

Gut Sense.

Understanding the gut–brain connection — a practical, small-group workshop for people living with IBS, reflux, functional dyspepsia, chronic bloating and unexplained gut symptoms.

Dr Nick Anticich, Gastroenterologist · Dr Sarah Anticich, Clinical Psychologist

Is your gut calling the shots — and not in a helpful way?

You're not imagining it. The gut and brain are in constant conversation, and when that dialogue gets scrambled, the effects can be overwhelming — from bloating to brain fog, nausea to nervous tension. Gut–brain disorders are real, complex, and often misunderstood.

This is not about being handed another pamphlet. It is about understanding what is going on inside your body — and learning how to respond with clarity and confidence.

In this half-day workshop you will learn how to

- Make sense of the gut–brain connection — no medical degree required.
- Understand how stress and symptoms feed off each other, and how to break the cycle.
- Use simple mind–body strategies to calm your system.
- Walk away with tools, not just talk — and feel less alone in the process.

What to expect

A focused, interactive three-hour session co-facilitated by **Dr Nick Anticich**, Consultant Gastroenterologist and General Physician (Te Whatu Ora Health New Zealand & Nelson Endoscopy), and **Dr Sarah Anticich**, Consultant Clinical Psychologist specialising in stress physiology, emotional regulation and mind–body health.

- Evidence-based strategies grounded in current research on the gut–brain axis, autonomic regulation and chronic stress.
- Mind–body tools to support vagal tone, reduce symptom reactivity, and improve regulation.
- A supportive group environment where lived experience is acknowledged and clinically contextualised.
- Clear explanations of the science — complex systems translated into everyday insight.
- Actionable skills to move from reactivity to regulation, and from uncertainty to confidence.

Who is this for?

- Adults navigating chronic gut symptoms or gut–brain diagnoses.
- Anyone caught in the exhausting loop of symptoms, stress and self-doubt.
- People tired of hearing “it's all in your head” — and ready for science that says otherwise.

WHEN & WHERE

Join us — 9:00am–12:30pm · 4 October · Christchurch · enquiries_consultant@sarahanticich.co.nz