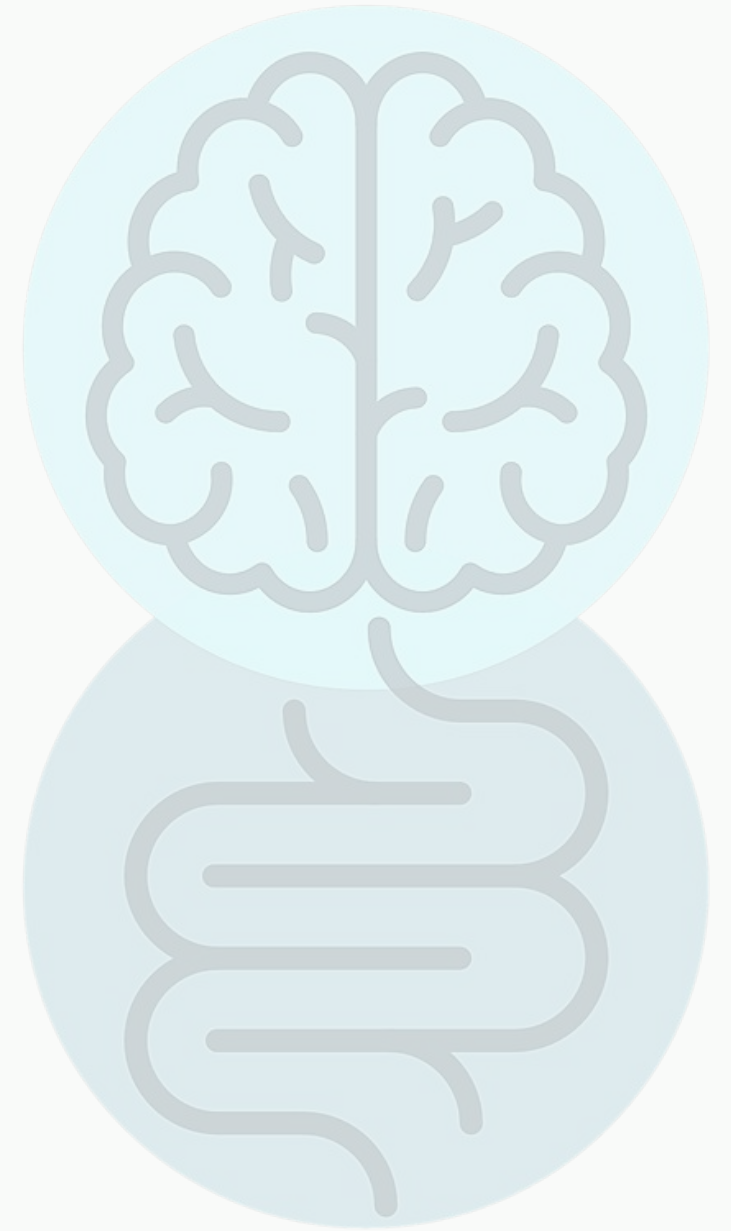


UNDERSTANDING THE BRAIN-GUT CONNECTION

Dr. Ali Navidi | GI Psychology



Overview

- Disorders of Gut Brain Interaction (DGBI)
- DGBI Treatments
- Practical Considerations



Therapists Specializing in GI Disorders

Ali Navidi, Psy.D.

Co-Founder

10+ Years working with GI

THE PRACTICE:

- www.GIpsychology.com
- Telehealth only
- Ages: 6 to Adult
- Over 30 states including NE, MO, KS, CO and WY
- Advanced training and supervision

WE SPECIALIZE IN:

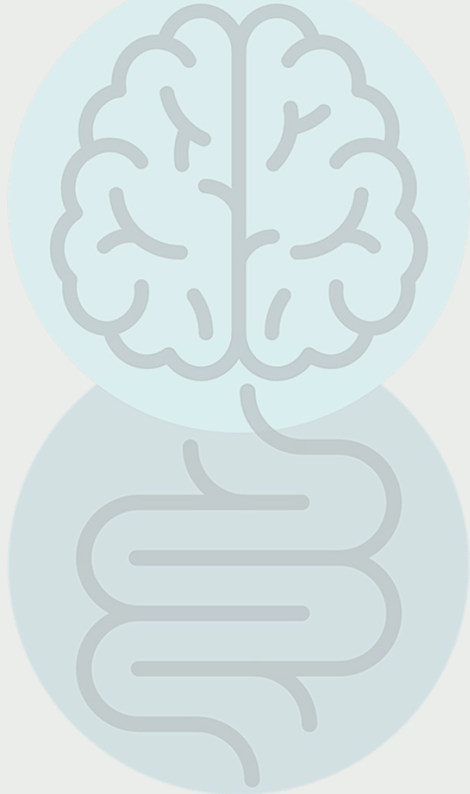
- Functional GI Disorders
- IBD (Crohn's and Ulcerative Colitis)
- Chronic Pain (i.e., POTS, AMPS)



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Our Mission



Improve access to psychological therapies for patients with DGBIs (functional GI disorders).

- **Increase the number of therapists trained in brain-gut therapies**
- **Educate medical professionals**

What are Disorders of Gut Brain Interaction (DGBI)?

- Irritable Bowel Syndrome (IBS)
 - Abdominal pain with either diarrhea and/or constipation
 - Affects 35 million Americans
 - Costs the country about \$20 billion per year
Decreased quality of life
- Functional Dyspepsia
 - Pain or burning in the stomach, bloating, excessive belching, or nausea after meals
 - An early feeling of fullness (satiety) when eating
 - Pain in the stomach that may sometimes occur unrelated to meals or be relieved by meals
- Functional Abdominal Pain (FAP)
- Functional Nausea and Vomiting
- Functional Diarrhea / Constipation
- And more...



- Imagine a dysfunctional marriage...
- Pain and other symptoms are 100% real
- Diagnosis based on Symptoms and Exclusion
- DGBI symptoms are based on
 - Motility disturbance
 - Visceral hypersensitivity
 - Altered mucosal and immune function
 - Altered microbiota
 - Altered CNS processing

What are Disorders of Gut Brain Interaction (DGBI)?



- **Very Common**
 - In a global epidemiological survey
 - There was a pooled mean of 40.3%
 - That is people with at least one DGBI diagnosis
- **IBS**
 - 3-5% Prevalence rates worldwide
 - Affects about 16.5 million Americans
 - Costs the US about \$20 billion per year

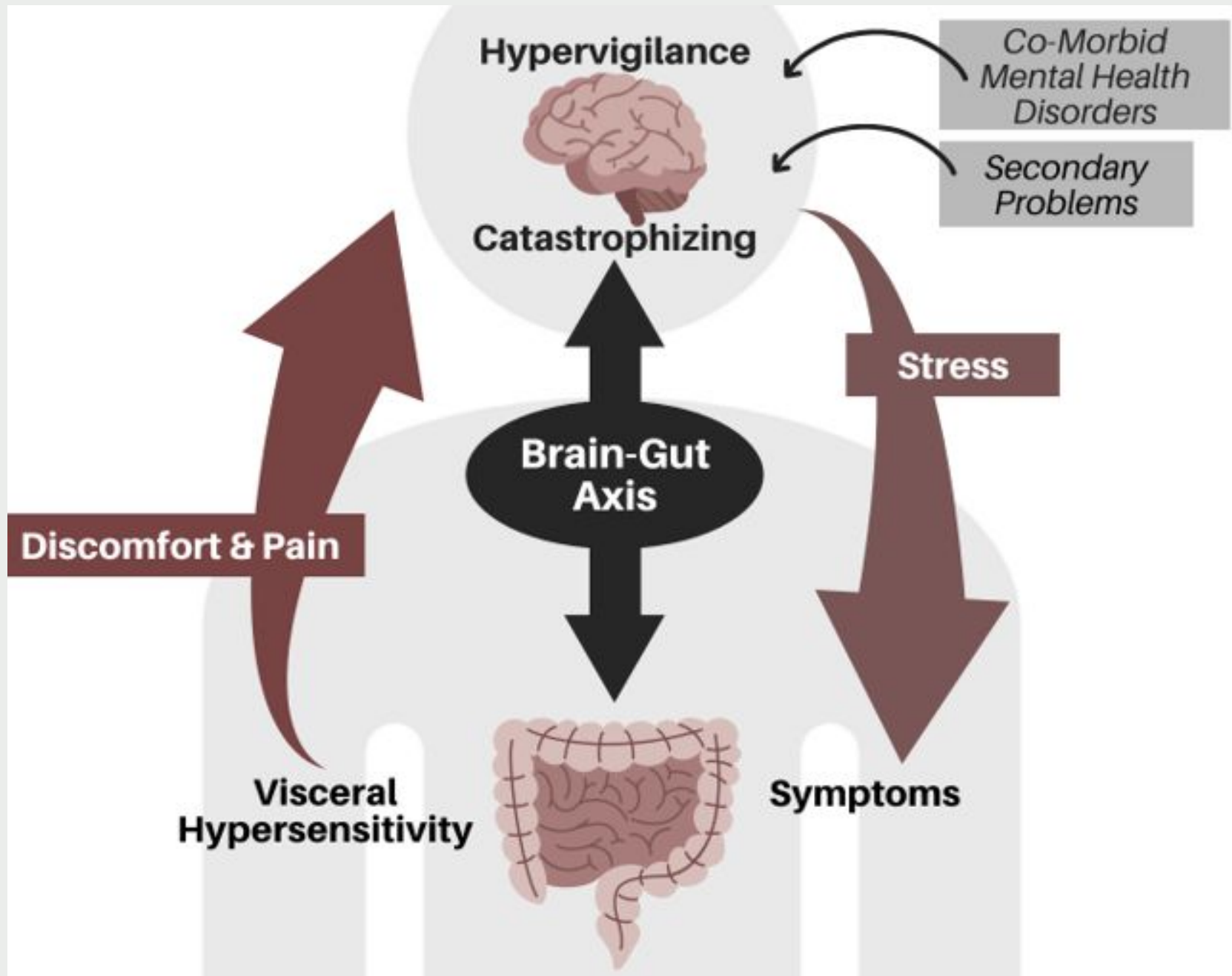
How Common are Disorders of Gut Brain Interaction (DGBI)?



GI Discomfort & Selective Eating

- **Selective Eating**
- **Avoidant/Restrictive food intake disorder (ARFID) > weight issues / nutritional deficits**
- **Chronic pain, nausea or bloating**
- **Chronic diarrhea or constipation**
- **Have they had a GI workup?**
- **TheRomeFoundation.org**

Ask the
questions...



What are DGBIs?

Underlying Psychological Issues

- Brain Gut Axis (CNS <> ENS)
- Hypervigilance / Catastrophizing
- Visceral Hypersensitivity

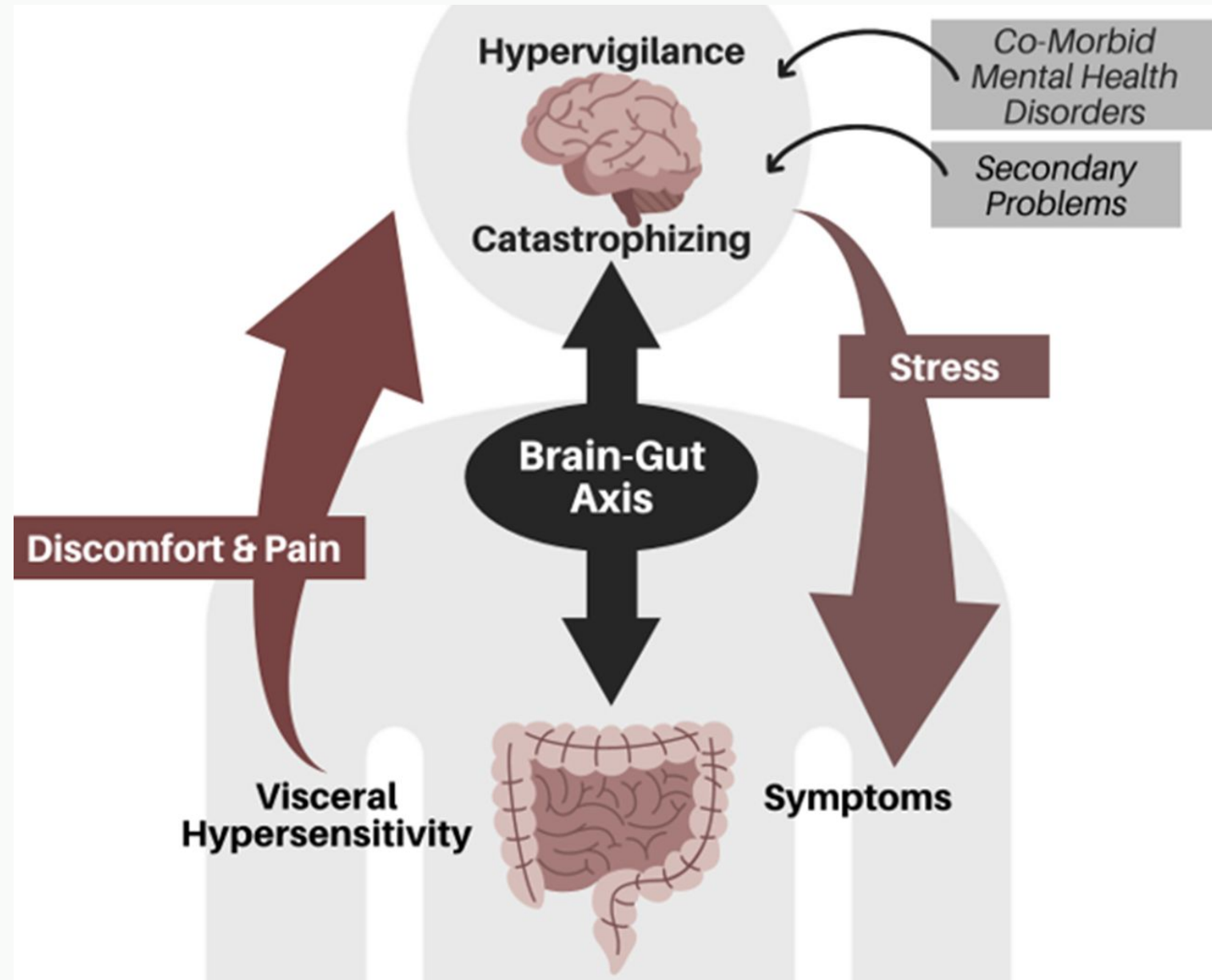
Psychological Treatments

- Cognitive Behavioral Therapy
- Clinical Hypnosis

Cognitive Behavioral Therapy (CBT)

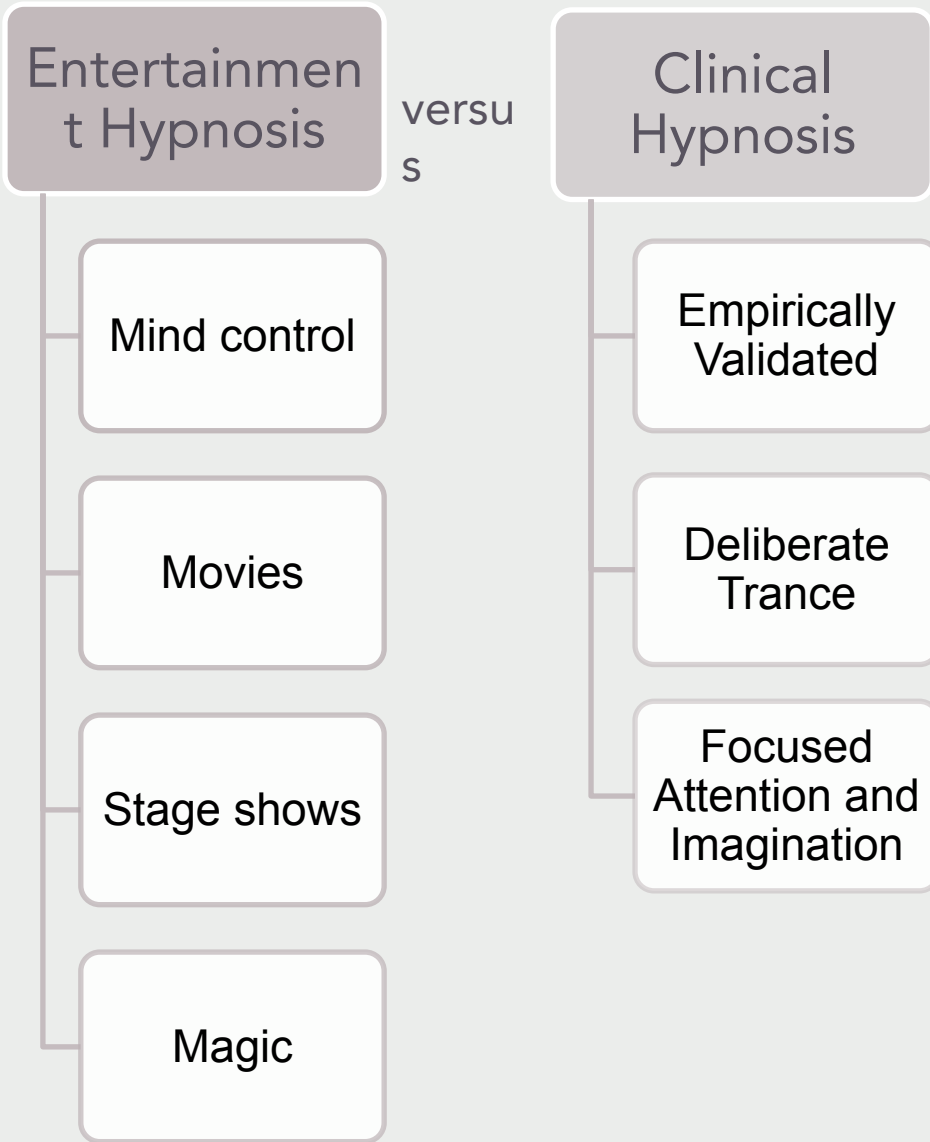
How does it help?

- Relaxation Training encourages parasympathetic (rest and digest)
- Reframing of unhelpful thoughts, which decreases hypervigilance and catastrophizing
- Exposure and Behavioral Experimentation avoidance of settings and foods
- Interoceptive exposure reduces anxiety around sensations



- Formal Definition: A state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion. (APA Div. 30)
- “All hypnosis is self hypnosis that can be used for one’s own benefit.” - Milton Erickson

What is Clinical Hypnosis?



What is Clinical Hypnosis?

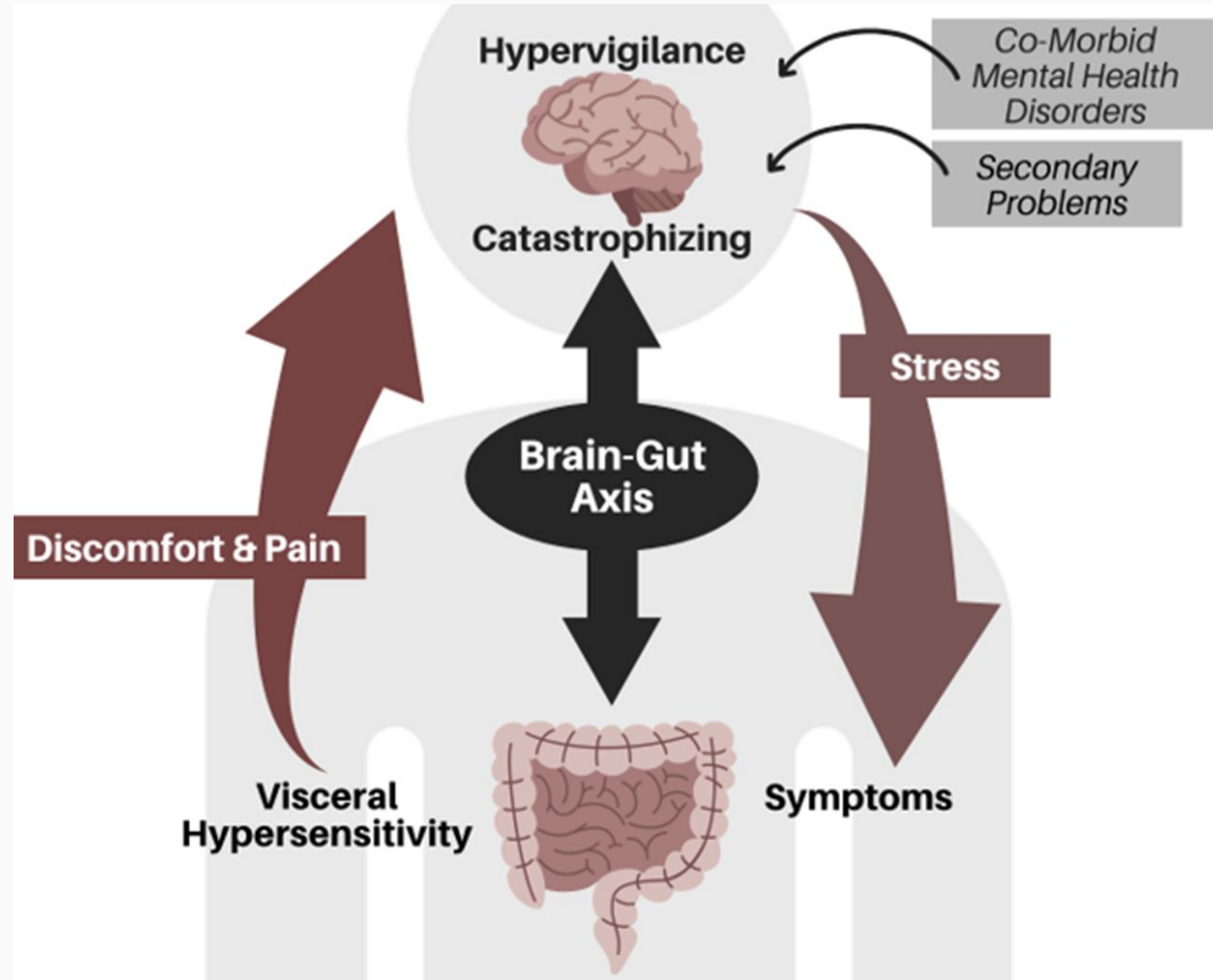
Clinical Hypnosis

What is hypnosis?

- Deliberate Trance
- Hypnotic Phenomena

How does it help?

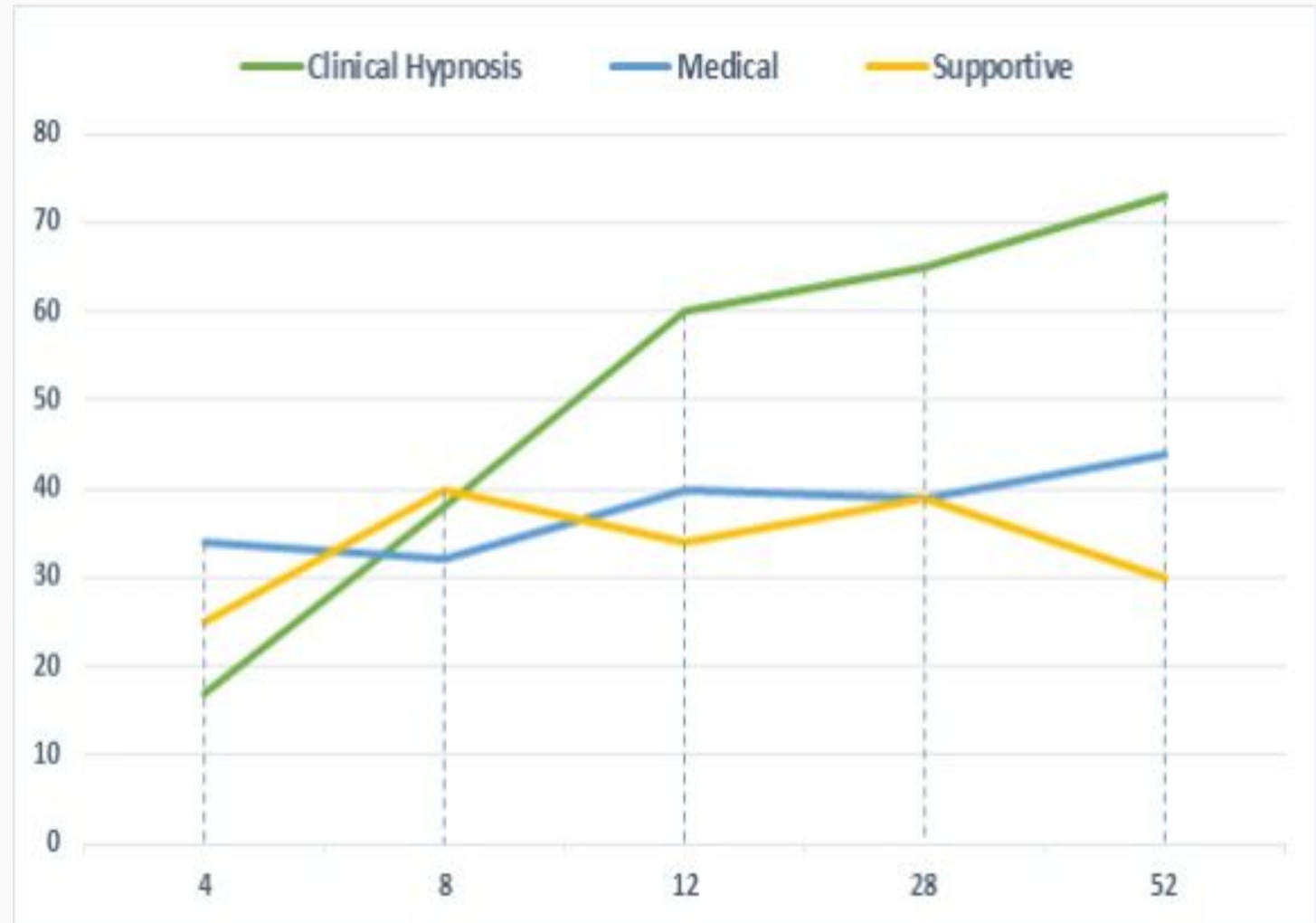
- Enhances CBT
- Relaxing Smooth Muscle
- Hypno-Analgesia
- Reduces visceral hypersensitivity
- Attentional Control



Efficacy of Gut-Focused Hypnotherapy Compared to Medical and Supportive Care

Percent change in symptoms over 52 weeks time.

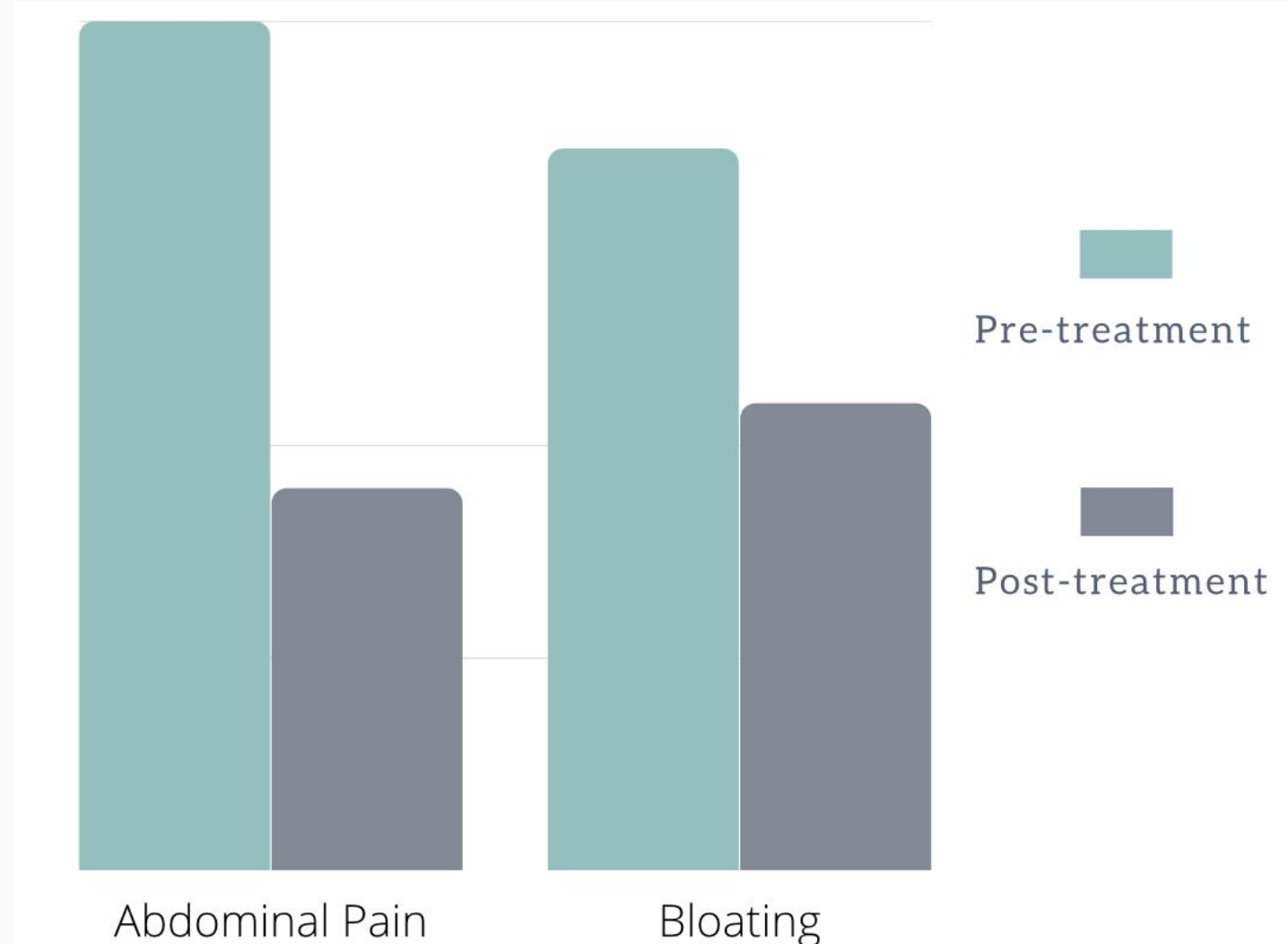
Adapted from Galvert, et al. Long-term improvement in functional dyspepsia using hypnotherapy. Gastroenterology 2002; 123:1778.



Effects of Standardized Clinical Hypnosis Treatment on Clinical Symptoms of IBS

Change in 14-day symptom sum scores with a 94% response rate showing a reduction of abdominal pain and bloating.

Adapted from Palsson et al. (2002) Digestive Diseases and Sciences, 47(11): 2605–2614.



Research regarding Clinical Hypnosis and CBT

Treatment of DGBIs

- Clinical hypnosis improves colonic and non-colonic symptoms of IBS (Tan et al., 2005).
- A comprehensive review covering over 30 years of research of hypnosis for IBS shows that it is highly efficacious (Palsson, 2015).
- Another literature review show that CBT and Hypnosis produce significant improvement in GI symptoms and quality of life (Palsson et al., 2020).
- In a review of eighteen RCTs looking at CBT for IBS, Li et al. (2014) found that CBT was superior to waitlist and medical treatment as usual.



Three Examples

- **FODMAP Diet**
- **Avoidant Restrictive Food Intake Disorder (ARFID)**
- **Reintroducing Foods after a DGBI**
- **ROME IV: TheRomeFoundation.org**

Working with
Dieticians:



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Free Patient information
Sheet

Contact Us

