

THE GUT CENTRE

Patient Information Sheet



The Gut Centre is a leading clinic in Gastrointestinal (GI) Psychology, offering unparalleled expertise in Brain-Gut Therapies. Providing evidence-based therapies including Gut-Directed Hypnotherapy and Cognitive Behavioural Therapy (CBT) to help you achieve long-term symptom relief and improved quality of life.

When to Consider Gut Therapies

You may benefit from therapy when:

- You've been diagnosed with a disorder of gut-brain interaction or other complex gut condition.
- Your condition has no clear biological cause.
- Stress worsening gut symptoms / gut causing stress.
- Restricted diets are hard to follow or haven't helped.
- You have tried online apps without significant relief.
- You have IBD and require counselling support.

How Can Therapy Help My Gut?

There is a powerful two-way communication between the brain and gut. When this connection is disrupted, it can lead to ongoing symptoms such as pain, bloating, nausea, diarrhoea, or constipation.

Psychologists trained in gut-brain therapies can help by targeting gut sensitivity, stress, and anxiety that may be contributing to your condition.

Is It All In My Head?

If you have been diagnosed with a Disorder of Gut-Brain Interaction (DGBI), also known as a functional gut disorder, it does not mean that it's all in your head. It may be a gut-brain communication problem. This means your brain can overreact to gut sensations or send incorrect signals to the digestive system, leading to uncomfortable gut symptoms, even when medical tests are normal.

Many patients with brain-gut disorders are more sensitive to sensations in their GI tract.

What conditions do we treat?

- Irritable Bowel Syndrome (IBS), Bloating, Reflux
- Functional Abdominal Pain, Diarrhoea,
- Constipation, Nausea, Globus, Vomiting, Rumination Disorder, Belching, GORD, Gastroparesis, Faecal
- Incontinence, Biological conditions eg. Inflammatory Bowel Disease (IBD) and all complex gut conditions.

Treatment

- Initial assessment – symptoms and medical history.
- Personalised treatment plan.
- 6-10 therapy sessions – CBT, gut-directed hypnotherapy, alongside other tailored therapies.

For Adults, Adolescents and Children from 4 years old.

How long does it take to see improvements?

Most people feel noticeable relief after **6-8 sessions**. Research shows that 70-80% of patients experience improvements for the long-term.

What about online tools for gut-directed hypnotherapy?

App-based programs may be helpful for mild to moderate IBS. However, if you experience anxiety, other mental health concerns, or have a more complex gut condition, a personalised, therapist-led approach may be more effective. If you have tried online programs and they haven't provided you relief, it may simply mean you need a therapist-led approach, tailored care, and real-time support.

Our personalised approach offers:

- ✓ Better adherence than app-based programs.
- ✓ Demonstrated sustained improvements lasting up to five years.
- ✓ Integrated care; gut-hypnotherapy, CBT, and other evidence-based therapies tailored to your needs.
- ✓ Expert support for stress, anxiety, and contributing psychological factors.
- ✓ Ongoing access to hypnotherapy recordings, support, and resources for the long-term.

Can I claim a Medicare Rebate?

Yes. Medicare rebates may apply through a Mental Health Care Plan from your GP.

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Gut-Psychology

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

Clinically proven, world recognised medical treatment, developed by renowned gastroenterologist Professor Peter Whorwell. Proven 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.

Meet Dr Jim Gut Guy



Dr Jim Kantidakis, founder and director of The Gut Centre, is a Clinical Psychologist with over 18 years of experience in Psychogastroenterology. He is passionate about helping patients improve their gut health and overall wellbeing. Jim trained under leading gastroenterologist Professor Peter Whorwell, the pioneer of Gut-Directed Hypnotherapy. Listen to Jim's podcasts with leading gastroenterologists and other specialists: Talking Gut with Dr Jim Kantidakis.

The Gut Centre Difference:

- Extensive Experience: Led by Dr Jim Kantidakis, Clinical Psychologist with 18+ years of experience.
- Clinically proven therapies with 70-80% of patients experience lasting results.
- Premium Care & Expertise: renowned for our high standards in care and specialised knowledge.
- Comprehensive Treatment: Beyond functional GI conditions to the most complex gut-disorders.
- Trusted by gastroenterologists, GPs, and other medical and health professionals.



Watch
Our Intro
Video Here

