Baby-gaze: A neurobiological method of rapid attenuation of symptoms of anxiety

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A method of rapid attenuation of symptoms of anxiety (including panic) is described using interoception combined with simultaneous stimulation of the third and fourth cranial nerves by the subject. The method is thought to interrupt a neurological feedback loop which will be described by direct stimulation of the Edinger-Westphal nucleus which is the rostral-most parasympathetic nucleus in the brainstem. Attenuation of interoceptive (physical) symptoms usually 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. The method has been used in a Scottish General Practice now for over 12 months with associated reduction in prescribing and referral numbers to mental health services. In an oral presentation, a demonstration with a volunteer can be carried out to demonstrate both the delivery of the method and to have feedback from the volunteer subject.

Biography

Andrew John Ashworth 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 19994 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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