

# About Jason Demant

## Background and Qualifications

- Diploma in clinical hypnotherapy, counselling and Neuro-linguistic programming (NLP) from Life Matters Training College, London
- Practitioner certificate in Mindfulness Based Cognitive Therapy (MBCT)
- Certified Life Coach and NLP practitioner with hundreds of hours of clinical experience
- Fully insured validated practitioner of the General Hypnotherapy Standards Council and member of the General Hypnotherapy Register
- Member of the NHS Directory of Complementary and Alternative Practitioners
- Member of the Complementary and Natural Healthcare Council
- Approved therapist for Anxiety UK
- Mindfulness practitioner and instructor

## IBS pain or other symptoms affecting your mood, daily activities or relationships?

In both the UK and USA, clinical research has shown clinical hypnotherapy (called gut-directed hypnotherapy) to have a positive effect on IBS symptoms for adults and children. You will find studies discussed in The Lancet and the BMJ. Hypnotherapy is now acknowledged by the National Institute for Clinical Excellence (NICE) as an effective treatment for IBS.

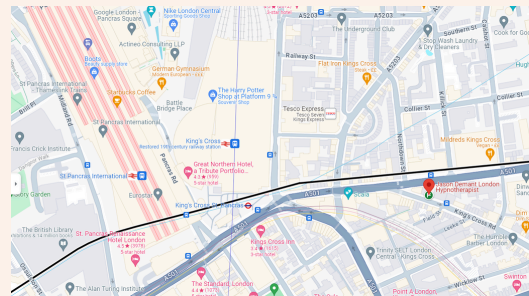
**Tel: 07504 742606**

**Email: [jason@jasondemant.com](mailto:jason@jasondemant.com)**

**Web: [jasondemant.com](http://jasondemant.com)**

**Address: King's Cross Road,  
London, WC1X 9DE**

**Sessions available online**



# Jason Demant London Clinical Hypnotherapist

NLP L.M.T.C.P.H.  
GHRreg. GQHP



My approach is friendly, approachable and calming. You should feel comfortable to discuss how symptoms, including tummy aches, diarrhoea and constipation affect you. We will discuss also how IBS affects stress, anxiety, self esteem, relationships and work.

This hypnotherapy-based programme works alongside your conventional medical team and/or dietitian. You are encouraged to discuss your participation with your GP or consultant.

# Two treatment options

1) IBS symptom intensity reduction: Stand alone sessions focusing primarily on immediate reduction of pain and discomfort. **£120 per session.**

2) IBS pain and symptom management: Six session structured programme, including six personalised take-home hypnosis recordings. Tools to raise confidence and gain greater self-management skills of both symptoms and the emotional aspects of IBS discomfort. This programme requires a commitment to listen to hypnosis audios between sessions and carry out any short home assignments. **£690**

Programme Fees	
Sessions	<b>£120</b>
Take-home audios	<b>£20</b>
Six sessions & six audios	<b>£690</b>

Tel: 07504 742606  
Email: [jason@jasondemant.com](mailto:jason@jasondemant.com)  
Web: [jasondemant.com](http://jasondemant.com)

Sessions in London or online

# Frequently Asked Questions

## Who is this suitable for?

Adults and children (aged twelve upwards) diagnosed with IBS and have symptoms such as pain, bloating, constipation etc. This programme may not be suitable for people with certain psychiatric conditions or who experience hallucinations.

## What is hypnotherapy?

Hypnotherapy (sometimes called hypnosis) is a highly effective way to change your outlook and habits in a relatively short period of time, by looking at your subconscious drives and thoughts.

During hypnotherapy you will be guided to a state of relaxation, similar to daydreaming or focused concentration. Visualisations or direct conversation are used to communicate with your imagination and subconscious mind. This brings change at a deeper level.

# How hypnotherapy helps IBS

IBS symptoms and functional abdominal pain can be viewed as a miscommunication between the gut and brain. The brain overreacts to gut muscle contractions or sensitivity to certain foods. The gut may become sensitive to messages received from the brain about stress or anxiety. The result is tummy 'knots' of discomfort, not feeling hungry, bloating, constipation or diarrhoea.

Hypnotherapy works with the subconscious, gently calming these messages. The digestive system and brain learn to communicate in a more peaceful and gentle manner.

## Is hypnotherapy safe?

Hypnotherapy is safe with no side effects and is medication free. During hypnotherapy work, you will be able to open your eyes if you wish, able to communicate if you feel at all uncomfortable.

Every person's situation is different. Level of success will be a reflection of the partnership of therapist and client. You are asked to commit to active participation in this process of change. This includes carrying out any home assignments and listening to hypnosis recordings at home, between sessions.