



BrainWorking Recursive Therapy (BWRT)

BrainWorking Recursive Therapy was created by a therapist, Terence Watts. It's a new and innovative concept of psychotherapy, completely unlike anything that came before it.

BrianWorking Recursive Therapy uses natural psychological processes to recondition neural pathways in the brain that lead to unwanted behaviour or thoughts.

By stopping and rerouting the brain's natural response to anything traumatic or not understood in its tracks, BrianWorking Recursive Therapy can help prevent the negative outward symptoms of conditions like anxiety and depression. The technique uses no devices or medication; it simply involves a patient and a therapist talking – just like many other forms of therapy.

What can BrainWorking Recursive Therapy help with?

- Compulsive and addictive behaviour: including alcohol dependency, social media, binge eating, gambling, shopping
- OCD
- Phobias and fears
- Stress or depression
- Low self-esteem and confidence
- Relationship problems
- Insomnia
- Generalised Anxiety Disorder (GAD)
- Post-Traumatic Stress Disorder (PTSD)
- Weight management



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