

CORRECTION ON UNCOVERING BRAINWORKING RECURSIVE THERAPY: A COMPREHENSIVE EXAMINATION OF SUBCONSCIOUS RESPONSE MECHANISMS AND THERAPEUTIC APPLICATIONS

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Abstract. Erratum for “Watts, T., Watts, J., & Relajo-Howell, D. (2023). Uncovering brainworking recursive therapy: A comprehensive examination of subconscious response mechanisms and therapeutic applications. *Problems of Psychology in the 21st Century*, 17(1), 57–65. <https://doi.org/10.33225/ppc/23.17.57>”.

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This document presents the corrections to the published article.

ERRATUM

“Uncovering Brainworking Recursive Therapy: A comprehensive examination of subconscious response mechanisms and therapeutic applications”

There are three specific sections in the article that require correction. While the first may be of lesser consequence, the second and third are more significant and merit clear and concise amendments. Some referenced material also raises concerns; however, these may be beyond the scope of correction. First, the following statement appears to be speculative and is not supported by available evidence:

“Neuroimaging techniques have revealed decreased amygdalar activation following BWRT interventions, aligning with reductions in anxiety symptoms. This points to BWRT’s capacity to alter threat-response patterns mediated by the amygdala. Changes in prefrontal cortical activity and connectivity have also been observed, suggesting improved cognitive control of emotions and trauma responses.”

To the best of my knowledge, no such neuroimaging studies on BWRT have been published. The following corrections are required:

1. App-based integration

“Furthermore, the potential integration of BWRT into mental health apps presents an exciting opportunity. By leveraging BWRT’s methodologies in app-based formats, users can access self-help tools grounded in BWRT principles.”

It should be noted that there are currently no plans to develop app-based or AI-integrated versions of BWRT, and such developments are unlikely to occur. While this may not necessitate formal correction, the existing statement may be misinterpreted as implying future intent.

2. Contradiction regarding ISE and systematic desensitisation

“One notable limitation, as identified by Refvik & Stavland (2020), is the absence of systematic desensitisation or the identification of an Initial Sensitising Event (ISE) in the BWRT model. This could be a drawback when dealing with complex psychological conditions, where understanding the root cause of symptoms is crucial, as suggested by Borsboom (2017).”

This statement is inaccurate and directly contradicts an earlier and correct passage in the same article:

“A particular advantage of BrainWorking Recursive Therapy (BWRT) compared to standard therapies is that it does not require Systematic Desensitisation or the discovery of an Initial Sensitising Event (ISE) when addressing complex psychological conditions.”

The earlier statement should be retained as accurate. The later one should be revised or removed.

3. Therapist skill and treatment efficacy

“Additionally, BrainWorking Recursive Therapy’s (BWRT’s) reliance on the therapist’s skill in guiding the recursive process is another aspect that needs consideration. The therapist’s ability to navigate and modify subconscious responses is central to the therapy’s success, which could vary significantly among practitioners.”

This characterisation is incorrect. BWRT does not depend on the therapist’s ability to guide the recursive process itself. Rather, the therapist’s role is to deliver the protocol effectively, maintain client engagement, and ensure that disruptive thought processes do not interfere with the intervention. These elements are thoroughly addressed in practitioner training. The success of BWRT is contingent on correct application of the method, not on individual variation in therapeutic skill.

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