

The paediatric caregiver programme.

A multidisciplinary medical–psychological approach to gut–brain disorders – delivered to the people best placed to change the pattern: parents and caregivers.

Facilitated by Rose Carson and Dr Sarah Antich

Overview

A structured, evidence-informed workshop supporting children and adolescents experiencing ongoing gut–brain symptoms. The programme is delivered to parents and caregivers, recognising the central role families play in helping young people recover from IBS and other functional gastrointestinal conditions. It helps caregivers understand why symptoms persist despite normal or reassuring tests, and how everyday responses, routines and stress patterns influence gut–brain functioning — complementing specialist medical care, particularly where symptoms interfere with school, daily activities or quality of life.

Our approach — The Executive Frame™

01 · Emotional regulation

Supporting caregiver calm and nervous system stability, to reduce stress-related gut reactivity.

02 · Executive functioning

Practical tools for routines, pacing, consistency, and gradual return to school, eating, movement and daily life.

03 · Motivation and confidence

Helping families build autonomy, confidence and connection, so change feels manageable and sustainable.

Together, these support improved gut–brain regulation and a return to everyday functioning.

Why families get stuck

In many young people, gut–brain symptoms are driven by nervous system sensitivity rather than structural disease alone — maintained by heightened stress and autonomic activation, increased focus on bodily sensations, avoidance of school, food, movement or social activity, disrupted routines and reduced confidence, and understandable caregiver reassurance and accommodation patterns. The workshop helps families break these cycles by building understanding, confidence and practical skills that support recovery at home.

Each workshop includes

- Clear education about the gut–brain connection.
- Practical tools for calming the nervous system.
- Strategies to respond to symptoms without escalating distress.
- Guidance on pacing, graded exposure and re-engagement.
- Ways to reduce reassurance cycles and unhelpful accommodation.
- Realistic, values-based goals and small, sustainable next steps.

PRACTICAL DETAILS

Format	Half-day, face-to-face caregiver workshops
Christchurch	Saturday 21 February · 1:00pm–4:00pm
Auckland	Tuesday 3 February · 9:00am–12:00pm
Referral	Caregivers may be referred directly · a confirmed diagnosis is not required

PRACTICAL DETAILS

Enquiries

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