



Press Release

New Rapid Therapy a First for the Channel Islands

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FOR IMMEDIATE RELEASE

Guernsey has become the first Channel Island offering this exciting new method that can help remove anxieties, fears, phobias, anger, and much more, within just 1 to 3 sessions. One of only 230 therapists worldwide qualified to offer this new rapid psychotherapy, Dr Tim Mahy, Chartered Psychologist, says “Whilst it is difficult to believe that any therapeutic methods could work this fast, and this effectively, myself and my fellow therapists around the globe offering this new method are finding the results we are seeing very exciting.”

This new method is known as BrainWorking Recursive Therapy®, or BWRT®. It targets the old patterns within the brain that results in people automatically feeling anxious, scared, or angry, when they are in certain situations and rewrites that response with something that’s nicer, something less destructive. This can then enable people afraid of certain situations, such as fear of flying to live a fuller life. And that is just one possible example.

This is a very new therapy and the NHS is currently trialing it in some hospitals in the Midlands. Tim states “I’ve used this method very effectively with locals, as well as with clients internationally via Skype and FaceTime. I’ve helped people to eradicate fears, phobias, and anger, and the look on their face as they realise those old feelings have gone is massively rewarding. This is a great addition to my therapeutic toolkit and enables me to achieve my goal of helping to give local people the opportunity to live their lives as fully as possible”.

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Notes for Editors:

Dr Tim Mahy, BSc (Hons), MSc, DPsych, CPsychol, Cert.Hyp, MIBWRT is a Chartered Psychologist and a HCPC Registered Health Psychologist and is on the Guernsey Register of Psychologists. Tim works from various locations, including

Le Grand Courtil and La Nouvelle Maritaille's therapy rooms. Tim's BWRT website is www.bwrt.clinic and therapies are offered to both locals, and those online via Skype, FaceTime, and vSee.

Tim uses a variety of methods to help clients achieve their desired goals, including the highly evidence-based irritable bowel treatment using gut-focused hypnotherapy (recommended by NICE for treatment-resistant IBS), and Acceptance and Commitment Therapy (ACT) for issues such as chronic pain.

Tim's goal is to provide a cost-effective service to locals and fill the gap within the current therapeutic market, providing support for people with psychological interventions for physical health concerns, adaptation to disabilities, as well as stress and anxiety based conditions.

More information can be found at www.sarniahealth.co.uk