

Gut Therapy for Children : Parent Info Sheet



Helping Children, Adolescents and Families Better Manage Gut Problems

Does Your Child Struggle with Gut Problems?

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?

You're not alone—and more importantly, your child's symptoms are not "just in their head."

At The Gut Centre we specialise in helping children (and adults) manage gut-related conditions through gentle, evidence-based psychological care. Our approach is supportive, child-friendly, and grounded in research and over a decade of gut-brain therapy experience.

How Can Therapy Help?

Children with Disorders of Gut-Brain Interaction (DGBIs) often have increased gut sensitivity. Their symptoms can be worsened by stress, anxiety, and emotional challenges—even if tests and scans show nothing is "wrong."

Our therapies are shown to help reduce symptom severity, improve daily functioning, and build your child's confidence and resilience. A gut-expert psychologist will tailor therapy utilising a mix of:

- Cognitive Behavioural Therapy (CBT)
- Gut-Directed Hypnotherapy (if age appropriate)
- Mindfulness & Relaxation Techniques
- Creative Play & Storytelling (younger children) and more

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 calmer—and help their tummy feel better too.
- Reassure them that sessions may include play, imagination, and learning breathing techniques.
- Emphasise that learning new skills can help them feel better and get back to doing what they enjoy.

What Conditions Do We Treat?

- Irritable bowel syndrome, constipation, diarrhea, functional dyspepsia
- Reflux, globus, vomiting, rumination disorder
- Childhood faecal incontinence
- Inflammatory Bowel Disease (Crohns and Ulcerative Colitis) and Coeliac Disease
- Avoidant/restrictive food intake disorder (ARFID) and gut-related feeding concerns
- Neurodivergence (e.g. ADHD, Autism Spectrum Disorder) with co-occurring gut symptoms

What to Expect

1. Initial Assessment

We talk with you and your child, and gather relevant information and history.

2. Personalised Treatment Plan

We tailor the approach to your child's age, level of maturity, personality, and symptoms.

3. Therapy Sessions (Typically 8-10)

Delivered in a calm, playful and creative way to support engagement and outcomes.



Medicare & Rebates

Medicare rebates through a Mental Health Care Plan from your GP. Private health and NDIS may apply.

Contact The Gut Centre 1300 488 287



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 www.thegutcentre.com