

Effective Strategies for IBS

Online CPD

Carole Wan and Alan Cooper from the Academy of Clinical & Medical Hypnosis Ltd have developed and taught this one-day CPD for many years, updating details where necessary and sharing their own six-session approach with both hypnotherapists, doctors and consultants. Some feedback from previous IBS training is listed below.

We are now offering this as an on-line course. Hypnotherapy is recommended by NICE (the National Institute of Clinical Excellence) as an effective treatment for this distressing condition and many Doctors recommend hypnotherapy.

Contents include:

- Symptoms of IBS
- Understanding the Digestive Process
- Epidemiology & Co-Morbidities
- Physical, mental and emotional factors
- Who is most at risk?
- NICE guidelines
- What are the ROME criteria?
- Gut-Brain Connection
- The enteric nervous system
- IBS and immunity
- Impact of Stress
- IBS in Children
- Research into IBS treatments
- Pharmacology and Alternative Treatments
- The FODMAP diet
- Dietary Modifications
- Sample six-session treatment plan
- Using Imagery
- Adding CBT
- Scripts and Client handouts

You will receive a 66-page manual, PowerPoint copies and all scripts. Additional new extra details on what to ask your client and what to do on sessions 1-3.

The special 'lock down' cost of this course is: £85 bank transfer please. NCH/NCP members £75. Please contact carolewan@icloud.com if you have any questions.

'I cannot recommend Carole and Alan's Hypnotherapy training strongly enough. Their long-standing experience shines through in each and every training session, with enthusiasm and patience in abundance.

PA

I very much enjoyed the way the course was conducted. It was packed full of information which you both delivered in a clear and easy to understand manner. I left with the feeling that I really did understand the condition of IBS and I believe that I am now well equipped to help future IBS clients. The course was well structure, full of useful information and very fairly priced. I will definitely attend future CPD dates with ACMHL and I would highly recommend you to other therapists.

KB, Nottingham

Lots of good content - not a rehash of other courses. Thank you, I enjoyed the course. Very good value for money.

LC

Thank you for a thoroughly professional training course. I got exactly what I wanted from the course, and more, which was a structured approach to dealing with IBS and all the necessary information

CG

As a hypnotherapist and IBS therapist for whom at least 50 per cent of my clients are IBS sufferers, this CPD was an extremely useful and worthwhile addition to my existing knowledge and practices

NW

A very informative course with great handouts and a planned 6-session programme

LA, London,