

Patient Information Sheet

from The Gut Centre



FAQ's:

Why am I being referred to The Gut Centre?

Your doctor / health professional may be referring you because:

- You have been diagnosed with IBS or a disorder of gut-brain interaction
- Stress is impacting your GI condition / GI condition is causing stress
- Your GI problem is interfering with normal day-to-day activities
- A multi-disciplinary approach to treatment is required
- You may not have responded to conventional medical care
- You prefer not to take medication / sensitive to side effects

What are disorders of gut-brain interaction (DGBI)?

Previously known as functional gut disorders, a group of disorders fall under this category, the most common being irritable bowel syndrome (IBS). They are identified by chronic or recurrent symptoms without evidence of a biological cause that would explain the symptoms. These conditions can occur as a result of a dysfunction in the two-way communication between the GI tract and the brain, resulting in a sensitive gut.

How can The Gut Centre help me?

The Gut Centre specialise in treating patients with DGBIs and other gut problems, providing a range of evidence-based treatments (see Pg 2). With a dedicated and passionate team of gut-expert psychologists and other highly skilled practitioners, they have been pioneers and leaders in the field of psychogastroenterology for more than 12 years.

DR JIM KANTIDAKIS

Founder/Director of The Gut Centre, Dr Kantidakis, has over 17 years of clinical experience notably training with Prof. Whorewell, leading Gastroenterologist and the founder of gut-directed hypnotherapy.



Dr Jim Kantidakis
Founder / Director
The Gut Centre
Clinical Psychologist / Gut-directed Hypnotherapist

APPOINTMENT BOOKINGS

You do not need a referral to book an appointment. Call us today.

MEDICARE REBATES

Available under a Mental Health Care Plan (MHCP) through your GP.

info@thegutcentre.com

www.thegutcentre.com

Is stress causing my gut problem? Is it all in my head?

It's important to understand that conditions such as irritable bowel syndrome are not just in your head - they are physiological and very real. The root cause of these gut-brain interaction disorders is still unknown, but stress and negative emotions can definitely worsen and maintain your gut problems. This happens because they can alter pain perceptions and gut motility, leading to symptoms such as stomach pain, bloating, constipation, and diarrhea.

What is the gut-brain connection?

The brain and gut are connected via the vagus nerve to create a two-way communication loop known as the gut-brain axis. Signals are sent between the GI tract and the central nervous system. Stress can influence gut function, and your gut can, in turn, affect your stress levels.

Do these therapies really work?

Cognitive behavioural therapy (CBT) and gut-directed hypnotherapy (GDH) are clinically proven to be highly effective in treating DGBIs.

Studies indicate that 70-80% of patients experience a significant reduction in gut-related symptoms, such as abdominal pain, bloating, and altered bowel habits with results lasting up to 5 years after treatment. Often 6-8 sessions are required.

CONDITIONS TREATED AT THE GUT CENTRE:

- Irritable Bowel Syndrome (IBS)
- Nausea
- Abdominal Pain
- Dysphagia & Globus
- Bloating
- Excessive Belching
- Functional Dyspepsia
- Abdominal Migraine
- Reflux
- Coeliac Disease
- Functional Heart Burn
- Encopresis/Faecal Incontinence
- Pelvic Pain
- Inflammatory Bowel Disease
- Rumination
- Cyclic Vomiting and more

1300 488 287



Psychology

Our Services

Highly skilled psychologists with expertise in gut-related conditions use cognitive-behavioural therapy (CBT) and other strategies to identify behaviour and thought patterns. This helps you to understand how you can modify your thoughts, behaviours and actions to better manage and alleviate gut symptoms.

Gut-directed Hypnotherapy

An evidence-based treatment, gut-directed hypnotherapy has proven to be effective in reducing gut symptoms with clinical trials showing a 70-80% success rate. The patient is gently led into a deep state of relaxation and heightened focus. It is important to note that unlike 'stage' hypnosis, you remain awake, aware, and in control throughout the process.

Pelvic Health Physiotherapy

In the treatment of conditions like irritable bowel syndrome and pelvic pain, it is crucial to incorporate exercises that both strengthen and relax specific areas. This helps to co-ordinate muscle movement and maintain control over our bowel habits.

Dietetics

If you have conditions like IBS, IBD, Coeliac disease, constipation, or food intolerance, dietetics can help provide nutritional management. By helping to identify which foods trigger your symptoms, you can develop a diet that is sustainable and optimizes key nutrients for your body.

GI Yoga

A group therapy yoga program specifically designed to target gut conditions. These sessions aim to educate, help regulate the body's stress response, enhance communication between the brain and gut, and promote mindfulness of the body and mind.

Medicare rebates apply under 'group' therapy.