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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 less than 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 over 12 months with associated reduction in prescribing and referral to mental health services.

Recent Publications

1. Dutton P V and Ashworth A J (2015) The natural history of recovery from psychological trauma: An observational model. *Medical Hypotheses* 85:588-590.
2. Elizabeth I Martin, Kerry J Ressler, Elisabeth Binder and Charles B Nemeroff (2009) The neurobiology of anxiety disorders: Brain imaging, genetics and psychoneuroendocrinology. *Psychiatr Clin North Am* 32:549-575.
3. Sukhbinder Kumar, Olana Tansley Hancock, William Sedley, Joel S Winston, Martina F Callaghan, et al. (2017) The brain basis for misophonia. *Current Biology* 4:527-533.
4. Ashworth A J and Dutton P V (2016) BabyGaze: A neurobiological method of anxiety relief in trauma. *Open Access Text* 1:36-39.
5. Kessler R C, Ruscio A M, Shear K and Wittchen H U (2010) Epidemiology of anxiety Disorders. *Curr Top Bev Neurosci* 2:21-35.

Biography

Andrew J Ashworth is a General Medical Practitioner with experience of Combat. His interests include rapid neurological management of anxiety on which he has presented at a previous conference. He has graduated from Leeds University Medical School in 1980. He became a member of the Royal College of General Practitioners in 1985. He was a Royal Navy Medical Officer between 1980 and 1994 with experience including combat in the Falklands Conflict and in submarines at sea. He is dual qualified in Occupational Medicine. His special interest is in the treatment of psychological trauma and is qualified in brainspotting as well as CBT. He works as an NHS General Practitioner in Scotland as well as providing occupational medical services and carrying out research on trauma and anxiety.

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