

06/08/2019

TO WHOM IT MAY CONCERN

Re: Brain Working Recursive Therapy (BWRT)
Terence Watts

I am a specialist psychiatrist practising in Johannesburg, South Africa. I have a keen interest in psychotherapy and advocate its importance in EVERY clinical case, irrespective of psychiatric diagnosis.

Unfortunately, this isn't always feasible, as most South Africans do not have the finances and time to prioritize mental health. In addition both resources and access to resources are limited.

This is where BWRT comes in. I trained in Level 1 two years ago. It has changed the way I practice. It is an effective, time- limited intervention that has frequently resulted in fewer patients needing psychiatric medications. Those who need medication frequently need lower doses AND it offsets the need for hours and hours of costly and time-consuming psychotherapy.

This obviously helps extend our resources further and more effectively. Furthermore, with a medical and scientific background, I am finding more and more uses for BWRT, than it was originally envisaged or intended by Terence Watts.

Patients are better able to deal with delusions, hallucinations, urges to self-harm or abuse substances, reduced frequency of pseudoseizures, compulsions in OCD, etc..... These are just a few examples of patients I have successfully helped using BWRT. The possibilities are endless.....

I would recommend that BWRT form a part of the training curriculum for all psychologists, counsellors and psychiatrists. It is definitely a useful tool in my practice.

I would be happy to respond to queries sent to my practice in writing.

Regards,



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