

The Brain-Gut Connection: Evidence-Based Psychological Strategies for Treatment of Gastrointestinal Symptoms in Children, Adolescents, and Young Adults
Course Number: 2302010-JA

Presenters: Julie Snyder PsyD, Amy Hale PhD, Julia Carmody PhD, Ryan Davidson PhD, Manuela Villa PhD, Rebecca Kramer PhD, Laura Distel PhD

Boston Children's Hospital, Division of Gastroenterology, Hepatology & Nutrition

Many clients presenting to mental health providers experience gastrointestinal symptoms including chronic pain, nausea, irritable bowel syndrome (IBS), inflammatory bowel disease (e.g. Crohn's Disease, Ulcerative Colitis), and feeding concerns including avoidant/restrictive food intake disorder (ARFID). Children, adolescents, and young adults with chronic GI problems often miss school, have greater healthcare utilization, and have parents who miss more workdays; they also have higher rates of depression and anxiety than youth with other chronic diseases. Many gastroenterologists routinely refer patients for mental health services, and while mental health providers may be well-versed in treating mental health concerns they may be less familiar with the application of psychological interventions for specific GI symptoms. This skills-focused workshop will educate mental health providers on the most recent research about the brain-gut connection and outline evidence-based treatments for clients presenting with a variety of GI symptoms. Using lecture, clinical examples, and skill-building activities this virtual workshop will equip clinicians to work with clients to improve quality of life and reduce gastrointestinal symptoms. Participants may register for the Beginner/Intermediate (Days 1 & 2) and/or Advanced (Day 3) GI Psychology Workshop.

Where: Virtual CE Course

Levels of Training: Beginner/Intermediate & Advanced

Course Dates*:

- Beginning/Intermediate: Feb 1-2, 2023
- Advanced Psychogastroenterology: Feb 3, 2023

CEs: 18 CEs for psychologists & social workers for Days 1, 2, & 3

** Participants may register for one or both portions of the workshop to earn respective CE courses. Course will be recorded and accessible after the live workshop, but participants are encouraged to attend the live workshop.*

To Register:

<https://bostonchildrens.cloud-cme.com/Brain-Gut2023>

For registration-related questions:
cme@childrens.harvard.edu

For program-related questions:
Contact Amy Hale, PhD
Amy.Hale@childrens.harvard.edu or
617-919-9982

Comments from Previous Participants:

- *I loved it! This was the type of course I have been wanting for a long time.*
- *Great course! Highly organized and knowledgeable experts.*
- *This training was FANTASTIC! Not only are you all clearly very talented and expert clinicians in your respective specialties, but very skilled in presenting and explaining information!*

New Curriculum Additions:

- Overview of GI physiology and common testing & procedures by gastroenterologist
- Increased time for role plays and discussion
- All new Advanced Psychogastroenterology Course

Registration for Professionals:

Topic	Deadline	Fee
Beginner/Intermediate ONLY	Early Bird: 1/6/2023	\$175
Days 1 & 2	1/26/23	\$200
Advanced Topics ONLY	Early Bird: 1/6/2023	\$75
Day 3	1/26/23	\$100
Beginner/Intermediate + Advanced Topics	Early Bird: 1/6/2023	\$275
Days 1, 2 & 3	1/26/23	\$300

Registration Options for Trainees:

Topic	Deadline	Fee
Beginner/Intermediate ONLY	1/26/23	\$100
Beginner/Intermediate + Advanced	1/26/23	\$150

Educational Objectives: After participation in this workshop, participants will be able to:

1. Understand GI physiology and basic pathophysiology of Disorders of the Brain-Gut Interaction (DGBI).
2. Recognize commonly diagnosed pediatric gastrointestinal conditions and describe the biopsychosocial conceptualization and treatment model for these disorders.
3. Recall specific GI-focused questions that can be incorporated into the psychological assessment process and the language/metaphors to utilize when discussing the biopsychosocial treatment approach.
4. Identify evidence-based psychological treatment strategies for the management of pain and other GI-related symptoms.
5. Apply evidence-based psychological treatments for the management of GI-related symptoms.
6. Recognize feeding behaviors and difficulties across developmental stages and differentiate picky eating versus avoidant/restrictive food intake disorder (ARFID) versus other eating disorders.
7. Identify and apply evidence-based psychological treatment strategies for feeding difficulties including ARFID.
8. Recognize challenges associated with a lack of patient/family willingness to buy-in to the use of psychological strategies for the treatment of GI conditions.

Suggested Readings/Research Citations:

- Keefer, L. et al. (2018). Best Practice Update: Incorporating Psychogastroenterology Into Management of Digestive Disorders. *Gastroenterology*, 154(5), 1249 – 1257
- Gian Marco, I, Bellardita, L., Cennamo, V. (2019). Delivery of Psychological Interventions in the Gastroenterology Practice: Is It Time For New Paradigms to Define the Figure of the Psychogastroenterologist? *Journal of Clinical Gastroenterology*, 53, 701-702.
- Feingold, J., Murraray, H., & Keefer, L. (2019). Recent Advances in Cognitive Behavioral Therapy For Digestive Disorders and the Role of Applied Positive Psychology Across the Spectrum of GI Care. *Journal of Clinical Gastroenterology*, 53, 477-485.
- Riehl M. E. (2018). The Emerging Role of Brain-Gut Therapies for Irritable Bowel Syndrome. *Gastroenterology & Hepatology*, 14(7), 436–438.
- Bonnert, M., Ola Olen, M., Hedman-Lagerlof, E., Sarnholm, E., Serlachius, B., & Ljottson, B. (2019) Internet-Delivered Exposure-Based Cognitive-Behavioral Therapy for Adolescents With Functional Abdominal Pain or Functional Dyspepsia: A Feasibility Study. *Behavior Therapy*, 50(1), 177-188.
- Drossman, D. A. & Ruddy, J. (2019). Communication skills in disorders of gut-brain interaction. *Neurogastroenterology LATAM Reviews* 2, 1-14.
- Shimshoni, Y., & Lebowitz, E. R. (2020). Childhood ARFID: Review of Treatments and a Novel Parent-Based Approach. *Journal of Cognitive Psychotherapy*.
- Thomas, J. J., Wons, O., & Eddy, K. (2018). Cognitive-behavioral treatment of avoidant/restrictive food intake disorder. *Current Opinion in Psychiatry*, 31(6), 425.

Accreditation

In support of improving patient care, Boston Children’s Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME), the American Nurses Credentialing Center (ANCC), and the Accreditation Council for Pharmacy Education (ACPE) to provide continuing medical education for the healthcare team.

Psychology

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

This course has been approved for 6.0 continuing education credits.

Social Work

As a Jointly Accredited Organization, Boston Children’s Hospital is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Boston Children’s Hospital maintains responsibility for this course. Social workers completing this course receive 6.0 ACE CE continuing education credits.

About the Presenters

Julie Snyder PsyD is a licensed clinical psychologist and the Director of Psychology Services in the Department of Gastroenterology and Nutrition at Boston Children's Hospital, and an Assistant Professor at Harvard Medical School. Her clinical and research interests include the psychological treatment of Disorders of the Gut-Brain Interaction (DGBIs) and motility disorders. Dr. Snyder regularly presents on psychological treatments for GI disorders to both medical and mental health providers, is active in the Rome Foundation, and oversees the GI Psychology Fellowship Program at Boston Children's Hospital. Within the Division of Gastroenterology she serves as an Attending Psychologist in the Motility Center and the Functional Abdominal Pain Program.

Amy Hale PhD is a licensed clinical psychologist in the Department of Gastroenterology and Nutrition at Boston Children's Hospital, and Clinical Lead of the Comfort Ability Program (CAP) within Pain Medicine, Department of Anesthesia, Critical Care and Pain Medicine. She is an Assistant Professor of Psychology in Psychiatry at Harvard Medical School. Dr. Hale's clinical and research interests include disorders of gut-brain interaction, chronic pain, measurement, and dissemination of evidence-based treatments. She has co-developed several evidence group interventions for GI patients, is active in the GI division's EDI Taskforce, and serves as a psychology faculty advisor for educational programming in the BCH Celiac Disease Center. As part of her role in CAP Dr. Hale leads trainings, engages in research, and supports hospitals in implementing the Comfort Ability Program for pediatric chronic pain. Within the Division of Gastroenterology she serves as an Attending Psychologist in the Motility Center and Functional Abdominal Pain Program.

Julia Carmody, PhD is a licensed clinical psychologist in the Department of Gastroenterology and Nutrition at Boston Children's Hospital, with a faculty appointment at Harvard Medical School. Dr. Carmody earned her doctorate in Clinical and Health Psychology with a specialization in Pediatric Psychology at the University of Florida. She completed an NIH T32 postdoctoral research fellowship in the Center for Pediatric Adherence & Self-Management at Cincinnati Children's Hospital. Dr. Carmody's clinical interests include treating children, adolescents, and young adults with disorders of the gut brain interaction, inflammatory bowel disease, and avoidant/restrictive food intake disorder. Her research is focused on adherence and self-management in pediatric chronic conditions. Dr. Carmody has presented nationally and internationally on the treatment of feeding disorders. Within the Department of Gastroenterology she serves as an Attending Psychologist in the multidisciplinary Avoidant/Restrictive Food Intake Disorder Program.

Ryan Davidson PhD is a licensed clinical psychologist Department of Gastroenterology and Nutrition at Boston Children's Hospital, with a faculty appointment at Harvard Medical School. She earned her doctorate in Clinical Psychology from the University of Arizona and completed her postdoctoral fellowship at Boston Children's Hospital. Her clinical and research interests include working with families as they navigate complex systems and psychosocial stressors including medical and pediatric settings. She is active in the BCH GI division's EDI Taskforce, supervises postdoctoral psychology and psychiatry fellows, and has presented nationally and internationally on treatment of feeding difficulties. Within the Division of Gastroenterology she serves as an Attending Psychologist in the multidisciplinary Growth and Nutrition Program where she treats feeding difficulties in young children.

Manuela Villa, PhD is a licensed clinical psychologist in the Department of Gastroenterology and Nutrition at Boston Children's Hospital, with a faculty appointment at Harvard Medical School. Dr. Villa earned her doctorate in Clinical Psychology at Nova Southeastern University and subsequently completed an NIH T32 postdoctoral research fellowship in Pediatric Hematology/Oncology at the University of Miami Mailman Center for Child Development. Dr. Villa's clinical interests include treating children, adolescents, and young adults coping with disorders of gut-brain interaction (DGBIs), avoidant/restrictive food intake disorder, and chronic pain conditions. Her research is focused on cultural factors that play a role in treatment acceptability and adherence, as well as cultural barriers to diagnosis and treatment access in specific pediatric chronic medical conditions. Within the Division of Gastroenterology she serves as an Attending Psychologist in the Multidisciplinary Avoidant/Restrictive Food Intake Disorder Program.

Rebecca Kramer PhD is a licensed clinical psychologist in the Department of Gastroenterology and Nutrition at Boston Children's Hospital, with a faculty appointment at Harvard Medical School. She completed her PhD in Clinical Psychology at Seattle Pacific University, predoctoral internship at Mount Washington Pediatric Hospital, and post-doctoral fellowship in GI Psychology at Boston Children's Hospital. Dr. Kramer's clinical and research interests include psychological treatment of disorders of the gut-brain interaction, anxiety, and avoidant/restrictive food intake disorder. Within the Department of Gastroenterology she serves as an Attending Psychologist in the multidisciplinary Growth and Nutrition Program where she treats feeding difficulties in young children.

Laura Distel, PhD is a licensed clinical psychologist in the Department of Gastroenterology and Nutrition at Boston Children's Hospital, with a faculty appointment at Harvard Medical School. Dr. Distel earned her Ph.D. in Clinical Psychology with a specialization in children and families at Loyola University Chicago. She completed a Pediatric Psychology Fellowship in GI Psychology at Boston Children's Hospital. Her clinical and research interests include the psychological treatment of functional gastrointestinal disorders and motility disorders. Within the Department of Gastroenterology she serves as an Attending Psychologist in the General GI Psychology Service and co-leads the Encopresis Parent Skills Group.

Samuel Nurko, MD, MPH is a Professor of Pediatrics at Harvard Medical School, and the Director of the Center for Motility and Functional Bowel Disorders at Boston Children's Hospital. Dr. Nurko has significant experience and expertise in the physiology of gastrointestinal motility, defecation problems and gastrointestinal pain, and in the application of gastrointestinal motility testing to understanding the pathophysiology of gastrointestinal disease in children, as well as in the design and conduct of prospective randomized trials. He is a prolific researcher with more than 230 manuscripts, reviews and book chapters, was chair of the Rome IV Neonatal and Toddler Functional Gastrointestinal Disorders Committee. He is now on the Board of the Rome Foundation and a member of the Editorial Board for Rome V. He has been recipient of the Senior investigator Award from IFFGD (International Foundation for Functional and Gastrointestinal Diseases), as well as the Research Mentor Award from the AGA Council Growth, Development & Child Health.