



**Training in the
classroom or
online**



The Terence Watts BWRT Institute



Established

The first training in BWRT was in 2013 and 1000's of therapists worldwide are using it every day



Training

A wide range of training from beginner therapist to advanced and accredited practitioner



Support

Highly skilled Mentors, supervisors and trainers to provide expert online or in person guidance

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What's so special about BWRT?



BWRT works in the earliest possible part of the brain - the ancient Reptilian Complex, the 'first responder' to input from the world. This is way before the Amygdala and even earlier than the 'subconscious' as most people think of it!



Online therapy sessions are every bit as effective as face-to-face



It's unbelievably quick with extremely low occurrences of recidivism



The science behind it is so clean it can be explained with total clarity

BWRT - BrainWorking Recursive Therapy - is not a simple rehash of older therapies but a unique working method that reorganises the neural pathways with which the early part of the brain communicates with the Amygdala



Who can it help?

BWRT can be used for almost anybody from five-years-old to eighty-five-years old and for almost any presenting symptom or difficulty. Whether it is a neurosis or an inhibiting belief, a phobia or deep depression, BWRT is a suitable therapy.

Children

BWRT works just as well with children down to around five years of age as it does with adults and is totally effective for many issues

Adults

Adults can suffer a multitude of differing problems. BWRT is just as effective online as is face-to-face so the world is your marketplace!

Seniors

Age brings with it uncertainty and a tendency toward depression - and BWRT can help with either situation and far more besides

BWRT is profoundly effective for just about every psychological difficulty, including OCD, Addiction, PTSD and CPTSD, Eating Disorders, Habits, Limiting Beliefs, as well as common issues like Phobias, Fears, GAD and more



How can I train?

You can study the Level 1 course (everybody starts with that one) as long as you are already trained in one or other of the many psychological therapies. If you are not so trained, there is a 'BWRT Newcomers' course available.

Level 1 - General Psychopathology

The start point for everyone. It introduces the underlying premise and how to use it to maximum effect for all forms of anxiety, fears, phobias and stresses

Level 2 - The Psychology of Identity and Behaviour

This provides speedy relief from all manner of core identity problems, including addictions of all sorts, career problems, weight issues, relationships, and more

Level 3 - Advanced Psychophysiology

An advanced form of psychoneuroimmunology that can be used for CFS, FMS, autoimmune disorders, cancer care, IBS, thyroid and adrenal issues, etc.

At every level of training, the unique process that underpins BWRT provides a faster and permanent release of symptoms than was thought possible until now. BWRT provides the speed and immediacy required in today's world



But what if I want to specialise?

BWRT provides a complete therapeutic methodology with an abundance of online specialist courses and techniques for when a powerfully targeted technique is needed. Just a few are listed on this page - there are many more, some free!

**Relationship
Reboot**

**Defusing
Depression**

**Abolishing
Anxiety**

**Advanced
Coaching**

**Major Life
Reset**

**Performance
Enhancement**

**Trauma and
Abuse**

**Procrastination
Buster**

**Working with
OCD**

You must be a member of the Terence Watts Institute to access these trainings



Wait - there's more?

Indeed there is!

For a start, there's the Annual World Congress at which you can meet fellow BWRT Practitioners from around the world - and they include Psychologists, Psychotherapists, Psychiatrists as well as a Professor or two of psychology. And every one of them started with Level 1 of the BWRT training.

Then there's a dedicated team of mentors/supervisors to give you expert guidance and advice whenever you might need it. But there's also the free online question and answer sessions with Terence Watts to help you clarify anything you're not too sure about - Members of the Terence Watts BWRT Institute get three of those annually.

Find out more

To find out more about the Institute or the training we offer, please visit our website at: <https://www.bwrtindia.com>, email: sumedha.workshops@gmail.com or call us on +9180 98863 11055 - we're always happy to answer any questions you may have.