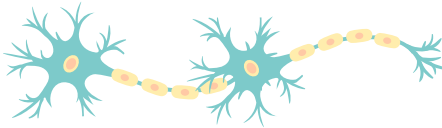


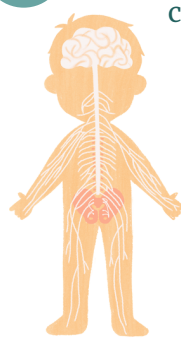
# DISORDERS OF THE GUT-BRAIN INTERACTION (DGBI) HOW CAN CLINICAL HYPNOSIS & CBT HELP?

**1** Our bodies are very complicated. In order to work correctly, the **different parts of our body need to be able to talk to each other** & we do that by using our **nervous systems**.




**2** We have a **Central Nervous System (CNS)** that consists of the brain, spinal cord & cells called neurons.

The CNS sends & receives messages to & from the rest of your body, including your gut.



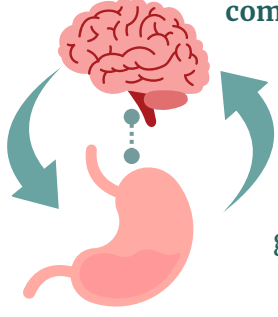
**3** We also have an **Enteric Nervous System (ENS)**. It includes nerves, neurons & neurotransmitters that extend along the entire digestive tract & coordinate basic gut functions.

ENS neurons are like those in the brain, but not as smart.



**4** Your CNS & ENS have **bidirectional communication**.


This means your brain talks to your gut & your gut talks to your brain.



**5** Your CNS & ENS communicate with each other in **good ways**.

Stomach starts to secrete digestive juices.

"Hey look, it's time for lunch!"



**6** Your CNS & ENS can also communicate in **bad ways**.

Your stomach misinterprets the message & begins to ache.


"I'm afraid my stomach will start to hurt."



**7** That **'bad communication'** can be triggered by lots of different things:

- Genetics
- Post-infectious (stomach virus)
- Stressful events
- Inflammation
- Constipation or diarrhea

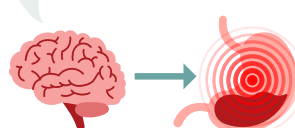
DGBIs can occur when your CNS & ENS get stuck in a **negative communication loop**.



**8** When a triggering event occurs, the brain can develop **Hypervigilance**, meaning your brain is constantly scanning the gut for pain & other problems.

This together with **Catastrophizing** can cause the pain or other symptoms to start or get worse.

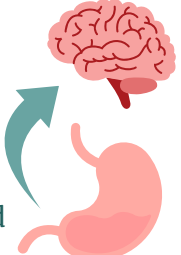
"When will my stomach hurt again?"



**9** When the stomach feels pain over & over again, it can develop **Visceral Hypersensitivity**.

The stomach starts interpreting normal sensations as painful.


Normal digestion in the gut is transmitted as pain to the brain.



**10** When you combine **Hypervigilance & Catastrophizing** with **Visceral Hypersensitivity**, you get a vicious cycle of pain & worry.


More anxiety & negative thoughts.

More pain & discomfort.



**11** How **Clinical Hypnosis & GI-CBT** help:

Using **Clinical Hypnosis**, we can reduce the **Hypersensitivity** by turning down the volume on our sensations.



GI-CBT helps patients to change their worried thoughts, which will reduce their **Hypervigilance**.

**12** Together, **GI-CBT & Clinical Hypnosis** offer a one-two punch against pain.

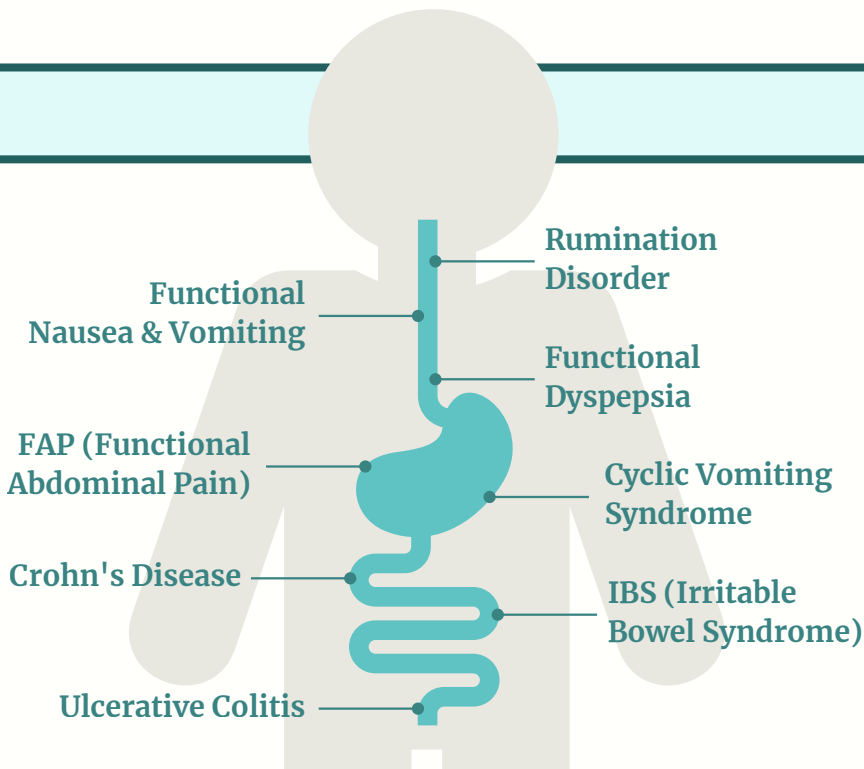
1. **Clinical Hypnosis** decreases **Visceral Hypersensitivity** so symptoms are less bothersome & there is less to worry about.
2. **GI-CBT** decreases **Hypervigilance & Catastrophizing** leading to less worry about symptoms.



# HOW CAN A GUT-BRAIN THERAPIST HELP WITH MY STOMACH PROBLEM?

Your mind & gut are deeply connected. When signals between them get mixed up, the brain can misread normal gut feelings as threats. This can trigger stress & worry, which then loop back to the gut—making symptoms like pain, bloating, reflux or bowel movements feel more intense, even when there's no underlying danger.

**A gut-brain therapist helps you calm this connection so that your gut & brain can communicate more effectively.**



## ABOUT GI PSYCHOLOGY

We are a group of behavioral health clinicians who are experts in gut-brain therapies. We can treat upper & lower GI disorders, chronic pain, & other medically complex conditions.

### Treatment details:

- Weekly sessions conducted through telehealth (in all 50 states!)
- Ages treated: children, adolescents, adults
- We work collaboratively with your GI provider & care team!

## HOW WE HELP

- Decrease gut sensitivity so symptoms feel less intense
- Reduce stress & worry by breaking the vicious cycle of symptoms & worry about symptoms
- Teach proven tools to retrain the brain-gut connection
- Restore hope to feel more in control of your body again

## WHAT WE USE

- Cognitive Behavioral Therapy (CBT) for GI
- Gut-directed Clinical Hypnosis

Both are scientifically validated treatments that can help children, teens, & adults with GI disorders.

## CONTACT US

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[www.GIPsychology.com](http://www.GIPsychology.com)

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Schedule a  
**FREE**  
15-minute  
consultation!

