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22 PAGES

THURSDAY, APRIL 12, 2012 ♦ PACIFIC PALISADES, CALIFORNIA

75¢

## Dr. Dubin Treats Anxiety Without Medication

By SUE PASCOE  
Staff Writer

Parents with children and teens who suffer from depression and anxiety often search for an alternate to drug therapy. LENS (Low Energy Neurofeedback System) is one of the avenues available not only for youth, but adults as well.

Dr. David Dubin, who utilized LENS at his private practice in West Los Angeles, explains that for a fraction of a second, a tiny electromagnetic signal (1/300th of that emitted by a cell phone) is delivered to the brain. This effectively is like a reset or reboot button for the brain.

“Since it is such a low dose, and addresses the brain in its own electromagnetic language, it causes a slight fluctuation in brain-waves,” says Dubin, who admits, “But I’m not sure why it works.”

Dubin says that LENS was first discovered in 1993-1994 and that there are only 600 practitioners in the world, only a dozen in the United States and he is one of four in Los Angeles.

A Palisadian-Post



**Dr. David Dubin utilizes Low Energy Neurofeedback as he strives to help people who are suffering with anxiety or depression.**

Rich Schmitt/Staff Photographer

reporter visited Dubin in his Barrington office (he has additional offices in Encino and Beverly Hills). A clip is put on both ears and a small round magnet-like sensor on

the forehead. One’s brain-waves appear on the computer screen. Within a few seconds the treatment is over.

“You don’t have to believe in it, you don’t have to bond with a therapist, you don’t have to like it,” Dubin says. “But it still works.”

For the rest of the day, this reporter felt happier, but spoke to Dubin and expressed reservations about whether it was the treatment or another external source.

“I encourage that kind of questioning; it’s a form of intelligent doubt,” Dubin said. “I find that my patients typically go through three phases. You are in Phase I, which is wondering whether the changes are a result of placebo or just having a good week. But, as the changes persist and grow, the patient moves into Phase II, which is acknowledging that the improvements are real but wondering whether they will last. Finally, the changes endure and the patient gets used to them. She feels more ‘like herself.’ It is at this point a patient enters phase III: forgetting what she was like to begin with.

“At the end of the treat-

# Dr. David Dubin:

ment, I often ask whether a patient thought LENS helped,” Dubin says, “but, because it feels so natural, the response is often, ‘Well, maybe a little.’”

He says that for those with anxiety, “close to 90 percent of patients will experience a change in the first session.”

Typical is nine-year-old Alexa Horwitz. “My daughter was suffering from severe anxiety,” said her father Adam. “She has had seven treatments and it has been unbelievably successful.”

“This past year, a member of our family was suffering from depression and struggling with debilitating anxieties,” said Palisadian Rebecca Dove. “A number of specialists told us that we’d need to resort to high levels of medication. Instead, we decided to

explore neurofeedback. A friend said she had heard rave reviews of Dr. Dubin, who used these treatments, and now we are also raving about him.

“In a matter of seven treatments, the depression had been lifted and the anxieties had become manageable,” Dove said. “These treatments were medication-free.”

**I**n addition to anxiety and depression, LENS also seems to help those with ADD/ADHD, addiction, autism and Asperger’s and head injury. Dubin doesn’t claim that low energy neurofeedback is a cure-all.

“If you’re not improving by six sessions, I will no longer charge you,” says Dubin, who notes that LENS is treated as a version of biofeedback and that some insurance companies cover

treatment.

Dubin received his bachelor’s degree in psychology more than 10 years in Boston, and was an associate professor of emergency medicine at Boston University. He has also been involved in Buddhist meditation for more than 25 years.

The doctor is happy to speak to groups about the method and is scheduled to give two talks, titled “New Brain Technologies: Treating Anxiety, Depression and ADD without Medication,” at the Methodist Church on Via de la Paz at 7 p.m., Thursday, April 19, and at noon on April 20,

Call (310) 694-1056 or visit [thedubinclinic.com](http://thedubinclinic.com) or e-mail [daviddubinmd@thedubinclinic.com](mailto:daviddubinmd@thedubinclinic.com).