

Caregiver workshops, for recovery.

A half-day, evidence-informed programme supporting families navigating persistent gut–brain symptoms in children and adolescents.

Facilitated by Rose Carson and Dr Sarah Anticich

What is it?

These workshops are designed for parents and caregivers of young people experiencing ongoing digestive symptoms — particularly when symptoms persist despite reassuring medical investigations. The programme integrates gastroenterology and psychology to help caregivers understand the gut–brain axis and build practical, clinically grounded strategies that support nervous system regulation, confidence and coping, and a graded return to everyday functioning.

In short: we take the symptoms seriously — and we take the nervous system seriously too, because it has a remarkable ability to make itself heard.

Who is it for?

Caregivers of young people experiencing:

- IBS, functional or centrally mediated abdominal pain, or functional dyspepsia.
- Persistent nausea, bloating, constipation, diarrhoea, or mixed bowel symptoms.
- Stress-sensitive or autonomically driven gastrointestinal symptoms.
- Ongoing symptoms despite normal or reassuring investigations.
- Symptom-related school avoidance, fatigue, reduced participation, or withdrawal.
- Anxiety, symptom hypervigilance, and cycles of reassurance-seeking within the family.

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

What will caregivers learn?

- Clear, evidence-informed education about gut–brain symptoms in children and adolescents.
- Strategies to support nervous system stabilisation and reduce escalation.
- Tools to reduce symptom fear, attentional loops, and distress-based responding.
- Behavioural medicine strategies — pacing, graded re-engagement, habit support.
- Caregiver response guidance — reducing reassurance loops and accommodation patterns.
- Values-based goals and sustainable microsteps that fit real family routines.

Why caregiver workshops?

In children and adolescents, gut symptoms are often influenced not only by gut sensitivity but by stress reactivity and nervous system activation, emotional intensity and worry, avoidance patterns (school, eating, movement, social withdrawal), and developmental differences in self-regulation and executive functioning. Caregivers are a central part of the recovery pathway. These workshops provide clear guidance and practical tools — without requiring parents to become part-time clinicians (although your child may already be convinced you are).

PRACTICAL DETAILS

Facilitators	Rose Carson, Clinical Psychologist · Dr Sarah Anticich, Clinical Psychologist · Dr Nicholas Anticich, Gastroenterologist (selected workshops)
Format	Half-day caregiver workshops, face-to-face

PRACTICAL DETAILS	
Locations	Auckland · Christchurch
Referral	A confirmed diagnosis is not required
Enquiries	rosec@macmurray.co.nz · saraha@macmurray.co.nz