

The Terence Watts BWRT Institute



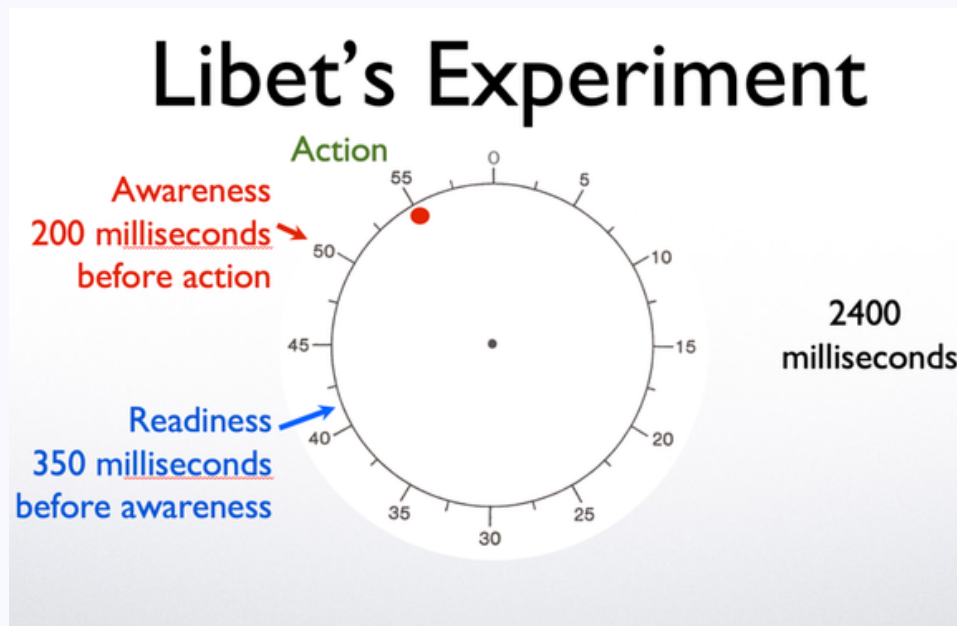
The Future of Therapy

*BWRT first appeared in 2013 and
immediately impressed all who
studied it*

These pages tell how it came into
being and what makes it such a
powerful therapy



The impetus for the research that was to lead to the discovery of BrainWorking Recursive Therapy – BWRT – was a 2011 article in a science magazine about a series of experiments on subconscious brain activity (Libet, 1983).



The experiments appeared to show there was a gap of approximately .35 seconds between the earliest brain reaction to a stimulus and conscious awareness of that reaction. And by the time we know what ever is happening, it's already been done!

*This indicates that we don't
have free will in the way that we
think of it!*

If we could get into that .35 second gap with therapy...

It was soon evident that there were many refutations and doubts about the veracity of Libet's research, with claims of timing and/or equipment errors.

But later research by several other scientists, including the late Stephen Hawking, proved the existence of this cognitive gap beyond doubt.

*A few
doubts*

It seemed evident that this small lag in transfer of information could be due to the physical structure of the brain, bio electricity travelling relatively slowly at 360 kph. So the first research was solely concerned with the biological complexities of physical brain structure and process.



The earliest brain and nervous system appeared over 500 million years ago in marine organisms like Dickinsonia (left). It was a 'survival engine' and it still drives today's sophisticated brains in most animals, including humans.

It's often referred to as the 'lizard brain' or 'reptilian complex', since the first land animals with this early brain were lizards. The lizard brain governs everything you think and feel... but by the time you know what's happening it's already done and it's too late to stop it!



The reptilian complex in humans consists of the brainstem and the cerebellum (circled). It carries 80% of the brain's total neurones and is incredibly fast!

It works faster than thought ever could and it is still the 'first responder' to life events, making choices of how to react to *everything*, just as it did in those early creatures of 500 million years ago. It doesn't think or reason - it just reacts immediately.

*This is exactly why we cannot choose our reaction to anything, **only what we do** with that reaction For instance, we can control what we do with anxiety or anger, but we cannot decide not to feel it in the first place.*

We really don't have free will as we think of it!

It is almost certain that what we have always called 'subconscious' is, in fact, the reptilian complex, a part of the brain, not a mysterious dark part of the mind!

While searching for a way to work in that tiny .35 of a second cognitive gap, it was realised that during the 'freeze' response, the information stream stops - it is then the same through the whole of the brain.

Testing got underway almost immediately, with psychotherapy students and other volunteers eager to try this new idea.



Eventually, after several attempts and countless revisions, a consistently working model evolved. And BrainWorking Recursive Therapy was born!

Ordinary therapies try to change the symptom that appears in the conscious mind.



But BWRT stops the symptom getting into the conscious mind in the first place!

The first training was in September 2013, and that first cohort of experienced therapists all thought it sounded too good to be true...



But when they tried it, they all reported getting the same astonishing results that had been seen over and over again during the research and development.

BWRT works with:

All anxieties
Phobias
Commitment fear
Fear of failure
Self-worth
Self-confidence
PTSD
CPTSD
Relationships
Grief
& lots more...

In the years since that first training was completed, BWRT has developed into a complete therapy system, rather than an 'add-on' technique.

The Level 1 training on its own is effective for almost every presenting difficulty but there's also an entire range of specialist programmes for complex and intractable issues.

Because BWRT is completely different from any other style of therapy, everybody, no matter what their previous qualifications has to commence with Level 1 which is effectively **General Psychopathology**.

Once that's complete, though, there's much optional further material available including:

- **Level 2: Psychology of Identity and Behaviour**

This training gives you the material to work effectively and almost unbelievably quickly with all addiction and core identity issues, including gambling, alcohol and substance dependencies.

- **Level 3: Psychobiology**

Further reaching than *psychoneuroimmunology*, this level provides the material and skills to work with the psychology behind many physical issues including autoimmune disorders and cancer.

Then there is also a range of programmes for specialist work including: *depression, OCD, PTSD, intractable anxiety, coaching, anger management, procrastination social media addiction, and more.*



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But it doesn't stop there!

In addition to the professional training programmes, we have our Annual World Congress where BWRT practitioners can meet colleagues from all over the world, and discover all the latest developments in this new paradigm of psychology and psychotherapy.

There're also free online question and answer sessions with Terence Watts himself to help clarify anything you're not too sure about, as well as a dedicated team of expert supervisors and mentors.

Find out more...

To find out more about the Institute or the training we offer, please visit our website at <https://www.bwrt.org> or [contact us](#) - we're always happy to answer any questions you may have.

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