



# BWRT®

## Depression Therapy

### BrainWorking Recursive Therapy

*BWRT can help to relieve the symptoms of all types of depression, whether or not you know what started or causes it.*



**And more...**

**Unhappiness**

**Bereavement**

**Grief and Loss**

**Depression**

# What's so special about BWRT?

BWRT can get to the core of the depression and has three great advantages over most other therapies:

- 1** It works online just as well as face to face
- 2** It reaches deeper into the depression
- 3** It is faster, easier, and longer lasting



Dissolving the unhappiness and low mood that usually accompanies depression can often be a time-consuming process. BWRT, though, works in an entirely different way from older therapies and often helps to create that much-needed uplift from the beginning.

# But will it definitely help me?



The therapy that will help every person every time is yet to be invented... but BWRT comes closer than just about any other style of working. Our practitioners are trained in this specialist technique which has helped very many people regain the joy of living.

Most methods of working with depression involve a slow and often uncomfortable exploration of your life. BWRT works directly at the process of depression instead and is a lot faster as a result.

## What depression can it help?

*Just about any. Whether it was caused by grief or just a downturn in the fortunes of life; whether it's a reoccurrence or the first time you've experienced it; whether it's mild or leaves you feeling desolate and empty, BWRT can help you to rediscover meaning and purpose in life.*

# Okay... so how long does it take?



It's not possible to state a set number of sessions to resolve depression, since there are many causes. What *is* possible, though, is to state that BWRT continues to amaze both practitioners and their clients with the speed at which it can start to create an uplift in mood, which is often from the very first session. And it's not just a 'quick fix' that soon fades, either, because BWRT provides a long-lasting result.

## How do I find a practitioner?

*You can contact the practitioner listed below (if any) or you can visit the website where all our practitioners are listed: [www.bwrt-professionals.com](http://www.bwrt-professionals.com)*

**Contact:**