

# Behavioral Interventions for DGBI Conditions of the Upper GI Tract

A Rome Foundation Continuing Medical Education program



## Fee to attend:

\$150 (PsyD, PhD, MD, NP, PA, LSW, and Dietician)

\$100 (PhD/PsyD or MS students)

Each session is 1 hour and will be available on-demand after the virtual session.

## Register:

Scan QR Code or Visit:

[https://bit.ly/GastroPsych\\_Behavioral\\_Interventions](https://bit.ly/GastroPsych_Behavioral_Interventions)



EARN UP TO 4 CE CREDITS

Psychological and behavioral factors play a key role in developing and maintaining DGBI conditions, including disorders of the upper GI tract. Several complex upper GI disorders can be effectively treated with behavioral interventions delivered by multidisciplinary care team members, including psychologists and speech-language pathologists. In a practical and engaging lecture series, leading experts in psychogastroenterology will

discuss the anatomy and physiology of the upper GI tract and behavioral techniques to treat belching disorders, rumination syndrome, and gastroesophageal reflux. Each seminar will include a didactic presentation, an overview of the condition being treated, the rationale for behavioral intervention, and the scientific basis for the approach. The program will draw upon current research findings as well as the presenters' clinical expertise.

## Session One: January 22, 2024; 1PM EST

### GI Physiology for the Psychologist: DGBI Conditions of the Upper GI Tract

- Describe normal esophageal functioning.
- Explain the physiological mechanism underlying supragastric belching, rumination syndrome, esophageal hypersensitivity and gastroesophageal reflux.



Speaker:

**Jean Fox, MD**

Gastroenterologist, Internist  
Mayo Clinic



Moderator:

**Kathryn Tomasino, PhD**

Assistant Professor of Medicine, Gastroenterology and Hepatology and Psychiatry and Behavioral Sciences, Feinberg School of Medicine, Northwestern University

## Session Three: March 18, 2024; 1PM EST

### Cognitive-behavioral therapy for rumination syndrome in adult and pediatric patients

- List behavioral factors that contribute to the onset and maintenance of rumination syndrome
- Describe how diaphragmatic breathing can be utilized to treat rumination syndrome



Speaker:

**Helen Burton Murray, PhD**

Director of the Gastrointestinal (GI) Behavioral Health Program  
Massachusetts General Hospital



Speaker:

**Ashley Kroon Van Diest, PhD**

Pediatric Psychologist  
Nationwide Children's Hospital



Moderator:

**Kari Baber, PhD**

Pediatric Psychologist, Children's Hospital of Philadelphia/Assistant Professor of Clinical Psychiatry, Perelman School of Medicine, University of Pennsylvania

## Session Two: February 19, 2024; 1PM EST

### Behavioral Intervention for the Treatment of Supragastric Belching

- Identify differences between supragastric belching and aerophagia
- Describe exercises to discontinue the supragastric belching mechanism



Speaker:

**Liesbeth ten Cate, MD**

Speech Therapist, Speech Language Pathologist  
Amsterdam University Medical Centre



Moderator:

**Sarah Kinsinger, PhD**

Professor of Medicine  
Loyola University Medical Center

## Session Four: April 22, 2024; 1PM EST

### Evidence-based Psychological Interventions for Gastroesophageal Reflux

- Explain the role of brain-gut dysregulation in gastroesophageal reflux and identify cognitive and behavioral factors contributing to reflux symptoms
- Apply the principles of cognitive behavioral therapy (CBT) to treat patients presenting with reflux and heartburn



Speaker:

**Anjali Pandit, PhD, MPH**

Assistant Professor of Medicine, Gastroenterology and Hepatology and Psychiatry and Behavioral Sciences, Feinberg School of Medicine, Northwestern University



Moderator:

**Alyse Bedell, PhD**

Assistant Professor of Psychiatry & Behavioral Neuroscience, University of Chicago



Rome Psychogastroenterology is approved by the American Psychological Association to sponsor continuing education for psychologists. Rome Psychogastroenterology maintains responsibility for this program and its content.

For More Information About Rome GastroPsych: [www.RomeGIPsych.org](http://www.RomeGIPsych.org)