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## HANDOUTS SUMMARY BWRT® Level 2

1. Workshop agenda
2. Guilty Secret
3. The Trigger Guard
4. The Reboot Routine
5. Core identity assessment
6. Level 1 or Level 2?
7. Client Worksheet 1
8. Client Worksheet 2
9. The Pre-Questionnaire Questions
10. Level 2: The Unlock Questionnaire
11. The Unlock Routine
12. Therapists Worksheet
13. Running order for therapists
14. Working with Physical Symptoms

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## ONLINE COURSE EVALUATION AND CERTIFICATION

1. The link to the online evaluation will be emailed to you after the course. Once you have completed the evaluation your CPD certificate will be emailed to you.
2. You have 2 weeks from the date of the course to complete your Questionnaire. At the end of the 2 weeks on the stipulated date (which will be communicated to you), your points and details will be sent to the HPCSA to update your CPD profile.
3. If you have not completed this within the stipulated time, please let us know.

**NO EVALUATION = NO CPD**

### **HPCSA RULES**

4. All the resources handed out to you at the course are available online and can be downloaded for your personal use. Please log on to our website at [www.bwrtsa.co.za](http://www.bwrtsa.co.za) and you will find what you need under the RESOURCES tab.

**The password needed to access the Level 2 protocols is: *L2thium79***

## Level Two Case Study Requirements for Submissions

To gain your BWRT Level 2 Certification, you need to submit a case study; this need not have a successful outcome but must show how you conducted the case from start to end. The client's details must be anonymised.

The information needed is:

- Client gender, age, and presenting difficulty
- An overview of the therapy from first meeting to end of study. Include sessions that were significant. Also include any Level 1 work done during the level 2 process. Please also include the Triggers and the Guards decided on
- Any difficulties encountered and their resolution
- The number of sessions completed
- The eventual outcome
- Your own views the efficacy of the therapy in this instance
- Scans of the client worksheets (1 & 2)
- Scan of the completed Therapists Worksheet (the entire Unlock Questionnaire is not needed).

Send the completed study to [info@bwrtsa.co.za](mailto:info@bwrtsa.co.za) It will be evaluated as soon as possible but please do allow 8 weeks before requesting an update - you will normally hear from us before that.

## The Terence Watts BWRT® Institute

1. If you have not yet joined the Institute, you are invited and encouraged to join the Terence Watts BWRT Institute. You will need to sign up to the Institute. You can register via the link below:

<https://www.bwrt.org/products/temp-join>

2. South Africans are entitled to a 50% discount on the membership fee with the following discount code:

**SAmembers50**

**Membership to the organisation** has many benefits, some of which include access to new protocols; listing on the International website as a certified practitioner and access to any new BWRT material that is released from time to time.

**When you sign up to the Institute you will be offered 3 free mentorship sessions.**

**Please note that as South African practitioners registered with the HPCSA you are only allowed to be supervised by another Practitioner who is registered with HPCSA. Please select a South African supervisor from the International list.**

## Social Media

1. **FACEBOOK** For those of you who do not have a Facebook account as yet, this is the perfect excuse to get one. It is an online shared space where all the South African practitioners are able to share their successes and challenges and provides a fantastic community in which you are able to share your ideas and receive advice from other practitioners. Please join our BWRT Professionals Facebook community and we will be looking out for your posts.

<https://www.facebook.com/groups/BWRTSA/>

If you search Facebook for this group you will not be able to find it. To provide added safety of the patient information contained herein, it has been hidden. You will receive an invitation to join the group via email.

You may also request access to the group by inserting the link above into Facebook and asking to be admitted to the group.

2. **Please** join our BrainWorking Recursive Therapy LinkedIn page if you are on LinkedIn. All our course updates are posted here for any of you who do not have Facebook page. One more way not to miss out on any of our upcoming short courses!

<https://www.linkedin.com/company/bwrtsa/>

## Peer Supervision

There are 3 ways in which you can access supervision:

1. The BWRT® Professionals South Africa Facebook page  
Here you can post cases and ask colleagues for assistance. It is a resource with 5 years of case studies. Simply type in the search function what you are looking for e.g. Trauma / phobia etc. and all the discussions related to that topic will appear.
2. Peer supervision Groups in your area  
These are normally face to face but due to COVID 19 some of these groups have switched to online.
3. Individual private supervision  
You can select a supervisor from the list posted on the website and Facebook page for private individual supervision. This is a paid for service and you may negotiate the rate with the supervisor.

The following individuals are able to offer peer supervision. There may be group supervision in your area, please consult our Facebook page to find out how and when they meet. Since the onset of COVID 19 many of these groups meet online:

<b>Gauteng</b>			
Frans van Stadden	Counselling Psychologist	<a href="mailto:frans@peoplewise.co.za">frans@peoplewise.co.za</a>	083 445 8512
Dr Ingrid Artus	Counselling Psychologist	<a href="mailto:ingrid@westpsych.com">ingrid@westpsych.com</a>	082-501-5878
Susan Chan	Clinical Psychologist	<a href="mailto:susan@topint.co.za">susan@topint.co.za</a>	069-540-5481
<b>Western Cape</b>			
Heinrich Benjamin	Clinical Psychologist	<a href="mailto:heinrichbenjamin19@gmail.com">heinrichbenjamin19@gmail.com</a>	071 440 3639
Pauli Geldenhuis	Counselling Psychologist	<a href="mailto:pauligel@mweb.co.za">pauligel@mweb.co.za</a>	066-301-5149
Ria Scholtz	Educational Psychologist	<a href="mailto:scholtz.ria@gmail.com">scholtz.ria@gmail.com</a>	082-451-4493

Dr Annerie Joubert	Clinical Psychologist	<a href="mailto:annerie@anneriejoubert.co.za">annerie@anneriejoubert.co.za</a>	082-774-4510
<u>Danielle den Hollander</u>	<u>Clinical Psychologist</u>	<a href="mailto:danielhilbrand@gmail.com">danielhilbrand@gmail.com</a>	083-228-0234
<b>Kwa Zulu Natal</b>			
Shelley Kim Hall	Clinical Psychologist	<a href="mailto:shelleykimhall@icloud.com">shelleykimhall@icloud.com</a>	063-055-2172
Quraisha Baig	Clinical Psychologist	<a href="mailto:qbaig@yahoo.com">qbaig@yahoo.com</a>	084-923-2600
Lisa Grant-Stuart	Counselling Psychologist	<a href="mailto:lisags.services@gmail.com">lisags.services@gmail.com</a>	072-770-8202
Mary Rogers	Clinical Psychologist	<a href="mailto:mrogers.psychologist@gmail.com">mrogers.psychologist@gmail.com</a>	031-764-7675
Dr Sharon Enoch	Educational Psychologist	<a href="mailto:drsharondenoch@gmail.com">drsharondenoch@gmail.com</a>	031-764-7466
<b>Pretoria</b>			
Dr. Biva Naik	Clinical Psychologist	<a href="mailto:Biva.naik@gmail.com">Biva.naik@gmail.com</a>	082 809 7696
<b>Eastern Cape</b>			
Alexa Bickell	Counselling Psychologist	<a href="mailto:alexa.bickell@worldonline.co.za">alexa.bickell@worldonline.co.za</a>	082-505-8027
Mark Eaton	Clinical Psychologist	<a href="mailto:markeatonpsych@gmail.com">markeatonpsych@gmail.com</a>	076-683-2447
<b>Remote ONLY</b>			
Kim Schloms-Madlener	Clinical Psychologist	<a href="mailto:kim.schloms@gmail.com">kim.schloms@gmail.com</a>	+44 7394 056 312

***For further information or assistance please do not hesitate to send an email/ WhatsApp on [info@bwrt.co.za](mailto:info@bwrt.co.za) / Nashitah Ismail 076 8199 198***