

# A next step to offer *the moment results are clear*

Gut Sense™ — a self-paced gut-brain programme your patient can begin the same day. Widening access to psychological care, at no cost to your practice.

1

## WHAT IT IS

### A complete programme, ready when your patient is

Written by a clinical psychologist working specifically with gut-brain presentations, and already delivered to patients in individual and group settings. The same clinical framework is now packaged so your patient can begin it the day you mention it.

- **Self-Paced Workbook** — the core eight-part programme
- **eLearning modules** — the same material, delivered online
- **18-Tool Library** — regulation and symptom-management tools
- **S.H.F.T.™ Protocol Card** — Stop · Hold · Focus · Take Action, for flares

**What the patient actually does:** works through one part per week over roughly eight weeks, at home, in their own time — around 30 minutes a week. They begin within minutes of enrolling and keep lifetime access.

2

## WHY OFFER IT

### Because access is what changes outcomes

- **Good news, with a next step attached.** A clear result is genuinely good news — this lets your patient leave holding both.
- **The timing works in your favour.** The period straight after a clear result is when this material lands best — and they can begin that week.
- **Access, widened.** Gut-brain psychology has reached relatively few patients. This makes the same framework available to any patient you see.
- **The patient holds the wheel.** Self-paced and self-directed — what the evidence favours here, and what most patients say they want.
- **It builds on your care.** The programme reinforces medical management and returns the patient to you for anything clinical.
- **Something to report back.** Patients arrive at their next appointment with progress to describe, making the review a more useful conversation.

3

## HOW TO PRESCRIBE IT

### Three steps, about thirty seconds

1

#### Hand over the card

A patient card sits in your consulting room. Give it to them at the end of the appointment.

2

#### Or paste one line

A ready-made paragraph drops into your letter or patient-portal template. Supplied on request.

3

#### That's it

The patient enrolls online themselves and begins immediately. Nothing comes back to your practice.

# NZ\$199

one-off, paid by the patient

**Lifetime access** to the workbook, modules and tool library.

**Nothing invoiced to your practice.** No licence fee, no per-patient charge, no administration. A great deal of the library is free as well.

## SCOPE & CLINICAL GOVERNANCE

Gut Sense™ is structured self-management education, not psychological therapy, and does not replace medical assessment or management. It is intended for patients whose investigation is complete and whose findings do not account for their symptom burden. It is not suitable where there are red-flag features, active eating-disorder symptoms, or acute mental-health risk. Patients are directed back to their GP for anything outside that scope. No patient data is shared with your practice or collected on your behalf.