



Gut-Directed Self-Hypnosis for Inflammatory Bowel Disease Protocol: Complimentary Psychotherapy for Remission Augmentation, IBS-Like Symptoms, and Surgery Recovery

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Abstract:

Background: Gut-directed hypnosis (GDH) is a complimentary therapy for Inflammatory Bowel Disease (IBD), that can be learnt by patients to practice self-hypnosis. GDH in IBD has augmented remission, and has a history of successful use for Irritable Bowel Syndrome (IBS). In IBD it may improve IBS-like symptoms in remission and recovery from surgery. In IBD, the mechanism of action is unknown but may influence the disease stress response. Aims are development of a IBD GDH self-hypnosis protocol, with appropriate target symptoms. Patients first learn to practice with a clinician, then as complimentary psychotherapy for remission augmentation, IBS-like symptoms, and surgery recovery. GDH is practiced with a clinician, and then as self-hypnosis (table 1). Patients receive psycho-education on GDH for IBD,



Biography: Joshua is a registered clinical counsellor, and mental health clinician. Joelle is a registered clinical counsellor, and school counsellor.

Publications:

1. Evaluating the Mechanical Properties of Admixed Blended Cement Pastes and Estimating its Kinetics of Hydration by Different Techniques
2. Genetic Diversity Using Random Amplified Polymorphic DNA (RAPD) Analysis for *Aspergillus niger* isolates
3. Au-Ag-Cu nanoparticles alloys showed antifungal activity against the antibiotics-resistant *Candida albicans*
4. Induce mutations for Bavistin resistance in *Trichoderma harzianum* by UV-irradiation
5. Biliary Sludge. Analysis of a Clinical Case

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