How My Field Works with IBS &
What You Can Do to Help Your
Clients Regain Control.
hello!

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Why Irritable Bowel Syndrome (IBS)?

X Large Population

10-20% of the population in the US and the UK meet the criteria for IBS.

X Collaborative Work

IBS is a perfect example of how we can collaborate to address all the bio-psycho-social factors that contribute to and exacerbate IBS.

Through our collaboration, we can create the best outcome for a large % of the population.
1. How My Field Works with IBS
Causes and Techniques
Research in Gut-directed Hypnosis


Abstract
30 patients with severe refractory irritable-bowel syndrome were randomly allocated to treatment with either hypnotherapy or psychotherapy and placebo. The psychotherapy patients showed a small but significant improvement in abdominal pain, abdominal distension, and general well-being but not in bowel habit. The hypnotherapy patients showed a dramatic improvement in all features, the difference between the two groups being highly significant. In the hypnotherapy group no relapses were recorded during the 3-month follow-up period, and no substitution symptoms were observed.
Conclusion: Over the past 30 years, an impressive body of clinical tests of hypnosis intervention for GI disorders has accumulated in the scientific literature. The 35 different studies published in scientific journals over this period have, without exception, reported significant positive impact of hypnotherapy on the bowel symptoms of the GI disorders they have treated. Just under half of these studies were RCTs, and the great majority of them (14 out of 17) show superiority in clinical outcomes for groups treated with hypnosis compared to a wide range of comparison groups.
Referral for psychological interventions (cognitive behavioral therapy [CBT], hypnotherapy and/or psychological therapy) should be considered for people with IBS who do not respond to pharmacological treatments after 12 months and who develop a continuing symptom profile (described as refractory IBS).
4 Probable Causes

- Post Infection
- Massive Change in Diet (less common)
- Stress (prolonged use sympathetic nervous system)
- Emotional Triggers
- Family History (> habit)
...initiating triggers.

What causes exacerbation, increased hypervigilance and sensitivities is.....
Stress

Sympathetic Nervous System
(fight, flight, freeze)

versus

Parasympathetic Nervous System
(heal and digest)
Stressing about it causes further exacerbations!

- Trigger further sympathetic arousal: flight/fight/freeze/tightness
- Hypo-alertness and sensitivity to anything “weird” happening in the GI system and body.
- Overuse of treatments and quick fixes
- Neuropeptides distribute feelings of “freaking out!” to the body. And body reacts creates further “freaking out”… (cycle)
What part does the field of hypnotherapy play in IBS treatment?
Gut-Directed Hypnosis

Suggestions and metaphors to alter symptoms, regulate digestion, motility, and improve sleep.

Address Anxiety, Stress triggers, Trauma, and resolve underlying emotions.

Tools to activate the relaxation response in the body.
2. How You Can Help Your Clients Regain Control
A survey of IBS patients in the U.K. revealed that 21% thought it could develop into cancer, 40% into colitis, 47% thought it would worsens with age.
Reduce Stress
Address their fears and beliefs about Irritable Bowel Syndrome head on.
Inform Them About Irritable Bowel Syndrome

✘ No physical damage
✘ Function causes symptoms
✘ Tested for life threatening diseases
✘ Does not have to get worse
✘ No more prevalence of disease
✘ 10-20% of the population
✘ Talk about stress (gingerbread men!)
Watch How You Talk About Their Diagnosis

As an authority figure for them, everything you say to them when they are in a state of anxiety is waking hypnosis.
Non-judgemental Open Dialogue

- If they feel they need to protecting you or themselves, you won’t know what they are ingesting!!
My Personal Story
thanks!

Any questions?

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