

Gut Therapy for Children

Parent Information

Helping Children, Adolescents and Families Better Manage Gut Problems

We're here to help your child feel better and thrive.



Does Your Child Struggle with Tummy Problems or Digestive Issues?

Is your child often complaining of tummy aches, nausea, bloating, or needing the toilet urgently? Are they missing school, avoiding activities, or feeling anxious or distressed because of their gut symptoms?



How Can Therapy Help?

Children and adolescents with Disorders of Gut-Brain Interaction (DGBIs) often have a **more sensitive digestive system**. Symptoms can be worsened by stress, anxiety, and emotional challenges.

Our therapy helps to:

- ✓ Reduce gut symptoms and school absenteeism
- ✓ Build confidence and resilience
- ✓ Learn practical skills to manage stress and emotions
- ✓ Improve quality of life

Children receive tailored, **evidence-based therapy** including CBT and Gut-Directed Hypnotherapy (when age appropriate). **Clinical trials show significant symptom improvement in up to 80% of patients.** Therapy may also include mindfulness, breathing exercises, emotional regulation, and creative play.



Helping Your Child Get On Board with Therapy

- ✓ Let them know their tummy and brain are connected, and talking to someone can help them feel better.
- ✓ Reassure them that sessions may include learning new skills, like imagination / breathing techniques.
- ✓ Emphasise that the aim is to help them feel better and get back to doing what they enjoy.



What Conditions Do We Treat?

- Disorders of Gut-Brain Interaction e.g. Irritable Bowel Syndrome (IBS), constipation, diarrhea, functional dyspepsia, functional abdominal pain
- Reflux, globus, vomiting, rumination disorder
- Childhood faecal incontinence
- Neurodivergence (e.g. ADHD, Autism Spectrum Disorder) with co-occurring gut symptoms
- Avoidant/restrictive food intake disorder (ARFID), gut-related feeding concerns
- IBD, Coeliac Disease, Ulcerative Colitis and more.



What to Expect



Initial Assessment, Personalised Treatment Plan, (Typically 8–10 Therapy Sessions) delivered by a gut-psychologist.

Parents are kept informed/included while children are supported to feel safe, understood, and empowered to build skills at their own pace.



It is normal for children to feel unsure at first. Symptoms can fluctuate during periods of stress or change, as part of learning and progress.



When Do Symptoms Typically Begin to Improve?

Every child is different. Your psychologist will discuss expected progress, and a 10-session plan may be recommended to support lasting improvement.

Consistent attendance is important for better outcomes.

Research in paediatric IBS and functional abdominal pain supports this structured, sustained approach.



Medicare & Rebates

Medicare rebates via a Mental Health Care Plan from your GP. Private health, & NDIS may apply.

We're here to support your child and your family.

We're Here to Help

1300 488 287

www.thegutcentre.com

GUT CENTRE Kids
HAPPY MINDS. HAPPY TUMMYS.
BRIGHTER FUTURES.