

# GIA x GI Psychology Program: Collaborative, Evidence-Based Gut-Brain Care

## Who We Are

GI Psychology is a nationwide telehealth practice expanding access to **effective** gut-brain therapies. Our **licensed clinicians** provide short-term, evidence-based care for patients ages 6 and up, helping **reduce gastrointestinal symptoms** by addressing the **brain-gut connection**.

## Conditions We Treat

- Functional GI disorders (IBS, functional dyspepsia, abdominal pain)
- Inflammatory Bowel Disease (Crohn's disease, ulcerative colitis)
- Chronic conditions (POTS, AMPS)

## Evidence-Based Treatments

### Cognitive Behavioral Therapy for GI (GI-CBT)

- Short-term, skills-based therapy
- Helps break the cycle of worry and avoidance
- Reframes unhelpful thoughts
- Calm the body's stress response

### Gut-Directed Clinical Hypnosis

- Focused mind-body approach
- Retrains gut-brain communication
- Reduces symptoms, promotes relaxation, and supports lasting relief

## Proven Outcomes

- **80%** of patients report significant symptom reduction
- Backed by **over 40 years** of research and **18+ clinical trials**
- Endorsed in **American College of Gastroenterology (ACG) guidelines** as a 1st line treatment for IBS and related DGBIs
- Demonstrates **long-term benefits** after short-term treatment (typically 8–12 sessions)

## Why Refer to GI Psychology

- Trusted, evidence-based partner for coordinated GI-behavioral care
- Short-term, goal-oriented treatment with measurable outcomes
- Collaborative communication with referring providers
- Easy referral options and nationwide telehealth access