WHO WE ARE

GI Psychology is a group practice whose behavioral health clinicians are experts in effective treatments for Gastrointestinal (GI) disorders. We specialize in treating children, adolescents, and adults with a variety of GI disorders, chronic pain and other medically complicated conditions. Our effective treatment approach emphasizes two scientifically validated therapies: Cognitive Behavioral Therapy (CBT) and Clinical Hypnosis.

Contact Us

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GI Psychology
Mind Your Gut

in partnership with

GI Alliance®

How can a GI Psychologist help with my stomach problem?

Mind Your Gut

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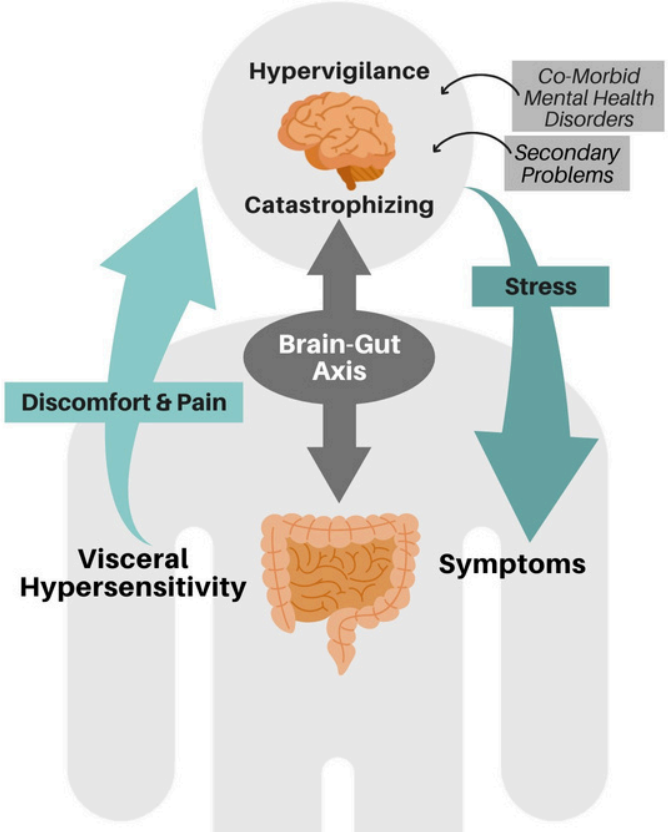
THE BRAIN-GUT CONNECTION

The interaction between the mind and the gastrointestinal (GI) system can go by many names such as Brain-Gut therapy, Psychogastroenterology, GastroPsych, and Neurogastroenterology, but each of these names focus on the same thing: the bidirectional interaction between the brain and the gut (Brain-Gut Axis).

Our current understanding is that many GI disorders involve a miscommunication between the brain and the GI system. The brain sends stress and anxiety down into the GI system and the GI system then creates symptoms (bloating, pain, nausea, and bowel issues) and becomes overly sensitized. This creates a vicious cycle as shown in the diagram.



Irritable Bowel Syndrome, often referred to as IBS, is part of a group of physical health conditions known as Disorders of the Gut-Brain Interaction (DGBI). DGBIs are very common and can have a major impact on quality of life if not addressed. Diagnostic Criteria for IBS includes recurrent abdominal pain over the last 6 months with at least 1 day/week in the last 3 months with two or more of the following reactions:

- Difficulty or distress with defecation
- Change in the frequency of stool
- Change in the form/appearance of stool

OUR APPROACH

GI psychotherapists collaboratively work with the patient and other providers to assess the bio-psycho-social factors that are maintaining the GI distress. A targeted treatment plan is then created that includes a combination of Cognitive Behavioral Therapy (CBT) and Clinical Hypnosis. These two treatment approaches have been empirically validated to help patients with GI problems.

OUR THERAPISTS

Our team of clinical experts are trained to facilitate relief in patients experiencing GI disorders. We recruit therapists who are already highly experienced and then provide rigorous training in GI and health psychology.