

# Adult workshops, explained.

*A structured, evidence-informed programme for adults living with persistent gut-brain symptoms.*

Facilitated by Rose Carson, Dr Sarah Anticich and Dr Nicholas Anticich (selected workshops)

## Overview

The EF|Health adult workshops are designed for people experiencing ongoing gastrointestinal symptoms — particularly where symptoms persist despite appropriate medical assessment and reassuring investigations. The programme integrates contemporary gastroenterology and clinical psychology to provide a clear explanation of disorders of gut–brain interaction, and a practical pathway for stabilising symptoms, reducing escalation cycles, and restoring everyday functioning. It complements medical care — it is not a replacement for specialist review where indicated.

## Suitable for adults experiencing

- Irritable bowel syndrome (IBS) or functional dyspepsia.
- Centrally mediated abdominal pain or functional abdominal pain.
- Persistent nausea, bloating, constipation, diarrhoea, or mixed bowel symptoms.
- Stress-sensitive or autonomically driven gastrointestinal symptoms.
- Ongoing symptoms despite normal or reassuring investigations.
- Functional impairment — reduced work capacity, avoidance, fatigue, withdrawal.
- Health anxiety, symptom hypervigilance, and repeated reassurance-seeking.

Participation is appropriate at any stage — early presentation, post-investigation, or long-standing symptoms.

## What you can expect to learn

- A clear, accessible explanation of DGBIs and the gut–brain axis, including visceral hypersensitivity and autonomic dysregulation.
- Skills to reduce escalation and symptom amplification — stabilisation strategies, distress regulation, and response flexibility.
- Behavioural medicine approaches to restore functioning — pacing, graded re-engagement, and habit-supportive routines.
- Strategies to reduce symptom-driven cycles of avoidance, checking, and reassurance-seeking.
- Guidance for sustainable self-management aligned with your values, capacity, and daily demands.

*The emphasis is on realistic, clinically grounded changes that support recovery – without rigid rules or over-medicalisation.*

## Why it works

Persistent gut symptoms are often maintained by an interaction of factors: heightened gut sensitivity and altered pain processing, autonomic nervous system activation and stress reactivity, symptom vigilance and threat-based attention, avoidance patterns and progressive deconditioning, and disrupted routines around eating, activity, sleep and work. The workshop provides a structured framework for addressing these maintaining mechanisms and supporting a progressive return to normal functioning.

### PRACTICAL DETAILS

#### Facilitators

Rose Carson, Clinical Psychologist · Dr Sarah Anticich, Clinical Psychologist · Dr Nicholas Anticich, Gastroenterologist (selected workshops)

#### PRACTICAL DETAILS

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|----------------------|---------------------------------------|
| Cost                 | \$290 per person                      |
| Christchurch         | Saturday 21 February · 9:00am–12:00pm |
| Auckland             | Tuesday 3 February · 1:00pm–5:00pm    |
| Enquiries & bookings | rosec@macmurray.co.nz                 |

#### — GET STARTED

Book or ask a question — [rosec@macmurray.co.nz](mailto:rosec@macmurray.co.nz) · a confirmed diagnosis is not required to attend.