



# The Terence Watts BWRT Institute

---

## **BWRT® - in a Nutshell**

*By Terence Watts*

In 2013, I taught an eminent South African Clinical Psychologist called **Rafiq Lockhat** how to use what was then a brand new therapy model called **BrainWorking Recursive Therapy**. His first response was that it could not possibly work in the way I said it does; five minutes later he stated that it would turn the world of psychology on its head - and it's doing just that.

This document is not to explain how it works - it's to affirm that it is extremely fast, hugely efficient and can deal with all manner of issues from General Anxiety Disorder, fears and phobias, through PTSD to alcohol and narcotic dependency and almost all psychological issues far more quickly than most other therapies. *Think weeks, instead of years. Think about total resolution instead of years of maintenance via counselling.* No longer is there a need for anybody to be 'stuck in therapy' for year after year. Its only problem is that it seems too good to be true, but many hundreds of practitioners will confirm otherwise.

**Rafiq Lockhat**, with my permission, immediately started teaching it to psychologists in South Africa and it is now registered as valid mental healthcare and regulated by the Health Professions Council of South Africa (HPCSA). It's being used there now by many professional therapists, including Psychologists, Psychiatrists and counsellors, in the correctional services, the Police and the Military. The results are outstanding.

It has been the subject of enthusiastically-received symposia in four successive years of the annual conference of the South African Psychological Association (PsySSA) and also was featured in the 2017 Biological Psychiatrists World Congress by Dr Jacek Kryzstofiak under the title **Epigenetic Underpinnings of BrainWorking Recursive Therapy** - you can download the abstract here: [https://www.bwrt.org/BWRT\\_EPIGENETIC\\_UNDERPINNINGS.pdf](https://www.bwrt.org/BWRT_EPIGENETIC_UNDERPINNINGS.pdf)

In the UK, it's in use by many psychologists (including several in the NHS) and hundreds of psychotherapists and counsellors. In 2015, the UK Government allowed the formation of the **Institute of BrainWorking Recursive Therapy** (recently renamed **The Terence Watts BWRT Institute**) and in 2016, for the same reason of uniqueness, permission was granted for founding **The British BrainWorking Research Society** for the registration of professional practitioners.

The journey is not finished and you can find out more here: <https://www.bwrt.org> or you can download [BWRT: A Professional Guide](#)

You can also email me directly at [info@bwrt.org](mailto:info@bwrt.org) if you have questions - I'll do my best to answer them straight away.

***Terence Watts, 2018***