

Integrated hypnosis interventions for Irritable Bowel Syndrome (IBS)

1 day workshop presented for ASH Victoria by

Dr Simon Knowles & Ms Simone Peters

What is IBS?

Irritable Bowel Syndrome (IBS) is the most common functional gastrointestinal disorder estimated to affect approximately one in 10 Australians. The condition is usually characterised by recurrent episodes of abdominal pain, bloating and altered bowel habits (diarrhoea, constipation or both) and may range in severity from annoying to debilitating. The exact cause of IBS is not known. There is no cure for the condition and treatment is limited to symptom management techniques. IBS is associated with significant psychological comorbidity (up to 75%) and can be a very challenging condition for therapists to work with.

Workshop overview:

This interactive 1-day workshop will provide therapists with an overview of the latest research findings relating IBS, including the role of the brain-gut-axis and therapeutic interventions for IBS.

The workshop will include:

- introduction to IBS
- how it is diagnosed
- related comorbidities
- demonstrations of IBS-focused evidence-based psychological interventions (e.g., cognitive behaviour therapy, mindfulness, and hypnosis) to reduce IBS symptoms and related distress.

The workshop will focus on gut-focused hypnotherapy utilising the Manchester method, which has been found to reduce IBS symptoms in up to 76% of patients.

What will participants get out of the workshop?

- ✓ Up-to-date information about IBS, its diagnosis, and current research findings
- ✓ Practical experience with assessing IBS activity and comorbid psychological distress
- ✓ Guidelines and resources to use with clients who experience IBS
- ✓ Practical experience in utilising cognitive behaviour therapy, mindfulness, and hypnosis to reduce IBS symptoms and related psychological distress

About the presenters:

Dr Simon Knowles: Simon is a Senior Lecturer, Clinical Psychologist, and recognised expert in the psychological aspects of gastrointestinal conditions. He has presented nationally and internationally in relation to the psychological aspects (and role of psychological interventions) in gastrointestinal conditions. He is a Member of the Australian Association for Clinical Hypnosis and has spent time learning gut-specific hypnosis at the Manchester Hypnotherapy Unit, headed by Professor Peter Whorwell. His website is: <http://www.mindovergut.com>

Ms Simone Peters: Simone has a background in psychology and has recently completed her PhD with the Department of Gastroenterology, Monash University. She is an expert in psychological aspects of disorders of the gastrointestinal tract. During her PhD candidature she investigated the use of gut-directed hypnotherapy in patients with IBS and her data have shown it to be of superior efficacy to that of the first line dietary therapy, the low FODMAP diet. Simone has presented her work nationally and internationally and has multiple first-author publications in world-renowned peer-reviewed journals. Simone runs the gut-directed hypnotherapy program at the Alfred Hospital Functional Gastrointestinal Disorders Clinic and continues to be involved in advancing research in this area and works for the Monash University FODMAP Research Team. She is also the founder of the Mind + Gut Specialist Clinic.

When & Where:

Starts: Sat, 4th of June '16 at 9:00am

Ends: Sat, 4th of June '16 at 4:00pm

Location: Tower Hotel, 686 Burwood Road, Hawthorn East

LUNCH - BYO or \$15 for workshop attendees to have lunch at the hotel.

Free parking in car park next to and opposite the hotel.

Contact details:

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