

Improve the quality of  
your life.

Book a session today.

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Skype bookings  
available

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GUT DIRECTED THERAPY  
FOR IBS

# A Successful Treatment for IBS

Working for more than 20 years in corporate safety, health and wellbeing, I have seen and experienced the toll that stress and chronic gut-related conditions can have on people's wellbeing, careers, confidence and quality of life.

IBS is a condition that can significantly compromise your quality of life. If you are reading this, you probably already know a lot about IBS and it's likely that a doctor has diagnosed you. You have probably tried lots of treatments and are still seeking a solution.

Over time, with understanding, adherence to an individualised treatment plan and ongoing treatment, you can look forward to a significant improvement in your condition. Supplementing your medical treatment with a powerful combination of cognitive based therapy, gut-directed hypnotherapy (GDH) and learned relaxation techniques will successfully treat and improve your symptoms.

Cognitive based therapies focus on helping you change thought and behaviour patterns to improve IBS symptoms.

GDH induces a hypnotic state, putting the mind into a state clinically proven to effectively help clients deeply relax, resolve negative habits and reverse many behavioural issues.

This unique combination of skills, coupled with my sympathetic, caring and experienced practice based on current medical research, provides you with an affordable, workable, long term improvement in gastrointestinal symptoms, anxiety and quality of life.



## THE STAFF

I am Amanda Wright and I'm a Master Hypnotherapist specialising in irritable bowel syndrome, chronic pain, and anxiety. I use a powerful combination of hypnotherapy, retraining and cognitive based therapies for effectively treating IBS and brain-gut disorders.

As a qualified yoga and meditation teacher I am ideally prepared to help you to easily and effortlessly learn techniques to relax your muscles or reduce stress.

## THE SERVICES

I base the structure of my GDH, cognitive-based therapy and relaxation on elements of the Manchester protocol to ensure you get the best possible results. My GDH package includes an introductory session and six treatment sessions, initially a week apart and extending to two weeks apart. These sessions are supported by practical behavioural tasks including individualised audio recording to support your particular requirements. The ultimate aim is to ensure that you can problem solve, identify triggers and find solutions for your unique situation.

You learn to help yourself and cope with your unique IBS presentation, improving your overall IBS symptom severity, non-gastrointestinal symptoms, quality of life, anxiety and pain reduction