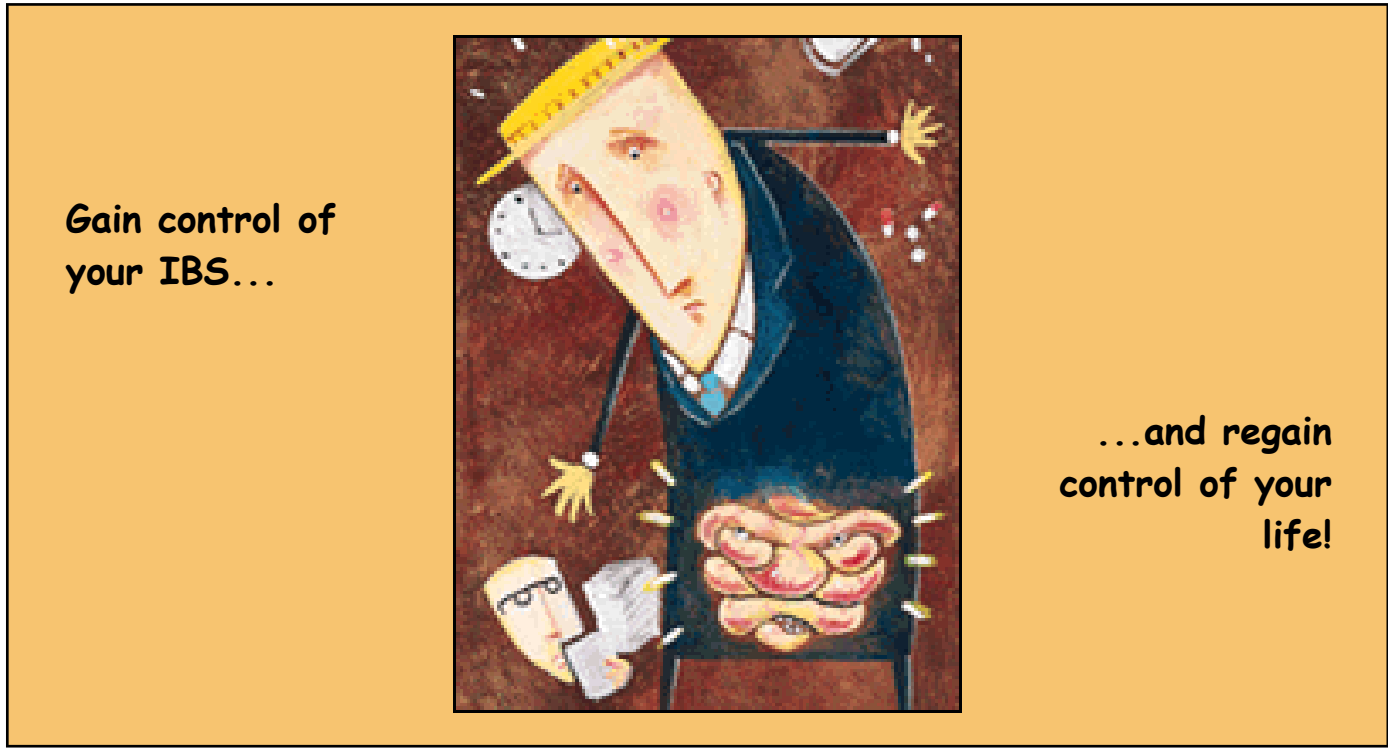


**Getting to the Guts of What Matters:  
A Program for Managing Irritable Bowel Syndrome (IBS)**



**Welcome to the IBS Program -**

The IBS Program meets weekly for 8 weeks beginning July 11. The Program will meet for two hours per session on Tuesday evenings from 5:30 p.m. - 7:30 p.m. We will meet at the offices of Partners in Healing/Partners in Psychiatry & Psychology, which is located at 10201 Wayzata Blvd., Suite 350. In Minnetonka, 55305.

The cost of the 8-week IBS Program is \$600. A portion of the Program's cost may be covered by your health insurance. We will assist you with the filing of appropriate paperwork. Bear in mind that the cost of missed sessions cannot be billed to your insurance. You are responsible for the full cost of the Program.

You may want to wear comfortable clothing and bring material to take notes. In addition to learning by listening, you will also be learning by doing. Be prepared to practice the self-regulation exercises you will be taught both in sessions and between sessions so that you gain the full benefit of the Program as quickly as possible.

I look forward to meeting you soon. Please contact me with any additional questions. **Our phone number is 763-546-5797.**

David S. Alter, PhD

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A session-by-session Schedule for the Program

**Session 1 - Introductions**

**Session 2 - Our 2nd Brain**

**Session 3 - The Nature of Regulation & Dysregulation**

**Session 4 - The Well Functioning Gut**

**Session 5 - The Power of the "Image"**

**Session 6 - Sensation as Information**

**Session 7 - Reclaiming the Power of Emotions**

**Session 8 - Maintaining Balance in an Unbalanced World**



*A Partners in Healing Program*