

To whom it may concern

**RE: BWRT**

I am a Clinical Psychologist and have been practicing since 1989. I have been the Vice Chairperson of the South African Society of Clinical Psychologists and a former executive member of the Psychological Society of South Africa, and have also served on the Committee of Preliminary Disciplinary Enquiry of the Professional Board for Psychology in the Health Professions Council of South Africa.

During my many years of clinical practice I have utilized many different forms of psychotherapy to help heal my patients. When I discovered BWRT through doing Terence Watts' course it felt like I had discovered a silver bullet. The result that I was achieving felt almost too good to be true.

I have since used BWRT on almost 4000 patients, and now use it exclusively to treat all of my patients, with remarkable success rates for a range of disorders such as : PTSD (which is very common in South Africa); sexual abuse; rape; phobias; grief; anxiety; panic attacks; depression among other conditions. What makes BWRT different is that the results achieved are permanent and follow up 3 months, 6 months and 1 year patients show the same improvements made. The other remarkable thing about BWRT is that these results are achieved in a fraction of the time compared to other therapies I have used before. In many cases it takes between 1 and 5 sessions. Where as before BWRT this may have taken me up to 6 months to achieve the same results. So it is highly cost effective and user friendly in a country like South Africa where trauma is almost the norm.

The BWRT course in South Africa has been approved by the Continuous Professional Development Committee of the Health Professions Council of South Africa, to be taught to Psychologists and Psychiatrists in South Africa as part of their continuous professional development requirement. As at today approximately 800 Psychologists and 6 Psychiatrists have been trained in BWRT.

The feedback received is that almost everyone using it in their practice is achieving the same remarkable results to the benefit of their patients.

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In summary, BWRT is a psychotherapy which is revolutionizing the world of Psychology in South Africa. It is highly effective, cost effective and accessible to a wide range of patients in a multicultural society like South Africa.

Please feel free to contact me if you would like more information.

Yours sincerely,



Rafiq Lockhat



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