

# The Terence Watts BWRT Institute



BWRT<sup>®</sup>

BrainWorking Recursive Therapy<sup>®</sup>

The therapy of the future available today



## **BWRT® - what is it?**

BrainWorking Recursive Therapy® - BWRT® - is an advanced model of therapy based firmly in neuroscience and created by UK Professional therapist, Terence Watts, MCGI. It's a totally confidential method that doesn't require you to reveal your private information or personal secrets to your therapist.

It does not use hypnosis or any concepts that might be considered by some to be mystical or unscientific. It is in fact completely logical, practical and down-to-earth and for it to work only needs you to know what you want to change in your life.

Our registered practitioners are all fully trained in the process, fully insured, and have to adhere to a strict ethical code.

# BrainWorking Recursive Therapy®

BrainWorking Recursive Therapy® is a new model of psychology and psychotherapy that embraces the latest thinking on neuroscience and psychological health. It is determinedly solution-focused and in the hands of a trained practitioner can provide speedy and permanent help for many mind-related difficulties however stubborn or deep-rooted they might seem to be. To find out more about how BWRT® might help you, contact any of our practitioners who will be happy to discuss your needs in detail.

## **How BWRT® works**

BWRT® is unique in the world of psychological therapy. It uses the same subconscious thought processes that caused the problem to appear in the first place, to sort it all out quickly and cleanly - you don't have to delve into your deepest thoughts, or examine your childhood in fine detail, since BWRT® simply does not need such information.

### THE GAP

In 1983, scientific experiments revealed the interesting fact that we don't actually have free will in quite the way we tend to think of it. Those experiments showed that there's a tiny gap between the moment our brain starts to react to something and we become aware of whatever it is, and it's in that gap that stuff like anxiety, fear, anger and just about everything else 'fires up' - and by the time we notice it, we're already doing it! That part of the brain does something else, too... it stores a record of everything we react to. So if it learnt you thought something was dangerous - and it can be almost anything - it will trigger anxiety or fear every time it finds anything even only remotely like it.

There's a special psychological process that locks those things in place and because they are in the part of the brain that reacts without actually thinking, it can be difficult to change them. Or at least it was, until 2011, when UK Psychotherapist Terence Watts discovered how to use a totally natural process to reorganise and recondition those 'secret' thought processes. He immediately began extensive testing with many colleagues and soon discovered it worked every bit as well as he had hoped.

The first practitioners started working with this amazing new therapy two years later, in 2013

# The Practitioner

All Registered BWRT® Practitioners will be able to show you a current **Member in Good Standing** certificate upon request. (This may be from **The British BrainWorking Research Society.**) They will also display a 'Registered Practitioner' logo showing their registered grade on their website and other material.

BWRT® is every bit as effective when working online, or even by telephone, as it is in a face-to-face setting and so you can choose from a whole world-wide listing of experts!

## FEES

All practitioners run their own businesses and fees may vary a little from one geographical area to another. Many practitioners offer concessions for students or others for whom their full fee might be difficult to find. It is worth remembering though that many problems can be resolved very quickly, perhaps in only one or two sessions.

## WHAT HAPPENS IN A SESSION?

When you attend an initial consultation, the practitioner will ask you a few questions about what has brought you to see them but they will not ask you to reveal any secrets or intimate details of your life. They need to know what you want them to do, of course, and how long you have been experiencing the problem - and the only other thing they need to know is how you want to feel instead!



## Booking your session

Booking your therapy session couldn't be easier. Simply contact the practitioner from whom you received this e-brochure and ask to arrange an initial consultation.

Alternatively, you can go to the 'find a therapist' page at [www.bwrt-professionals.com](http://www.bwrt-professionals.com) and use the dropdown lists to find a practitioner in your area, or one who specifically works with your problem. Or you can just enter your requirements in the lower search box - this can be your geographical area, for instance, or what you want help with.

**Remember:**  
**Nothing will happen unless you  
do something to make it happen!**

Do it today!

