

BWRT™ – What is it?

by

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BWRT™ is the acronym for **BrainWorking Recursive Therapy™** a new therapeutic model which is achieving results every bit as fast as the modern need for an 'instant fix' requires. And it really *is* instant a lot of the time... certainly completed inside a single session and often without any initial consult first. It's hard to do justice to it in an article but suffice it to say that the therapists who have already learned it have greeted it with great excitement. Comments like these from the Facebook page are common:

“Omg what a great therapy! just returned from my client with driving phobia, after one recycle loop the feeling had totally gone and the memory had no hold over her at all, she couldn't believe it as we had been working with other things over last few weeks. We then went for a drive and she had no hint of any anxiety even approaching extremely busy roundabout with added roadworks. RESULT!!!! Thank you Terence for all your hard work in developing this. (ps I do have to admit i was slightly sceptical before trying it!) best wishes to everyone Pippa”

And this:

“Absolutely gobsmacked how quickly clients can reorganise and create new neuropath ways with this new therapy - with last client it only took 5 min and she was surprised as well, when went to check onto the "past" memory and feeling- there were no disturbing ones left at all! Hmm....no hypnosis, no NLP, CBT or EFT, I myself finding it hard to believe the results Thank you, Terence for sharing your knowledge with us so we can educate others”

Those are genuine comments from genuine therapists and there are many more like them.

The therapy model was inspired by the work of a scientist by the name of Benjamin Libet; in 1983, he made the startling discovery that all decisions are made by the physical brain more than one-third of a second before we are aware of them – 330 milliseconds to be precise. The idea takes some getting used to because it means that we really do not have free will... this is not guesswork, not an assumption but a scientifically proven fact. And if you're now thinking: *“Well, yes, ok, but I can change my mind any time I want to!”* you're quite right, you can. But that decision will be made one third of a second before you are consciously aware of it. The experiments - involving a moving dot on a dial and the test subjects having to report what number it was on when they decided to lift their finger – have been replicated many times by other researchers but never successfully refuted. In fact one such study appeared to indicate that the physical brain was reacting a full *ten seconds'* before awareness, though it was not possible to properly replicate that one.

Nothing Spooky...

There's nothing mysterious or spooky about any of this and no assertion that everything in life is 'pre-ordained'. The truth is actually far simpler than that. The truth is that the physical brain responds to input from the world and from our own senses, and instantly starts to assess previous experience for an associated response pattern. This happens at amazing speed, far below the level of conscious awareness and so it's likely that what we consider to be the subconscious is actually the physical brain process. There's no value judgment being made, no 'good' or 'bad' course of action, just a pattern being matched to a stimulus. It's no more selective than a computer keyboard - every key is as valid as every other key, and it's only much later, when what we have typed appears on the screen, that a value judgment occurs as we assess whether what we have typed was what we wanted or not. The brain does not and cannot care, simply activating a pattern - which might be a thought or a motor action - that has been activated before in response to similar stimuli.

A stimulus - data input - received by the brain covers around 50 meters of neural pathways in the 1/3 of a second before it reaches awareness, during which time it goes through thousands upon thousands of tests that check for a continued pattern match. Some of the neurons are as small as 1 mm long and the data input, which is travelling at around 350 kph or more, is tested up to 1000 times at each end of the neuron. For reference, the brain has around 85 bn neurons. (50 meters is around 55 yards and 350 kph is about 225 mph)

Every thought we have has come about from the brain's continual monitoring process triggering a 'suitable' response. Have you ever said something like: "What on earth did I say that for?" or: "I simply cannot believe I did that!" The reason is simple - the non-reasoning brain beat your conscious mind to the punch! Thoughts are slow and have to be considered. The brain has no such restriction or need. It just assesses whether or not an input has a 'registered response' and if it has, activates it.

The Therapy

It took a while of studying brain science and creating something that was easy enough to grasp that it would be available to all therapists; this was followed by some two years of testing, to see that the results were good and that they held. They were and they do.

The eventual therapy model is based around the fact that by the time a stimulus has entered awareness, it has travelled approximately 50 meters of neural pathways. It's tested at every junction, or *synapse*, and in a manner still not fully understood by brain scientists, is routed to just one of up to 1000 neurones (although some sources quote 10,000 possibles.) So our task as therapists is to help the client make changes to the brain response as early in that 55 yard, 225 mph journey as it is possible to do so. And that's what BWRT™ does... it makes it possible, via a simple technique, to create a new response pattern to any stimulus so that the action the brain triggers is one that we want. It's totally content-free, too, so the client doesn't have to tell the therapist about deeply sensitive or intimate issues, making therapy far easier to

conduct in a great many situations. The other great thing about it is we don't need to discover the ISE of a problem, only the worst *conscious memory* of it that the client can consciously find.

What we do with that memory is unlike any other style of therapy you might have encountered. There's no NLP, EFT, Hypnosis, no 'Energy of the Universe' type of stuff, no CBT or any other method in common use. It's different and actually uses the reactive state of the client without them having to make any changes to whatever memory they have found... and yet what we do after that renders whatever they have found totally inactive. It's not covered in detail here but it starts by effectively freezing the brain processes so that the same data is in both brain and awareness. In the 'normal' state of affairs the brain is always that 1/3 second ahead of awareness and that situation can play havoc with therapy, introducing ideas and resistance that the therapist is not even aware of (which is likely the reason why suggestion doesn't always 'take' in the way we would like it to...).

The name 'BrainWorking Recursive Therapy™' comes from what we do next, a recursive looping process that cements and reinforces the changes the client – not the therapist – has made. Two years of testing experience shows that the changes we make appear to be permanent and there is no evidence of symptom substitution or replacement. All in all, this looks set to become a mainstream therapy over the course of time, if the current take-up and reviews are anything to go by.

I'll finish this article with a case study, one of the first clients I worked with using this methodology:

'John' (obviously not his real name) was in a relationship and he knew his girlfriend wanted to marry him but had always felt unable to commit to the idea. In fact, he had made several disastrous attempts to propose but reported that each time it was as if 'a computer had taken control of my mind'. It was clear that there was some powerful unconscious process at work from this story that he told me:

"There was a wedding in a soap on TV and I thought this would be the ideal time to propose, since she was clearly emotionally involved with the story. I screwed up my nerve and turned to her with the absolute intention of saying 'Will you marry me' and actually thought that's what I would say... But what actually came out was: 'Fancy a cup of tea?' and I somehow just couldn't stop myself saying it."

So, as is usually the case, I knew what the symptom was but had no more idea than he did as to the cause of the underlying anxiety that he was accessing so early in the neural pathway that he was actually unaware of the sabotage until it had happened. The entire session, from me explaining what I was about to do to the completion of the process lasted no longer than thirty minutes but I had

an email from him the next day that read:

*“Hi, I’m not coming to see you any more. I know you said the work was a brand new method but after I left you, I went to the Jewellers, bought the ring I know she liked, and last night I proposed to her under the moon in our back garden. She accepted (well, she would, wouldn’t she?) and I’ve never been so ***** happy in my ***** life! So thanks and keep on working with this new stuff of yours, because it really is amazing!”*

Since then, BWRT™ has been used to work effectively with alcohol problems, gambling addiction, jealousy, eating difficulties, grief, porn addiction, chocolate obsession, PTSD, low self-esteem and many other diverse ills.

All the training for this therapy is currently being carried out online by live video feed and you can find out more at these two sites:

<http://www.bwrt.org>

<http://www.essexinstitute.co.uk/brainwork.htm>

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NB: In States where the use of the term ‘Therapy’ is not possible without a degree in medicine or psychology, the acronym BWRT can be held to mean: BrainWave Recursive Technique.