BWRT®

BRAINWORKING RECURSIVE THERAPY®

Sometimes your mind knows you're safe but your nervous system hasn't caught up yet.

BWRT® is a structured, brief therapeutic approach that works with the way the brain processes and responds to thoughts, memories, emotions and patterns of behaviour.

BOOK A CONSULTATION →



What is BWRT®?

BrainWorking Recursive Therapy® (BWRT®) is a therapeutic approach developed to work with the brain's automatic responses to distressing thoughts, memories, emotions and learned patterns. Rather than requiring a person to repeatedly revisit or describe every detail of a difficult experience, BWRT® uses structured therapeutic processes to work with the brain's responses and associations.

It can be particularly useful when someone understands their difficulties intellectually but continues to experience an automatic emotional, physical or behavioural response.

BWRT® may be considered as part of therapy for:

- Trauma-related difficulties
- Anxiety and fear responses
- Unwanted or intrusive thoughts
- OCD-related difficulties
- Phobias and specific fears
- Emotional distress
- Unhelpful or repetitive patterns
- Difficult memories or experiences
- Stress-related responses
- Self-esteem and confidence difficulties
- Adjustment and life-transition difficulties
- Relationship difficulties
- Behavioural patterns
- Support alongside other therapeutic approaches



When your brain keeps responding...

Sometimes we can logically understand that something is over, and yet the response remains. Your heart races. Your body tenses. Your thoughts spiral. You avoid certain situations or react before you've had time to think. This doesn't mean you're weak or that you're choosing to respond this way. It may mean that your brain has learned a response that is continuing to activate automatically.

BWRT® aims to work with that automatic response.

BWRT® and Trauma

Traumatic experiences can affect the way we perceive safety, relationships, emotions and ourselves. For some people, the experience may be over, but their nervous system continues to respond as though the threat is still present.

BWRT® may form part of a broader trauma-informed therapeutic approach to help clients work with distressing responses without requiring them to repeatedly relive every aspect of their experience.

A Trauma-Informed Approach

Your therapy is collaborative, paced and centred around your emotional safety. We don't rush the process and we work towards creating a therapeutic environment where you can feel:

Safe. *Heard.*

Understood. *Supported.*



BWRT® Working with Children

HELPING CHILDREN CHANGE THE WAY THEY RESPOND WITHOUT ASKING THEM TO CARRY EVERYTHING ALONE.

Children don't always have the words to explain what they're experiencing. Sometimes emotional distress appears as behavioural changes, anger, anxiety, sleep difficulties, school-related distress, separation difficulties or low confidence.

Samantha is certified in BWRT® Working with Children and incorporates child-appropriate therapeutic approaches according to the child's developmental stage, needs and presenting concerns.

LEARN MORE ABOUT CHILDREN'S THERAPY →

Children's therapy may address:

- Anxiety & fears
- Difficult experiences
- Emotional regulation
- Confidence & self-esteem
- Adjustment & transitions
- School-related distress

Our Integrative Approach

BWRT® is one component of Samantha's broader therapeutic approach. Depending on the client's needs, therapy may draw from approaches including CBT, ACT, Solution-Focused, Narrative Therapy, Mindfulness, Emotional Regulation Strategies, Play Therapy (appropriate use) and other trauma-informed interventions.

OUR APPROACH →

What Can I Expect?

01
We understand what's happening and what you need support with.

02
We identify patterns of thoughts, emotions, body responses and behaviours.

03
We choose an appropriate approach and explain the process.

04
We work at your pace. Your safety remains central.

05
We move forward towards healthier responses and the life you want to live.

Is BWRT® right for me or my child?

Not every therapeutic approach is suitable for every person. An initial consultation provides an opportunity to understand your concerns, consider your goals and determine what type of therapeutic support may be most appropriate. You don't need to know which therapy you need before you reach out. That's part of what we can explore together.

BOOK A CONSULTATION →

Understand. Regulate. Integrate. Move Forward.