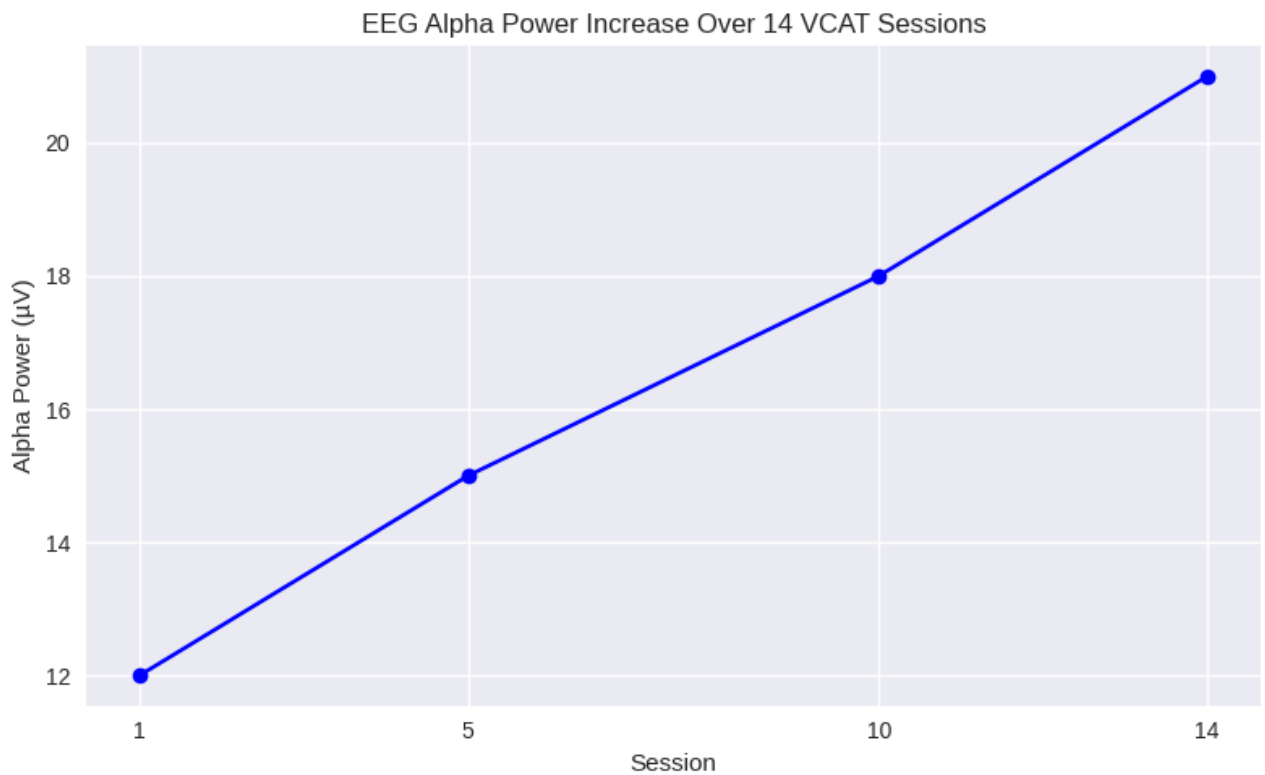
Figure 5. EEG findings comparison chart. It shows qualitative improvements in Alpha Power and Prefrontal Cingulate Coherence before and after VCAT intervention.



The grouped bar chart uses a 3-point scale: *Low/Weak* = 1, *Increased/Improved* = 3, allowing for clear visual contrast:

- Alpha Power: rose from *Low* (1) to *Increased* (3).
- Prefrontal Cingulate Coherence: improved from *Weak* (1) to *Improved* (3).

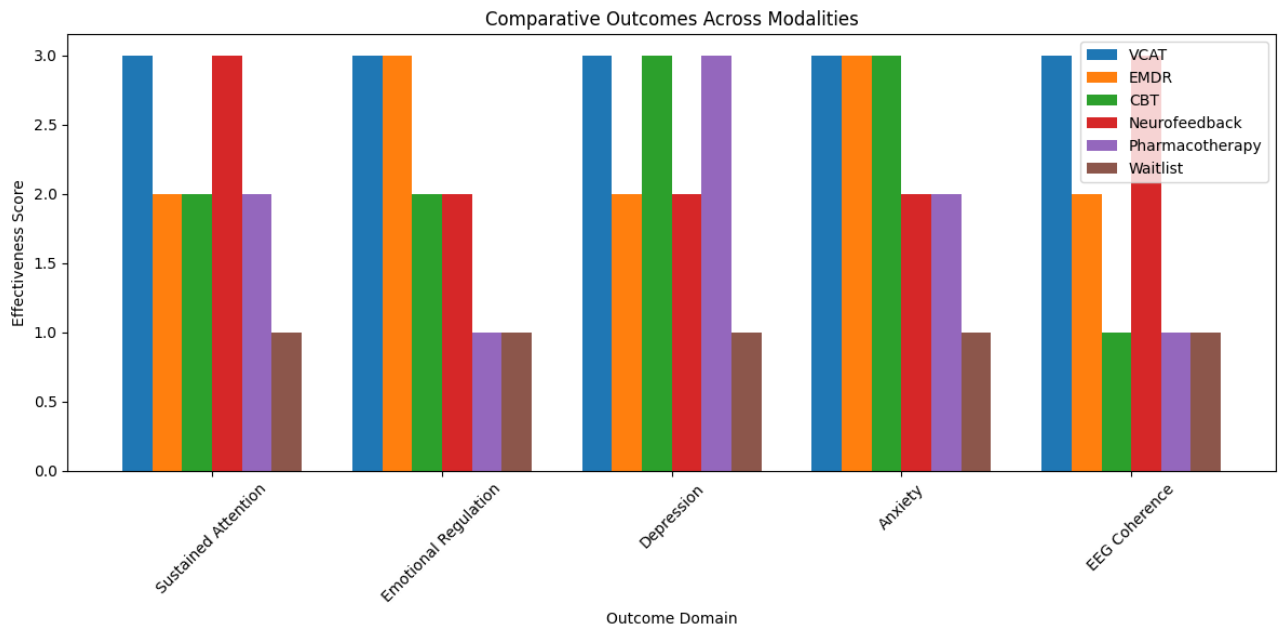
Figure 6. EEG alpha power progression chart. Reflecting enhanced cortical activity and attentional regulation.



It shows a steady increase from 12 µV at Session 1 to 21 µV by Session 14, reflecting enhanced cortical activity and attentional regulation.

- Session 1: 12 µV
- Session 5: 15 µV
- Session 10: 18 µV
- Session 14: 21 µV

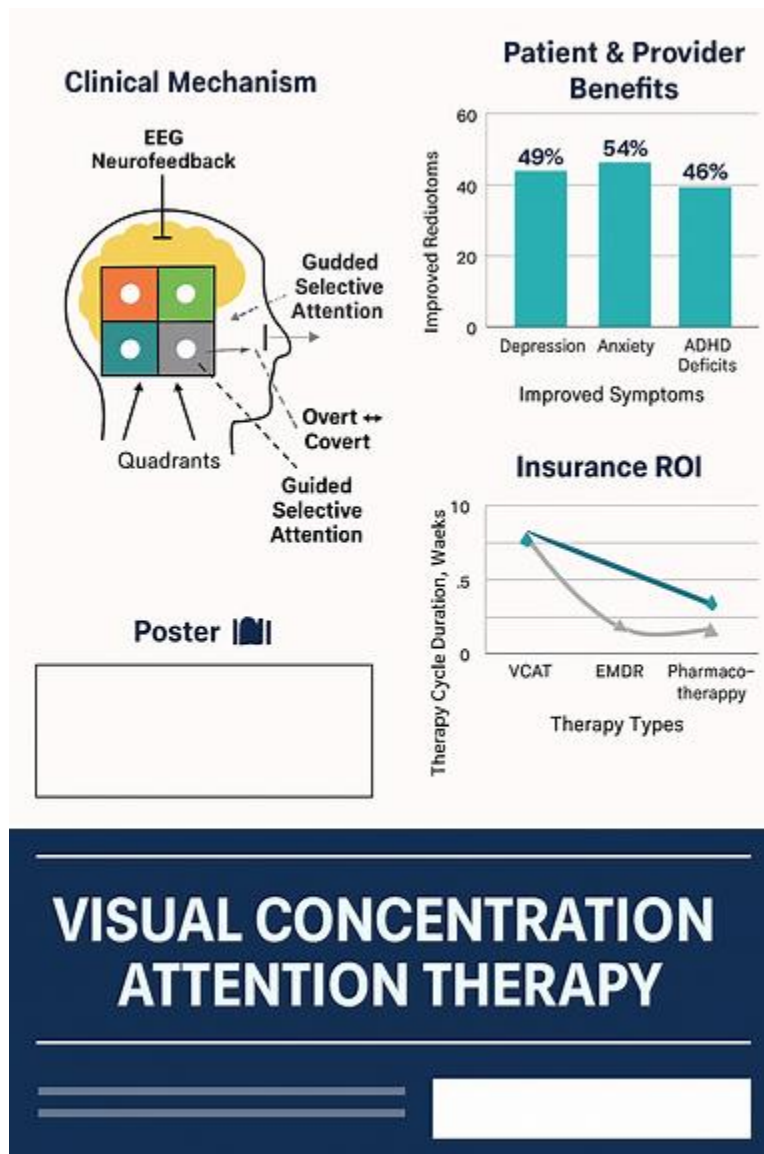
Figure 7. *Comparative outcomes*. It visualizes how six treatment modalities perform across five domains, with VCAT consistently scoring highest.



- VCAT shows *High (3)* effectiveness across all domains.
- EMDR and CBT perform well in emotional regulation and depression/anxiety, but vary in EEG coherence.
- Neurofeedback matches VCAT in sustained attention and EEG coherence, but scores *Moderate (2)* elsewhere.
- Pharmacotherapy shows strong results for depression but lower scores in emotional regulation and EEG coherence.
- Waitlist consistently scores *Low (1)* across all domains.

This grouped bar chart uses a 3-point scale (Low = 1, Moderate = 2, High = 3) to highlight comparative strengths. It's ideal for clinical presentations, grant proposals, or training modules. Would you like to integrate this with your existing outcome dashboards or convert it into a slide-ready format? I can also help annotate it with key metrics like alpha power gains and patient satisfaction.

Graphical Abstract 3. EEG Neurofeedback and Clinical Relevance



EEG research consistently links attentional deficits to abnormal brainwave patterns—particularly elevated theta and reduced beta activity. VCAT protocols normalize these patterns by enhancing the beta1/theta ratio, improving concentration and behavioral regulation. Training sites such as O2/P4 for trauma and Fz for ADHD are selected based on evidence-based frequency targets. VCAT also aligns with working memory models emphasizing limited attentional capacity. By enhancing EEG coherence and attentional selectivity, VCAT supports efficient encoding and retrieval of task-relevant information. Emerging evidence suggests that VCAT improves self-efficacy and reduces depressive symptoms through structured engagement of attentional networks and operant conditioning of EEG rhythms. Comparative studies demonstrate superior outcomes relative to CBT, EMDR, and pharmacotherapy.

