

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

Presenters: Julie Snyder, PsyD, Amy Hale PhD, & Erin Swedish, PhD
Boston Children's Hospital, Department of Gastroenterology and Nutrition

Many clients presenting to community 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 avoidant and restrictive feeding disorders (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 community 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 ½ day workshop will equip clinicians to work with clients to improve quality of life and reduce gastrointestinal symptoms.

Where: Boston Children's Hospital, Waltham Location, 9 Hope Avenue, Waltham, MA.

When: May 12, 2018, 8:00am-12:30pm

Level of Training: Beginner through Advanced

Cost: \$100 Participation + 4 CE Credits; \$50 Participation only (no CE); \$25 Student Participant. Please contact for group rates.

CEs: 4 CEs are available for psychologists and LMHCs, and application for social worker continuing education credits has been submitted. Please contact Amy Hale at amy.hale@childrens.harvard.edu for the status of these CE certifications.

The Division of Psychology, Department of Psychiatry at Boston Children's Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. The Division of Psychology, Department of Psychiatry at Boston Children's Hospital maintains responsibility for this program and its content. This program offers 4 continuing education credits. MaMHCA authorization # for credits is 18-0320.

Cancellation Policy: Cancellation and Refund Policy: Fee minus \$30 administrative charge if cancelled 5 or more business days prior to event. No refund if cancelled less than 5 business days before event.

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

1. Recognize commonly diagnosed pediatric gastrointestinal conditions and describe the biopsychosocial conceptualization and treatment model for these disorders.
2. 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.
3. Describe strategies to promote functioning and to maintain/enhance quality of life in pediatric patients diagnosed with gastrointestinal conditions.
4. Identify and apply evidence-based psychological treatment strategies for the management of pain and other GI-related symptoms.

To register:

<https://bostonchildrens.cloud-cme.com/Aph.aspx?P=15&EID=733#>

For program-related questions:

Contact Amy Hale, PhD at Amy.Hale@childrens.harvard.edu or 617-919-9982

Suggested Readings/Research Citations:

Hyams, J. S., Di Lorenzo, C., Saps, M., Shulman, R. J., Staiano, A., & van Tilburg, M. (2016). Childhood functional gastrointestinal disorders: child/adolescent. *Gastroenterology*, 150(6), 1456-1468.

Reed-Knight, B., Claar, R. L., Schurman, J. V., & van Tilburg, M. A. (2016). Implementing psychological therapies for functional GI disorders in children and adults. *Expert Review of Gastroenterology & Hepatology* 10(9), 981-984.

Reed-Knight, B., Maddux, M. H., Deacy, A. D., Lamparyk, K., Stone, A. L., & Mackner, L. (2017). Brain-gut interactions and maintenance factors in pediatric gastroenterological disorders: Recommendations for clinical care. *Clinical Practice in Pediatric Psychology*, 5(1), 93-105.

Mackner, L. M., Greenley, R. N., Szigethy, E., Herzer, M., Deer, K., & Hommel, K. A. (2013). Psychosocial issues in pediatric inflammatory bowel disease: a clinical report of the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition. *Journal of Pediatric Gastroenterology and Nutrition*, 56(4), 449.

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, with a faculty appointment at Harvard Medical School. Dr. Snyder earned her Psy.D. in Clinical Psychology from Nova Southeastern University. She completed a Pediatric Psychology Fellowship with the psychiatry consultation service and Medical Coping Clinic 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 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, with a faculty appointment at Harvard Medical School. Dr. Hale earned her Ph.D. in Clinical Psychology at the University of Connecticut. She completed a Clinical Research Fellowship at the University of Connecticut Health Center and Connecticut Children's Medical Center in the Department of Gastroenterology. Her clinical and research interests include functional GI disorders and somatic symptoms. Within the Department of Gastroenterology she serves as an Attending Psychologist in the Motility Center, Functional Abdominal Pain Program, and the Growth and Nutrition Program.

Erin Swedish 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 earned her Ph.D. in Child Clinical Psychology from the University of Toledo, and completed Postdoctoral Fellowship at Dana Farber Cancer Center. Dr. Swedish serves as an Attending Psychologist in the Inflammatory Bowel Disease Center and is involved in the development of a multidisciplinary program to treat patients with avoidant/restrictive food intake disorder (ARFID) within the Growth and Nutrition Program.