

Brain Working Recursive Therapy

Terence Watts, the creator of BWRT®, shares its unique benefits

BrainWorking Recursive Therapy (BWRT®) is something of a 'new kid on the block' as therapy goes – but it has already gained a following of enthusiastic practitioners all around the world. It was conceived in a split-second flash of inspiration as a result of an article I was reading in a science magazine, which was exploring the notion that we don't have free will as we usually think of it.

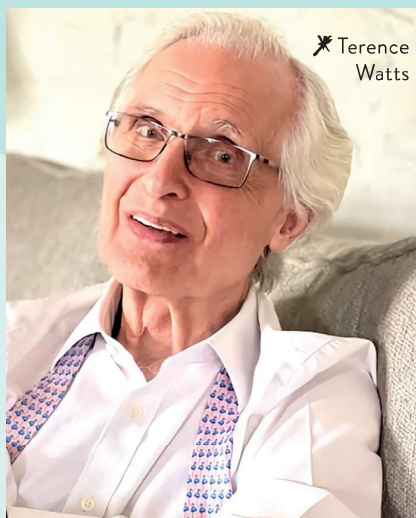
I could hardly wait to explore the idea and within just a day or two, I knew I was onto something spectacular. I'd been a therapist since 1989, completed thousands of cases, and I'd encountered nothing like this. Fast forward to the present and psychologists, psychotherapists, psychiatrists and even a couple of professors have stopped thinking that this new therapy sounds too good to be true and started using it daily with clients.

How it works

The secret of the success of BWRT lies in the fact that it works with parts of the brain which start responding before we know what they're doing. Then it's a 'done deal' which can't be changed by conscious effort: whatever has been fired up is now running.

The problem is that this reactive part of the brain knows nothing about logic or common sense. If it somehow once learnt that something is dangerous, it will create anything from anxiety to downright terror in response. It doesn't matter one jot that whatever it is is not dangerous – a spider, for instance, or speaking in public – when the brain has learnt that it must be avoided, creating a response that might have you running for the door, losing sleep, or perhaps becoming a trembling, sweating and incoherent wreck.

Most therapies work by trying to sort out what's happening in your mind and body after the fear has made itself



✧ Terence Watts

felt, or maybe dig around to discover what caused it all in the first place. This is why therapy can be slow, expensive and sometimes uncomfortable, as the practitioner explores as much as you can tell them about how it feels and whatever else comes to mind, including any secrets, no matter how dark. But BWRT takes a different approach.

What to expect

When you go to see a BWRT practitioner, all they need to know for most problems is how you feel and how you would like to feel instead – and they can even help you with that if you're not too certain. And that's where the magic starts, as the practitioner uses the special BWRT technique to stop the fear or anxiety response in its tracks and replace it with your chosen response. Even better, perhaps, if you prefer self-help, my new book *BWRT®: Reboot Your Life with BrainWorking Recursive Therapy* provides just that, and people are getting great results with it, working with themselves in almost the same way as a therapist would.

The effects

The result can be spectacular. And fast.

For things like fears and phobias, even severe ones, the change is usually instantaneous and so effective that the individual can no longer find even a tiny ripple of what used to cause a major problem.

Even complicated issues like addiction to alcohol, narcotics or gambling, for example, can be sorted out in weeks rather than years – though you will probably need to give the practitioner a little more information than would be the case for an anxiety or phobia. Not only is it faster than most believe possible, for the majority of people, it's also permanent.

Speed and permanence are not the only advantages of BWRT, though. With this therapy, there's no need for special exercises to maintain the changes that have been made. No need for journalling, tapping, mindfulness meditation or breathing in a special way (though you can still do those things, of course). With BWRT, it's usually a 'set it and forget it' situation. And many people do, in fact, completely forget that whatever ailed them ever existed.

Yes, it does sound too good to be true – but the fact is that it's just as good as any practitioner will tell you it is. ●

Find out more...

✧ Terence Watts is a Fellow of the Royal Society of Medicine, founder of the Essex Institute of Clinical Hypnosis, The Terence Watts BWRT Institute and The British BrainWorking Research Society. His new book *BWRT®: Reboot Your Life with BrainWorking Recursive Therapy* (£12.99, Crown House Publishing) is out now.

✧ crownhouse.co.uk/bwrt