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BABYGAZE: A RAPID NEUROBIOLOGICAL INTERVENTION FOR ANXIETY, PANIC AND ANGER

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A method of rapid attenuation of symptoms of anxiety, panic and anger is described using interoception combined with stimulation of the third and fourth cranial nerves by the subject. The proposed method by which BabyGaze interrupts a neurological feedback loop via direct stimulation of the Edinger-Westphal Nucleus (the rostral-most parasympathetic nucleus) in the brainstem is illustrated. Attenuation of interoceptive (physical) symptoms typically occurs in under 5 minutes with associated elimination of psychological symptoms. Having learnt the method, it can be carried out by the patient without further therapeutic intervention. This method has been used in a Scottish General Practice now for 2 years with associated

reduction in prescribing and referral to mental health services. A demonstration will be provided.

Biography

Dr Ashworth is an NHS General Medical Practitioner with experience of Combat, including service in the Falklands Crisis and in Submarines. His interests include rapid neurobiological management of anxiety and rapid resolution of stress. Mr Dutton is a retired clinical Psychologist with expertise in managing complex trauma who has been involved with many high profile incidents. Both use neurobiological techniques in their clinical practice.

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