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BRAINWORKING RECURSIVE THERAPY®

A THOROUGHLY MODERN THERAPY

BrainWorking Recursive Therapy® is a new model of psycho-therapeutic intervention that fits comfortably within current neuroscience paradigm. BWRT® is a neuroscience-based process that has been shown to be useful to help reduce many symptoms of negative emotions and alleviate negative affect. The therapy is solution-focused and client centred, working with the client's own thought processes, without the need for extensive discussion or disclosure. The work does not require the person to divulge any intimate details nor any incident they want to keep private. It's a unique therapeutic intervention that embraces something infinitely deeper and yet more easily understandable than the subconscious.

The therapy draws from findings of the experiments carried out by Benjamin Libet who was a pioneering scientist in the field of human consciousness. He discovered a cognitive gap between what he calls a 'readiness potential' and an 'action potential'. His research shows evidence of a decision being made in the prefrontal and parietal cortex up to seven seconds before the individual is aware of it. So, from stimulus occurring, first the readiness potential is evident, then the action potential, and only then awareness. This is called the cognitive gap. So, to give a simple example, we put out a hand to catch something which is falling off a table before we are aware of the need to react.

It's directly within this cognitive gap that BWRT work is

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done in changing the response to the stimulus, replacing it with whatever the client decides they would prefer, so that behaviour is more functional, rather than dysfunctional.

BWRT works in a unique way to 'defuse' the triggers of a symptomatic pattern before they reach the neocortex. In this way, the symptom is either alleviated or greatly reduced in severity.

THE STRUCTURE OF THE SESSION IN A NUTSHELL

The session starts with initial conversation to identify and illuminate the person's main problem. The principles behind the process are explained to them before the work begins and they are then guided through the process in a completely alert state. This technique is quick and effective and particularly useful for people who have experienced traumatic incidents, as well as general anxiety, fears and phobias.

SOME CONDITIONS IN WHICH BWRT CAN BE EFFECTIVE

- Traumatic experiences
  - Post-traumatic/Chronic-traumatic stress disorder
  - Sexual/physical/mental abuse
  - Negative childhood experiences
- Self-confidence
  - Poor self-esteem
  - Issues of rejection
  - Fear of failure
  - Performance anxiety
  - Commitment anxiety
- Releasing negative dysfunctional emotions
  - Work related stress
  - Anxiety and panic attacks
  - Anger
  - Guilt
  - Embarrassment
  - Sadness, grief and loss
- Habits
  - Procrastination
  - Nail biting
  - Impulsive eating, shopping etc.
- Phobias
- Depression (mild)
- OCD (mild)

Insomnia is often a result of Post-Traumatic Stress or Chronic Traumatic Stress or Chronic Anxiety, and can be effectively treated. Not only can the root cause of the insomnia be treated, the anxiety that accompanies insomnia can also be treated successfully.

Simple issues like specific fears (e.g. spiders, lifts, driving, to mention only a few), can often be resolved in a single session. Even when the problem is more profound, it can often be resolved in a few sessions. There is no longer a need for anybody to be in therapy for several months. Furthermore, BWRT is eminently suitable for online working via Zoom or similar communication platform. BWRT can also be used in a group setting such as when a

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group of people are experiencing similar difficulties.

WHEN PROBLEMS CAN'T BE SOLVED – ACCEPTING CONDITIONS WHICH CAN'T BE CHANGED

There are times when a client's only course of action is acceptance of a situation in which they find themselves. For example, a chronic illness requiring life-changing strategies to control (diabetes) or physical trauma such as losing physical functionality due to an accident or brain injury. Other circumstances might be an irreplaceable loss, such as degenerative conditions leading to impaired vision (Stargardt's disease or Retinitis Pigmentosa) or impaired mobility (Parkinson's disease).

HELPING CAREGIVERS

Another context in which BWRT works exceptionally well is when a healthy spouse or family member takes care of a loved one who is struggling with life-threatening illness or dementia. Taking care of someone with ill health is exhausting and can be very stressful.

Caregivers need care and compassion too. BWRT helps the caregiver to accept the circumstance and make the best of a very difficult situation which can't be changed. BWRT can be used successfully in a support group setting with caregivers, assisting them to persevere in their role. This technique could be extremely helpful during the Covid-19 pandemic, since is it has quick positive outcome, and is very easy to use on an online platform, reaching many people at one time.

ADVANTAGES OF BWRT

- It's quick, one to four sessions depending on the severity of the problem
- It's solution focused, positive and working with the present
- It's a private process. There's no need to go into details of private life
- There's no need to re-hash traumatic experiences to re-traumatise the person
- Once preferred thought patterns have been established, the preferred thought becomes habit
- BWRT can be useful on an online platform, reaching many people at one time

KEYS TO SUCCESS

- The person undergoing this process must want to change the way they are affected by difficulties
- There is sometimes a need to work in tandem with a medical practitioner if there is an underlying physiological condition
- More positive preferred emotions and responses are established, while we can't forget, we're able to build new, more positive neural pathways
- The most important part of building new pathways is energy and enthusiasm **MHM**

References available upon request