

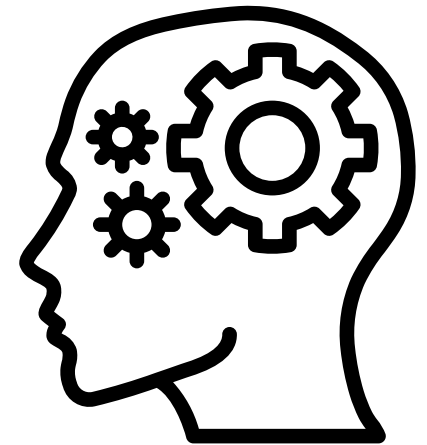
Cognitive Behavioural Therapy for IBS

What does this course cover?

This is an eight session webinar course to help you understand more about the link between Irritable Bowel Syndrome (IBS) and anxiety and depression.

How can CBT help me?

CBT helps us to understand the link between how we feel, think and act. On this webinar, you will learn practical skills to feel better now and in the future.



Session topics

- Irritable Bowel Syndrome explained
- Assessing and managing your IBS symptoms
- Exercise and activity
- What we say to ourselves matters
- How to think differently
- How to improve sleep and relaxation
- How to manage stress and emotions
- Managing flare ups and maintaining improvements

Frequently asked questions



I'm anxious about turning my camera on or speaking

We understand that speaking on a webinar or turning on your camera can be a source of anxiety.

You do not need to turn your camera on during this webinar.

What if I can't make a session?

Please call us as soon as possible to let us know that you won't be able to attend.