



2019/07/18

I have been a clinical psychologist for the last 37 years and a management consultant for the last 20.

I have used multiple different models over the years in order to help people to heal their anxiety, depression, grief, trauma, abuse, career and relationship issues.

I have been using BWRT for the last 2 ½ years – having conducted at least 400 sessions – and it has completely revolutionised my practice. I am able to help people to heal their emotional issues in a fraction of the time it used to take me, utilising talk therapy modalities and other more emotionally focussed methods.

I have had a number of clients who have recorded 12 or more of the 15 symptoms for PTSD – only 7 being necessary for the diagnosis of PTSD – reducing this number to 1 or 2 symptoms in between 2 and 5 sessions! The level of inspiration this has given me and the confidence that I can truly help severe problems in a very short time, is nothing short of spectacular.

When I first got into management consulting I worked with Dr Merle Friedman who sat on the advisory board for an International Trauma Institute. She would have thought I was fabricating such reports around the capacity for BWRT to heal trauma and I was as sceptical myself of such claims before I began to use it.

I have been able to help people heal the wounds created by sexual abuse decades ago, in just 20 minutes. I have helped people come off medication for anxiety, depression and sleep disorders that they have been on for months and sometimes years, in 6 weeks.

I have seen adolescents who have had months and years of traditional therapy, including CBT, resolve grief, trauma and bullying in 3 -6 sessions.

I am not saying that BWRT works with everyone, all of the time. No therapeutic model does – and Terence Watts has said as much, many times – but I would say that I can achieve the kind of results I talk about above with at least 70% - 80% of my clients.

BWRT is my first port of call for just about every problem I am confronted with in my practice and would recommend it to anyone.

A handwritten signature in black ink, appearing to read "Mark Kahn", with a horizontal line underneath.

Mark Kahn.
Clinical psychologist.
PR no: 8606439

P.O. Box 131031
Bryanston,
2021
Tel: 082 454 9564

realmark@icon.co.za
www.markkahn.co.za