

Saturday, August 29, 2020 • 8:00am - 5:00pm



EARN UP TO 8 CE CREDITS\*\*

A photograph of two women in a professional setting, possibly a conference or meeting. The woman on the left has long brown hair and is wearing a light pink top. The woman on the right has blonde hair, wears glasses, and is wearing a white lab coat. They are both looking at each other and appear to be in conversation.

# A One Day Virtual Event Basic Skills Training in Psychogastroenterology

A Rome Foundation Continuing Medical Education program

**Learn about the emerging field of psychogastroenterology and how brain-gut psychotherapies, such as cognitive-behavioral therapy and gut-directed hypnotherapy, can improve outcomes and quality of life for many patients with chronic GI disorders.**

The Psychogastroenterology Basic Skills workshop will provide mental health practitioners with a foundation for working with patients with Disorders of Gut-Brain Interaction (DGBI), such as irritable bowel syndrome, functional dyspepsia, and functional heartburn. Psychological processes play a key role in the development and maintenance of DGBI and brain-gut psychotherapies are among the most effective treatments for patients. In this introductory workshop, international experts in psychogastroenterology will explain the biopsychosocial model for DGBI and discuss the structure and efficacy behind brain-gut psychotherapies for both adult and pediatric populations. Training will also include guidance on developing a successful integrated GI psychology practice.

## LEARNING OBJECTIVES:

- Discuss the pathophysiology of functional gastrointestinal (GI) disorders, including the role of brain-gut dysregulation.
- Explain how to customize your psychological intake for patients with GI concerns
- Explain the rationale for utilizing a psychological treatment approach for functional GI disorders
- Identify unique aspects of cognitive-behavioral therapy as it is applied to GI disorders
- Describe the structure and evidence behind gut-directed hypnotherapy for GI disorders
- Explain the role of psychological treatment in management of pediatric patients with DGBI
- Describe psychological treatment strategies and goals for pediatric patients with DGBI
- Explain how to communicate effectively with referring physicians to encourage successful integration of brain-gut psychotherapies into the care of their patients with GI disorders

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: [theromefoundation.org/gi-psych-training](https://theromefoundation.org/gi-psych-training)**

# PROGRAM AGENDA

(Subject to Change)

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SATURDAY, AUGUST 29, 2020

8:00 - 8:10	Welcome & Introduction to the Program
8:10 - 9:00	Disorders of Gut-Brain Interaction: Definition, Burden, & Biopsychosocial Model - Laurie Keefer
9:00 - 9:30	Customizing Psychological Assessment for use with GI Patients & Standardized Measures - Simon Knowles
9:30 - 10:00	Rationale and efficacy of Gut-Directed Hypnotherapy - Peter Whorwell
10:00 - 10:15	Break
10:15 - 10:45	Efficacy and Key Features of CBT for DGBI- Sarah Kinsinger
10:45 - 11:15	ACT for DGBI - Nuno Ferriera
11:15 - 11:45	Case Examples - Megan Riehl
11:45 - 12:15	Q&A - Speaker Panel
12:15 - 12:45	Lunch
12:45 - 1:30	Prevalence, Burden & Biopsychosocial model for DGBI in Pediatric Patients - Bonney Reed
1:30 - 2:15	Unique Concerns of Pediatric Patients and Caregivers & Key Communication Strategies - Kari Baber
2:15 - 3:00	Efficacy and Features of Brain-Gut Psychotherapies for Pediatric GI Patients - Julie Snyder
3:00 - 3:15	Break
3:15 - 3:45	Q&A - Speaker Panel
3:45 - 4:30	Growing an Integrated GI Psychology Practice & Special Considerations for the Private Practice Setting - Sarah Ballou & Jim Kantidakis
4:30 - 4:45	Q&A - Speaker Panel
4:45 - 5:00	Wrap Up/Closing

Supported by an Educational Grant from



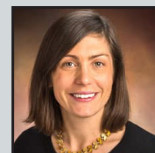
Better Health. Brighter Future.



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# PRESENTERS:

(Subject to change)



**Kari Baber, PhD**  
Licensed Psychologist  
The Children's Hospital of Philadelphia



**Sarah Ballou, PhD**  
GI Health Psychologist  
Beth Israel Deaconess Medical Center



**Nuno Ferriera, PhD**  
CPsychol, AFBPsS  
Associate Professor of Clinical Psychology  
University of Nicosia



**Jim Kantidakis, PsyD**  
BSc, PGDip(Psych), DPsy(Clin), Dip(Hypno) MAPS  
The Gut Centre, Australia



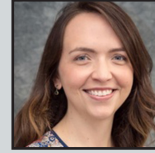
**Laurie Keefer, PhD**  
Icahn School of Medicine at Mount Sinai, New York, NY



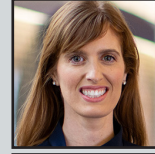
**Sarah Kinsinger, PhD**  
Loyola University Medical Center, Chicago, IL



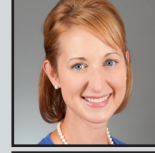
**Simon Knowles, Dip, MPsc, PhD, MAPS, FCCLP**  
Swinburne University of Technology, Melbourne, Australia



**Bonney Reed, PhD**  
Assistant Professor of Pediatrics at Emory University School of Medicine



**Megan Riehl, PhD**  
GI Psychologist  
Clinical Director at University of Michigan



**Julie Snyder, PsyD**  
Pediatric Psychologist  
Boston Children's Hospital



**Peter Whorwell, MD, PhD**  
Professor of Medicine and Gastroenterology at the University of Manchester

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