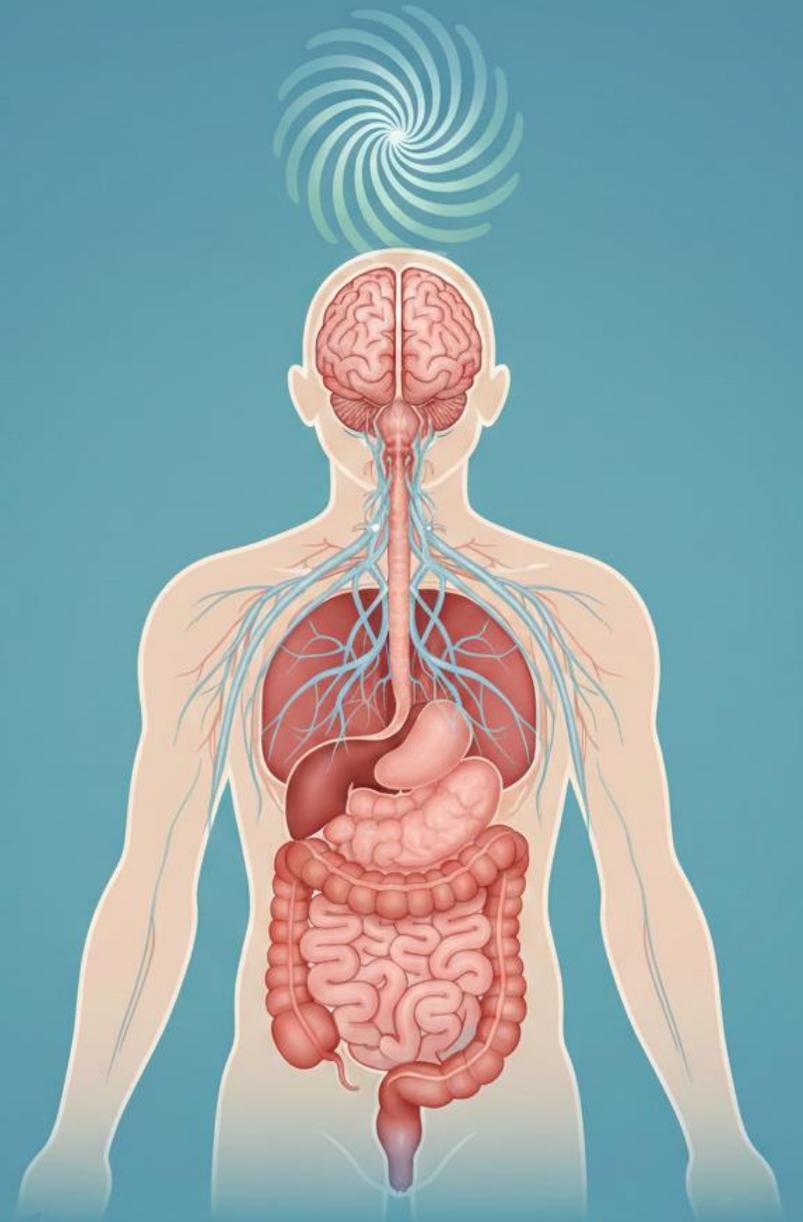


INTEGRATING HYPNOSIS IN YOUR PEDIATRIC GI CLINIC

Arine Vlieger, pediatrician
St Antonius Hospital. Utrecht
The Netherlands



Outline of my talk

Describe DGBI in metaphoric language suitable

Use of scripts or individualized HT?

How to implement the Dutch protocol in your practice

IBS in IBD patients

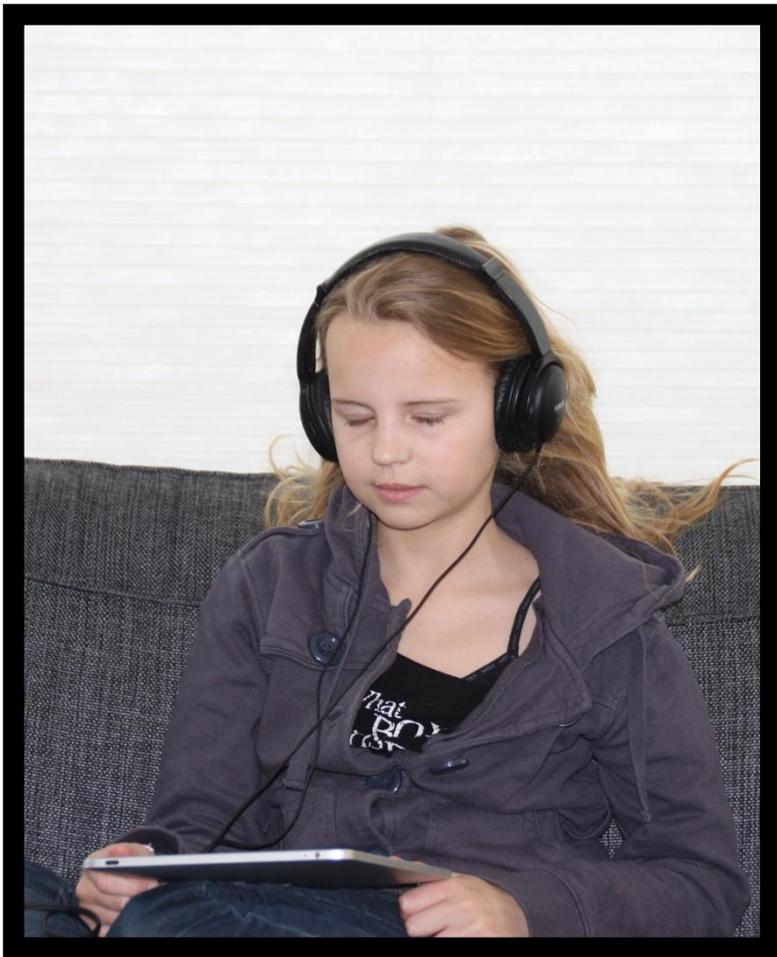
Questions



How to use metaphors to describe DGBI to children and adolescents?

Let's practice

DGBI	Examples
Swallowing problems	
Rumination syndrome	
Functional nausea	
Functional vomiting	
Constipation	
IBS	



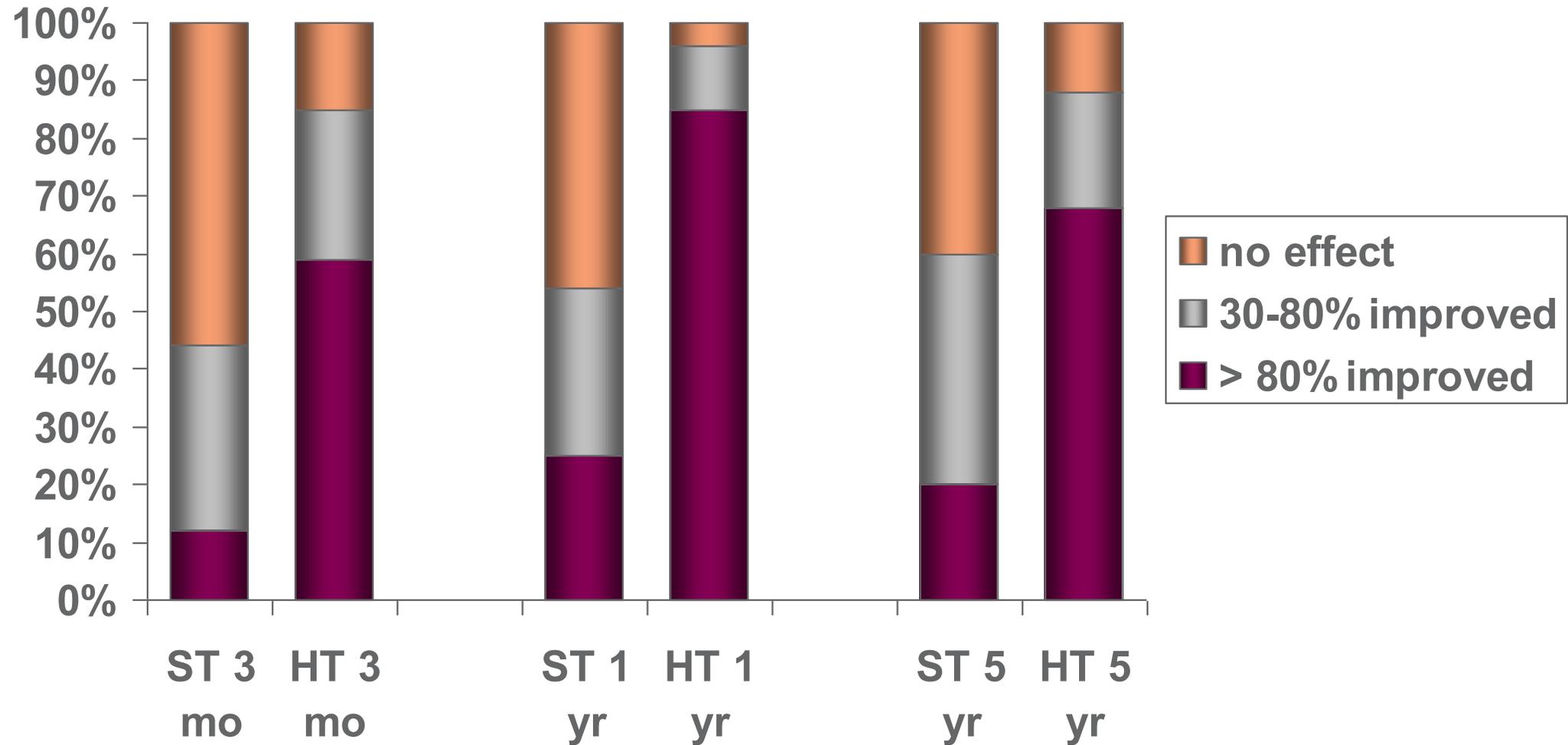
Scripts or individualized
hypnotherapy?

2002: Adapted Manchester protocol for pediatric FAP/IBS

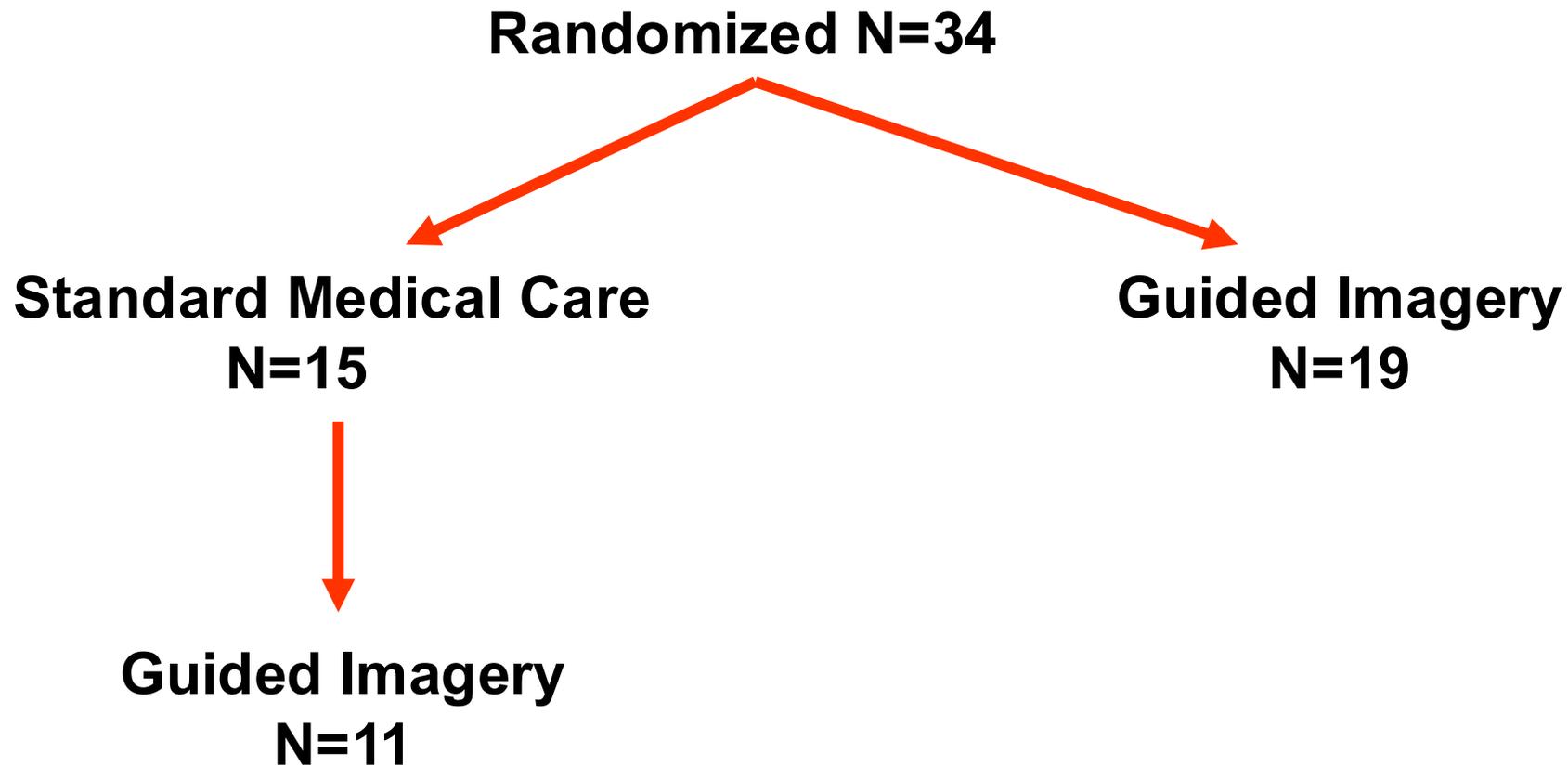
- **6 individual sessions with suggestions for:**
- Improving gut-function
- Ego-strengthening
- Improving relaxation and feelings of happiness

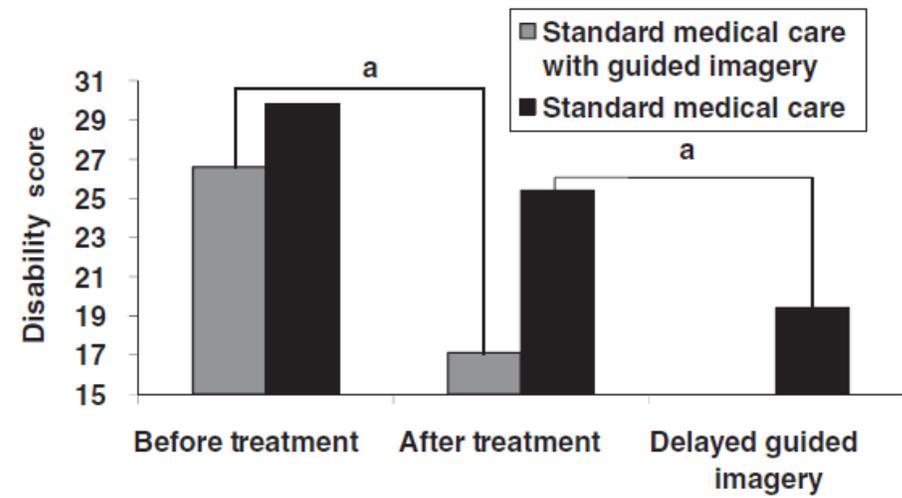
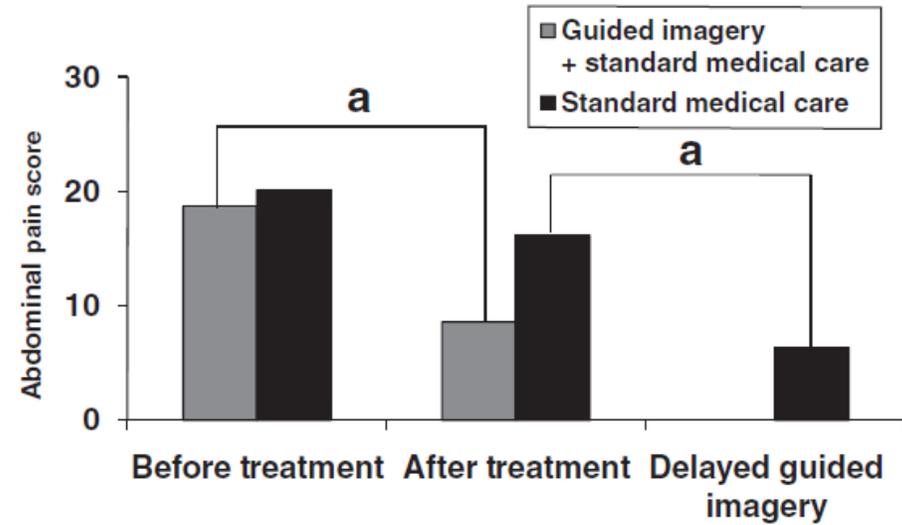


Hypnotherapy in FAP/IBS



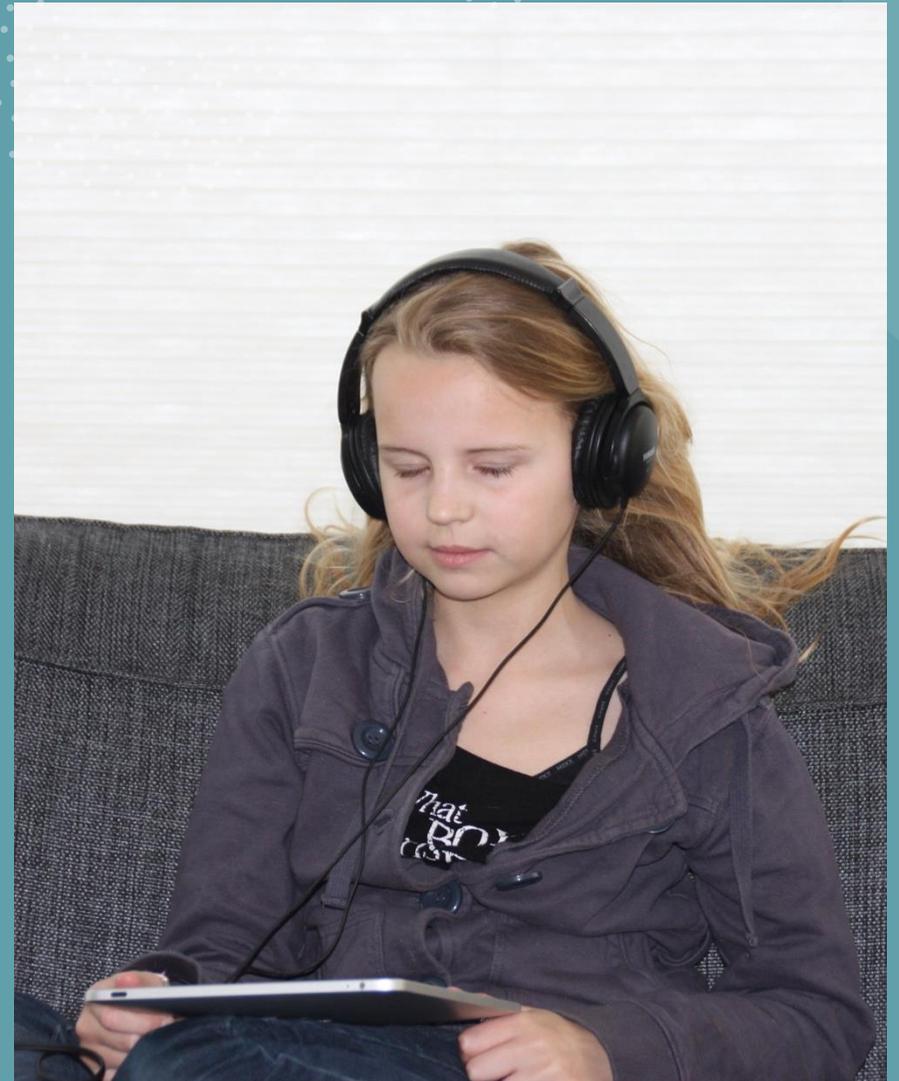
Audio-recorded Guided Imagery Treatment





Home-based treatment with standard MP3's versus iHT with therapist

- 260 children with IBS/ FAP (8 – 18 jr)
- Multi-centre RCT with 10 hypnotherapists
- Standard exercises + leaflet at home
- Combination of adapted Manchester and v Tilburg

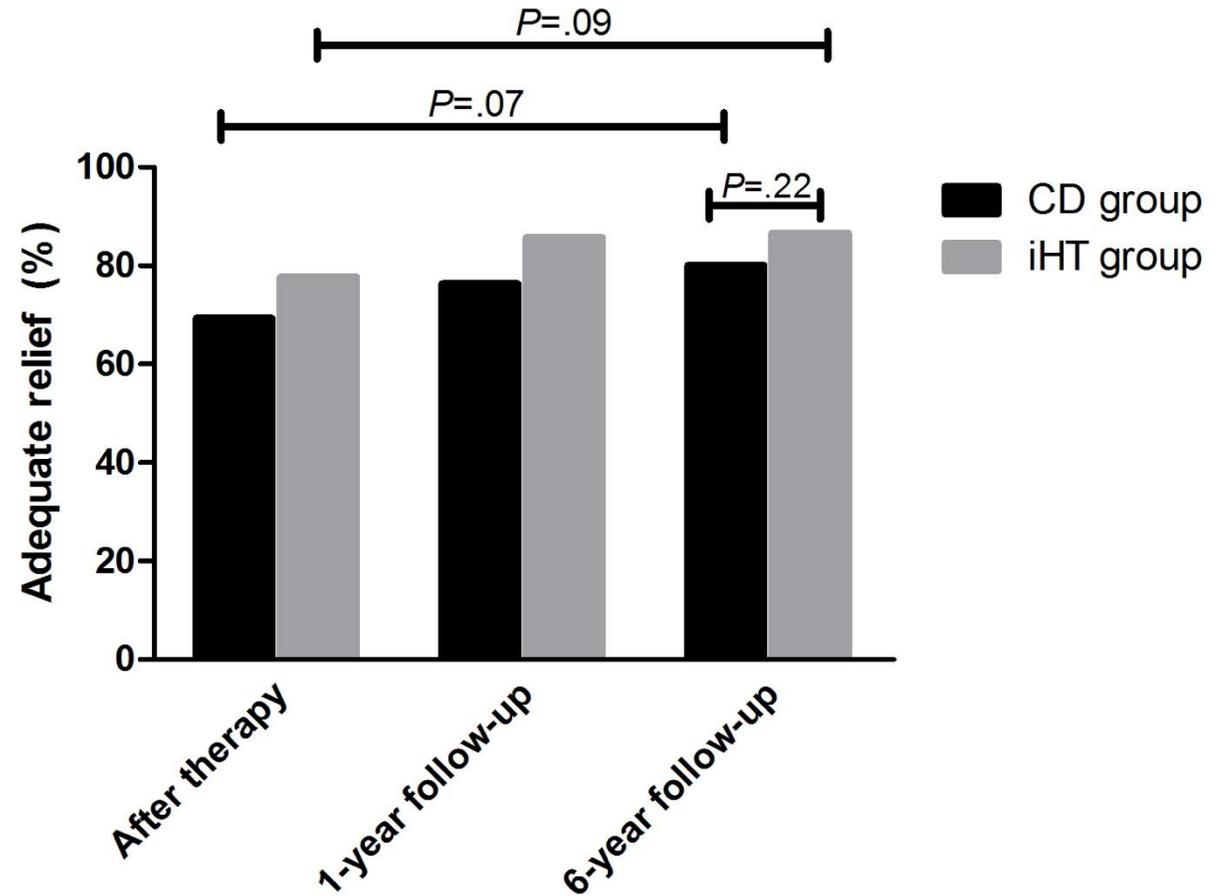


Adequate Relief

Anxiety/ depression improved
iHT = MP3

Quality of Life improved
iHT = MP3

Cost difference 400 euro's



Rexwinkel et al JPGN 2022

**Treatment effect
not related to:**

Expectations of parents or children

IBS or FAP

Baseline anxiety or depression scores

Therapist

Hypnosis4abdominalpain.com



- Available : hypnosis4abdominalpain.com
Dutch, Flemish, Portuguese,
German, Spanish, Swedish

**Upcoming: French,
Hungarian, Italian, Hebrew, Greek and
request for many more.**

- 30 euro or 35 dollar: 5 exercises + instruction leaflet
- Instruction video's on the websites
- Motivate patients to continue their daily practice during 3 months!

Hypnosis For Abdominal Pain



Hypnosis for abdominal pain works!

With our exercises and the self-hypnosis workbook you can help yourself to get rid of your stomach pains, simply at home without visiting a doctor or a therapist.

For you

Do you suffer from chronic abdominal pain? Then hypnosis can help you very well. We have developed a treatment that you can do all by yourself. With 5 easy listening exercises that will relieve and reduce your symptoms. And you know what's so nice? You can do it at home, anytime of the day, in your own room. You can find more information about this hypnosis treatment including some videos on our website hypnosis4abdominalpain.com

For your parents

Worldwide, about 10 to 15% of the children suffer from chronic abdominal pain. Several years ago, it was shown in a large scientific study that home treatment with hypnosis exercises is a very effective treatment.

With this treatment, consisting of 5 hypnosis exercises and an accompanying workbook, children listen to one or two short hypnosis exercise every day, according to the instructions in the workbook. After a few months, 70% of the children have much less pain or no abdominal pain at all anymore. Children go back to school, have more confidence and sleep better. Their quality of life has improved and they are happier!



For only \$ 35 you can download this treatment at:
www.hypnosis4abdominalpain.com

Disadvantages of fixed scripts

Short attention span (exercises last 10 to 15 minutes)

Some children may dislike the voice, the background music, or the story

Suggestions sometimes too general. Therapist can fine-tune

Any underlying issues not addressed. Therefore, sometimes hypno-analysis is still needed.

Hypnosis in daily practice

- I. Depending on the setting
- II. Depending on the wishes of parents and child
- III. Depending on available resources in the environment/hospital



I. Setting

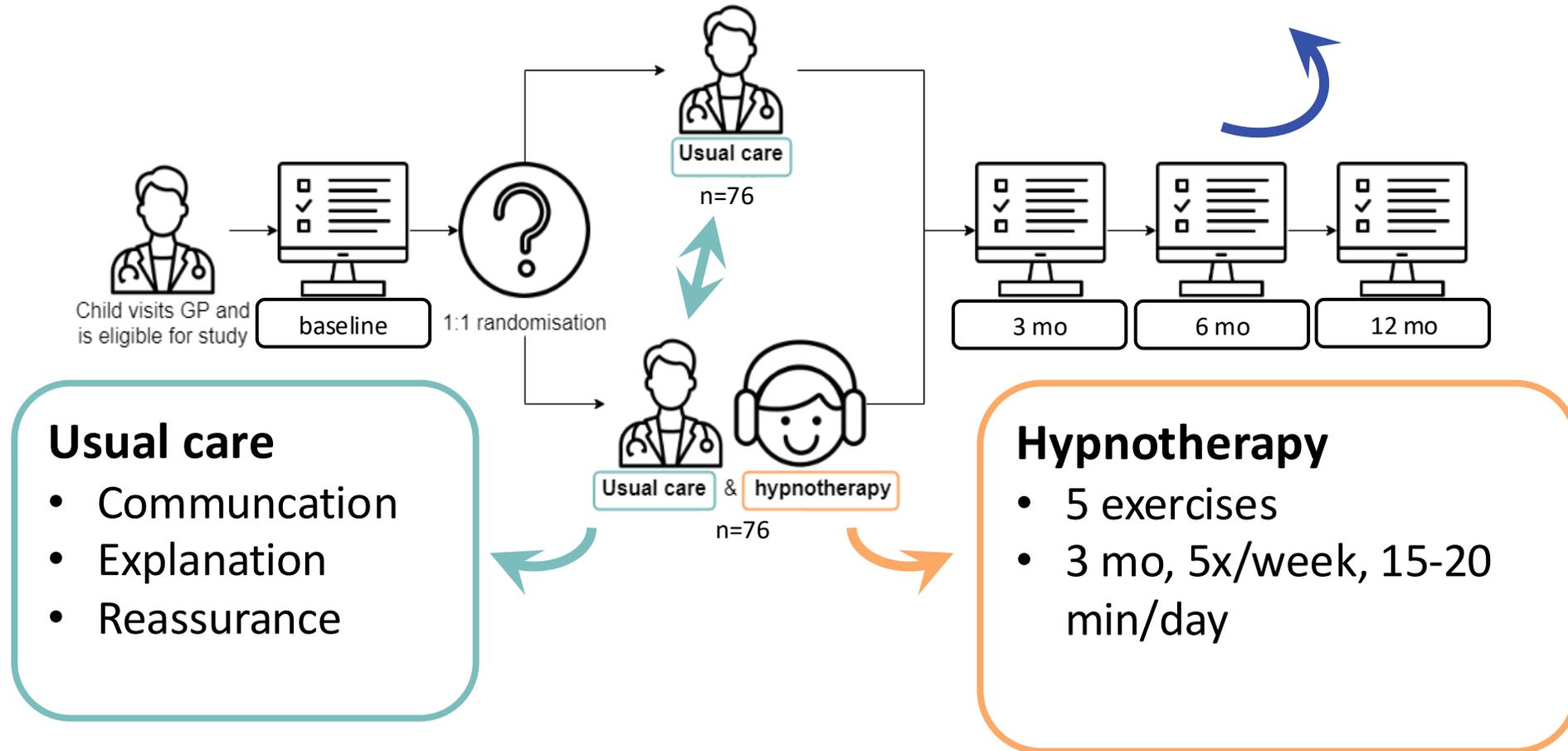
Studies conducted
with children in
teaching and
university hospitals

Average duration of
abdominal pain
2.5 – 3.5 years

Recent study in
primary care
Br J Gen Pract 2026

Outcomes

Adequate pain relief, freq and intensity abdominal pain, QoL, anxiety and depression, sleep, costs

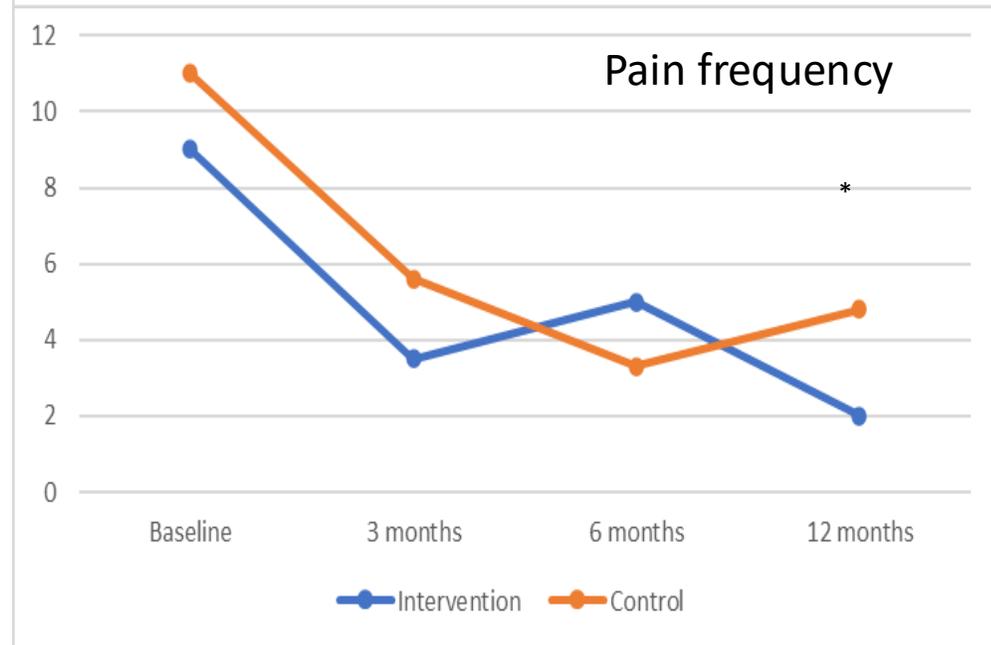
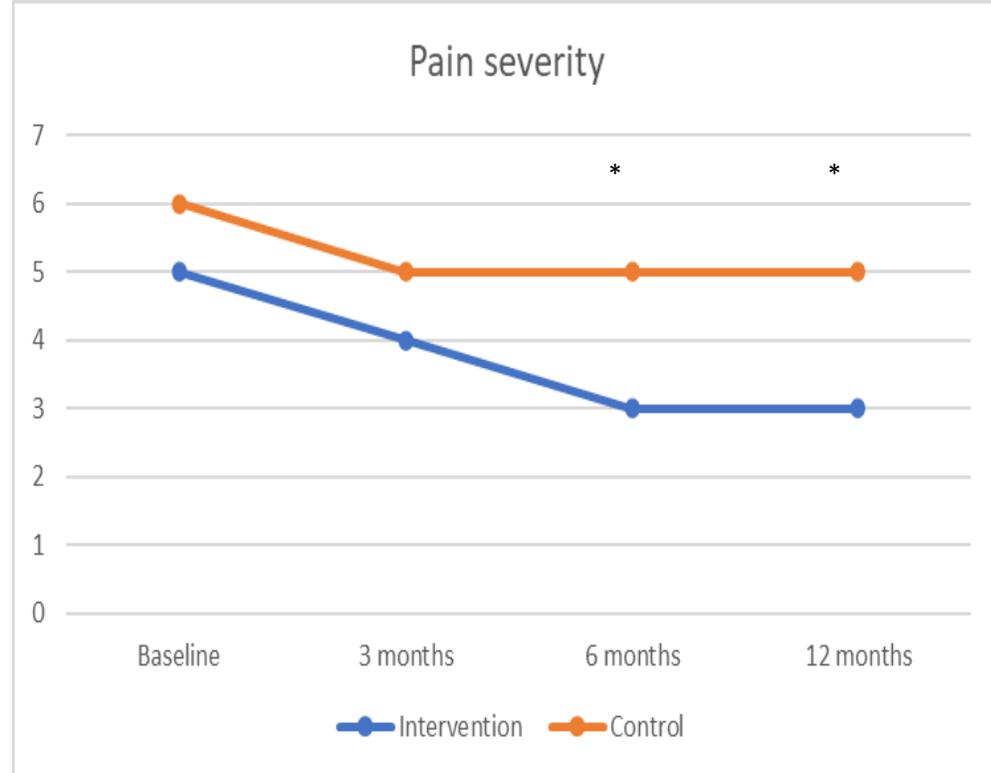
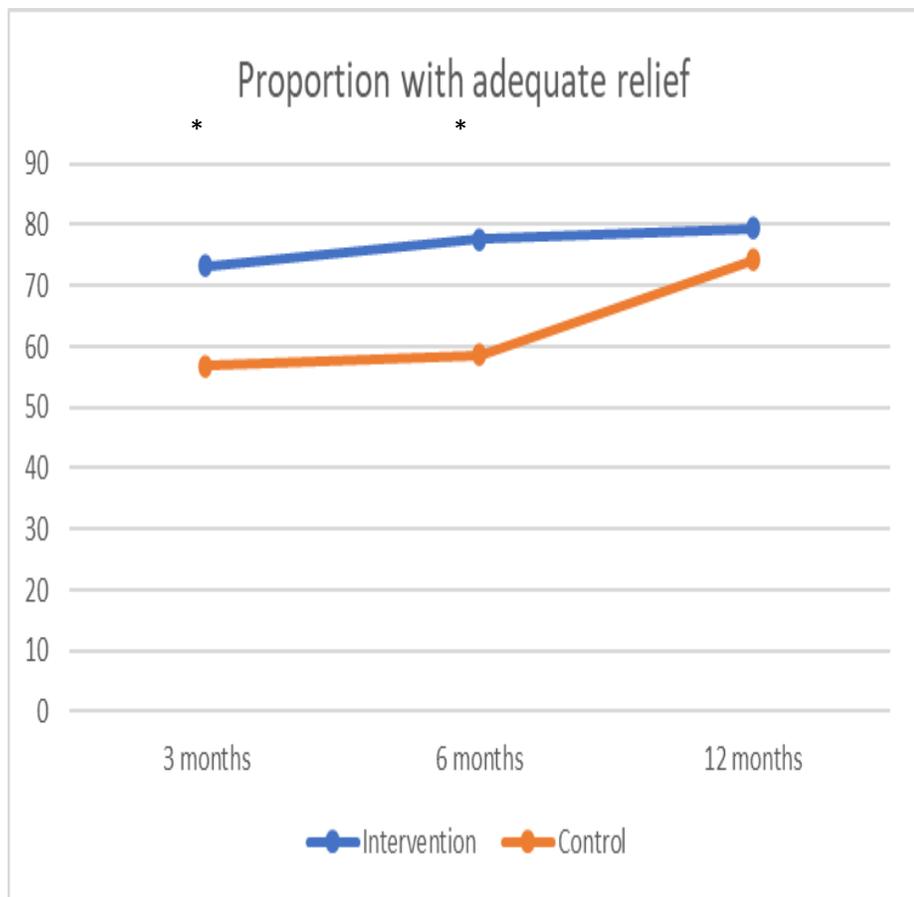


Primary outcome: adequate relief at one year

	n	Control group	n	Intervention group	Crude OR (90% CI)	Adjusted OR (90%CI)*
Adequate relief, n (%)	70	52 (74.3)	73	58 (79.5)	1.34 (0.70-2.58)	1.47 (0.74-2.93)

OR = odds ratio

*Gecorrigeerd voor leeftijd, baseline verwachting, baseline score ernst buikpijn



Costs per group

- Standard care: €645 (402-933)
- Hypnotherapy: €345 (218-489)

- Consults other HCP
- Costs for other treatments

Hypnotherapy in primary care

Long term (12 mo) online HT
= care as usual

After three and 6 months
online HT > care as usual

Online hypnotherapy in
primary care is cost-effective

Ganzevoort et al. Br J Gen
Pract 2026 In press.

II. Wishes parents and child

1

Able to do it themselves or need a therapist?

2

Prefer a simpler solution like a pill

3

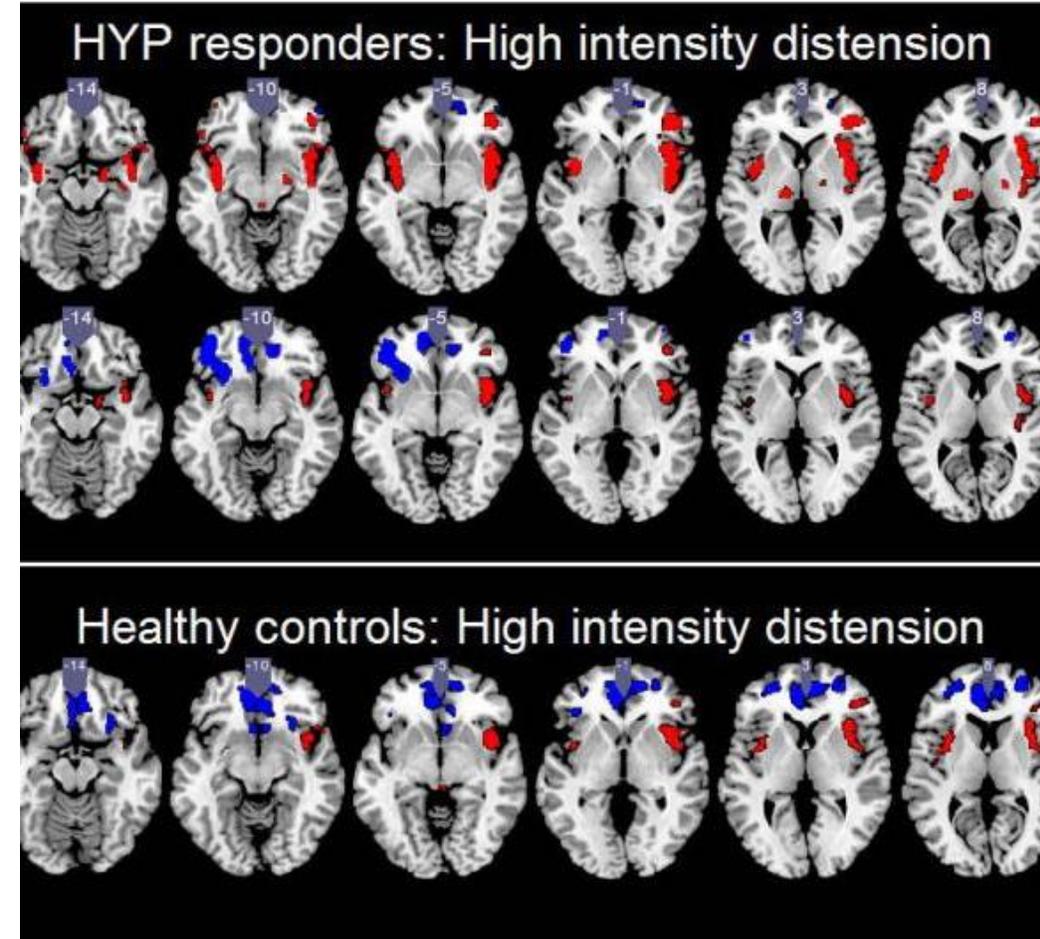
Co-occurring problems

4

Ideas about hypnosis

How do you explain it to parents and child?

- Daydreaming with a purpose.
- Reprogramming yourself: “I don’t know how to do it” or “every day I have more and more confidence”
- Reprogramming your hypersensitive nerves



- So NOT:
 - “learning to cope with the pain”.....
 - “approximately the same as meditating”



Praying is talking to God, while self-hypnosis is talking to your own body.



III. Available resources

Trained psychologists?

Nurse practitioner?

Do you do it yourself?



When & how hypnosis for FAP/ IBS

Shared decision making HT/ CBT/ medication etc

No severe psychological problems: to nurse, trained in hypnosis

1x face to face; explanation of hypnosis, spongebob, 1 exercise

Explanation how to use the online program

Phone call after 6 weeks and after 12 weeks.

No response: 1-2x hypno-analysis or CBT or medication



Rutten BMJ 2015

Dutch protocol

- Progressive relaxation + breathing out stress, grief etc and breathing in calmness, happiness etc
- Beach without worries
- The slide (from van Tilburg)
- Rainbow with colours for happy feelings and healing energy for the abdomen
- Hot air balloon with a magic drink and taking some distance from daily stress.

Spongebob





No effect at 12 weeks: Hypno-analysis: take a look at your bowels

9 year old boy with abdominal pain for two years



- 16-year-old girl with pain in upper abdomen
- No response after the online program
- Didn't want to talk about her private life to the psychologist



It doesn't
always work

11 year old girl, fled from Syria

Mother severe psychopathology,
no contact with daughter

Lives in a refugee home

On a (far too long) wait list for
psychological help

Angry during exercises

This is not for me...



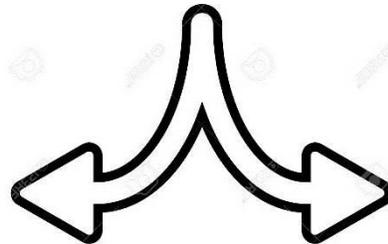


Girl 14 yr: no effect after three months..

Hypnotherapy for IBS in IBD

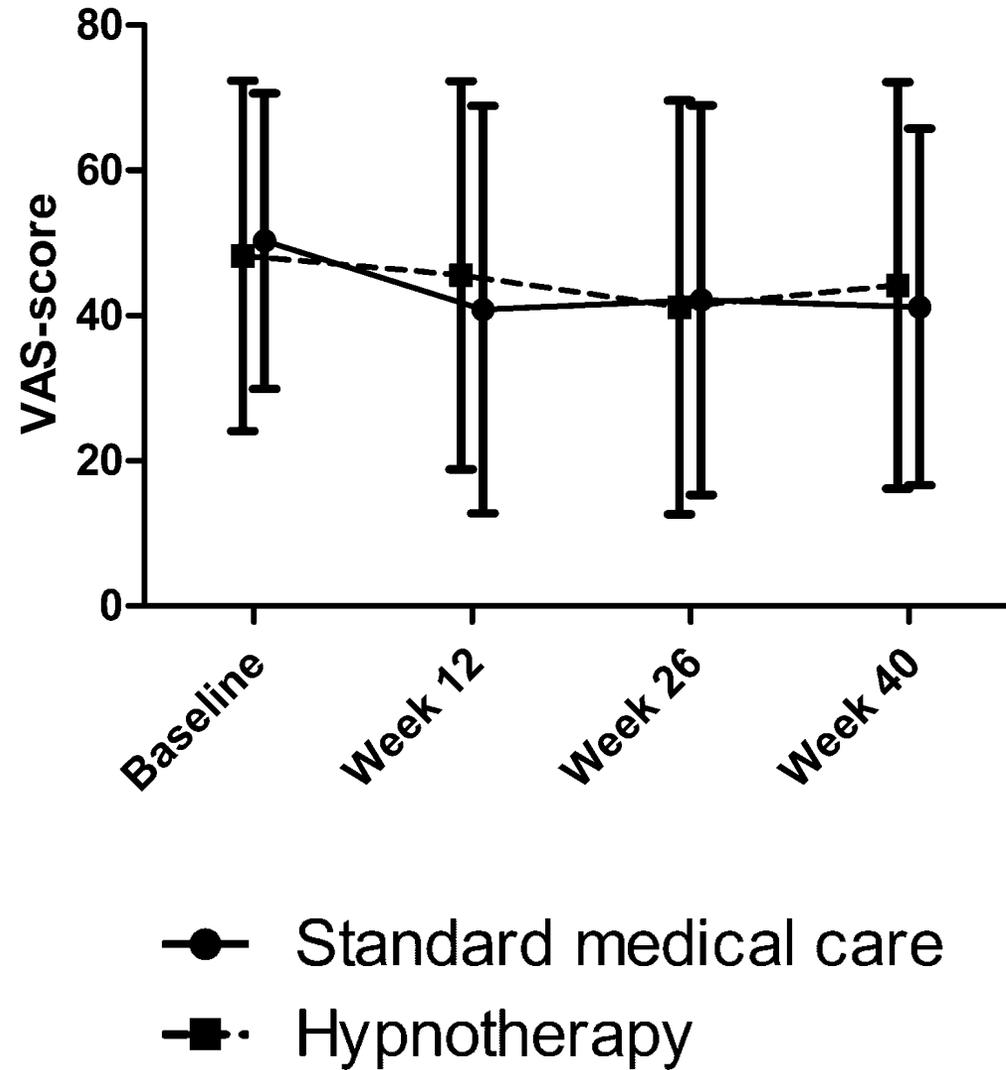
- RCT 80 subjects with IBD
- Remission:
 - physician's global assessment, AND
 - calprotectin $<100 \mu\text{g/g}$, OR
 - calprotectin $100\text{-}200 \mu\text{g/g}$ and no inflammation at endoscopy
- IBS according to Rome III criteria

6 sessions
hypnotherapy



6 sessions
standard IBS
care

Results



What did we learn from this study

- Patients with IBD did not want to let go of pain = their warning signal.
- They relied on pills more than IBS patients.





arine@vlieger.nl