

The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

FIRST FRIDAY FORUM

Friday, November 5, 2021

Cognitive Behavior Therapy for Irritable Bowel Syndrome: How Psychologists Can Treat Chronic Digestive Disease

Megan Petrik, Ph.D., LP; Brooke Palmer, Ph.D., LP

Program:

9:00 a.m. – 12:00 p.m.

*This session is at the intermediate level and is designed
for psychologists and other mental health professionals.*

Location:

Registrants will receive a Zoom link to access the webinar online.

Attendees are encouraged to join the webinar five to ten minutes prior to the start.

About the Program:

This program qualifies for 3.0 continuing education credits.

Irritable bowel syndrome (IBS) is a chronic digestive disorder associated with a high disease burden, extensive negative impact on quality of life, increased rates of depression and anxiety, and significant healthcare utilization and expenditures. IBS occurs in 10-15% of the population and accounts for up to 12% of visits to primary care providers. Traditional medical management often fails to provide full relief of IBS symptoms, leaving many patients undertreated. The current perspective on the etiology and maintenance of IBS symptoms has evolved to include a

biopsychosocial perspective which offers new pathways for helping patients manage symptoms. Psychologists and other mental health practitioners have a large role to play in this effort by applying scientifically based principles and techniques to improve digestive functioning. However, there is a lack of professionals trained in this area. The presenters will offer a unique and engaging seminar that will inform the audience about the fundamentals of delivering cognitive behavioral interventions for patients with IBS. Topics discussed will include education about the brain-gut axis and biopsychosocial model of treating IBS, research evidence supporting cognitive behavioral therapy (CBT) for IBS, application of CBT to improve GI symptoms, and the utilization of telemedicine for delivery of this intervention. Given the high rates of co-occurrence between IBS and anxiety and depressive disorders, we will discuss considerations for addressing psychiatric comorbidities in IBS. Increasing psychologist knowledge of this evidence-based treatment creates the opportunity to improve care for patients with IBS regionally. This seminar is targeted to the following audiences: generalist psychologists and other mental health practitioners who have a CBT background and are looking to expand their client base, health psychologists, and those who practice in a medical or integrated care setting.

Participants will be able to:

1. Explain how to conceptualize irritable bowel syndrome using a biopsychosocial model and how dysregulation in the brain-gut axis contributes to the development and maintenance of this disorder.
2. Compare the efficacy of psychological interventions for irritable bowel syndrome to the efficacy of traditional medical management approaches.
3. Apply cognitive behavioral interventions to treat irritable bowel syndrome and learn pathways for additional training in psychogastroenterology.

About the Presenter:

Megan Petrik, Ph.D., LP, is a licensed clinical psychologist and Assistant Professor of Medicine at the University of Minnesota Medical School within the Division of General Internal Medicine. She earned her Ph.D. in Clinical Psychology from Marquette University and joined the faculty at the University of Minnesota in 2016. She specializes in health psychology with subspecialty expertise in psychogastroenterology. Her clinical work involves assessment, psychotherapy, and consultation for patients with chronic gastrointestinal conditions and other medical conditions. Her research focuses on understanding how psychological factors impact digestive disorders. She serves as the training director for the clinical health psychology fellowship in the Department of Medicine at the University of Minnesota Medical School, which involves training post-doctoral fellows in evidence based brain-gut psychotherapies for digestive diseases.

Brooke Palmer, Ph.D., LP, is a licensed clinical psychologist and Postdoctoral Fellow at the University of Minnesota Medical School. She earned her PhD in Health Psychology at the University of North Carolina-Charlotte. She engages in clinical work in outpatient and inpatient settings often focusing on patients living with complex and/or chronic health conditions. Her research interests include women's health and binge eating. During fellowship, she has received advanced training in the psychological management of patients with digestive disorders, especially disorders of gut-brain interaction.

The speakers have indicated no conflicts of interest.

PLEASE NOTE: You must attend the full program to get continuing education credit for the event.

About First Friday Forums:

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

CONFIRMATION/CANCELLATION: You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.



MPA First Friday Forum • November 5, 2021

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: ☐ Home ☐ Work

E-mail: _____

Phone: _____ Please check: ☐ Home ☐ Work Fax: _____

Registration is available until the event begins.

Fee: ☐ MPA member: **\$60** ☐ Non-member: **\$95** ☐ Student: **\$15** ☐ Retired-member: **\$30** (No CE Credit)*

**Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$ _____

☐ Check (made payable to MPA) ☐ Visa ☐ MC ☐ American Express

All credit card fields are required

Card Number: _____ Exp. Date: _____ Security Code: _____

Cardholder Name (print): _____

Cardholder Signature: _____

Credit card billing address: ☐ Same as above

Address: _____

City/State/Zip: _____

Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ www.mnpsych.org

Return To:

Minnesota Psychological Association

4248 Park Glen Road

Minneapolis, MN 55416

P: 952-928-4657 • F: 952-929-1318



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

