



## *Dr Elisa Mecco*

CLINICAL PSYCHOLOGIST  
HPCSA Registration no. PS 0054283 Practice no. 8635404

7, Hilda Avenue  
Bryanston  
Johannesburg  
Gauteng  
Tel. +27 83 227 9343  
e-mail: [elisam@elisa-mecco.com](mailto:elisam@elisa-mecco.com)

P.O. Box 98121  
Sloane Park, 2152

### TO WHOM IT MAY CONCERN

I am a Clinical Psychologist and I have been in practice since 1981, in Italy first and then in South Africa, where I moved to follow my husband in 1994. In the early 80' I received full Psychoanalytical training in Switzerland and practiced accordingly sine.

I trained in BrainWorking Recursive Therapy (BWRT) in 2017 and my Practice changed for ever. I was skeptical initially, as it sounded all too good to be true, but I was blown away by the results I achieved in short periods of time. Since then I have been using BWRT every day and with every patient, obtaining amazing success. I have treated with BWRT a variety of cases and presenting problems such as Trauma; Panic Attacks; Phobias; Anxiety in all forms; PTSD and Complex PTSD; OCD; Depression; Post Natal Depression; Nocturnal Terrors; Borderline Personality Disorder; Addiction to substances and behaviour; Bereavement; and more different and complex issues. It is astounding to see how this form of therapy helps every kind of patient, from children as young as 6 to geriatric patients, and how quickly it resolves problems that before its introduction would have taken a long time to deal with. Trauma, Phobias, Panic Attacks are resolved mostly with one single session. More complex problems are resolved with 5 to 10 sessions. I haven't yet encountered a case that couldn't be successfully treated with BWRT.

I constantly have requests from people who have heard from someone else about the great results obtained with BWRT and want to be treated specifically with this kind of therapy. I have done Level 2 and Level 3 BWRT courses and I cannot be more grateful to Terence Watts for this magnificent innovation.

Dr. ELISA MECCO

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