

DISORDERS OF GUT-BRAIN INTERACTION RESOURCES

Retraining the gut-brain interaction

Disorders of gut-brain interaction (DGBI), such as IBS, functional dyspepsia, and chronic nausea, occur when the brain and gut miscommunicate, causing symptoms like diarrhea, constipation, and stomach pain without physical damage. Treatments like **cognitive behavioral therapy** and **gut-directed hypnotherapy** can be effective because they help retrain this communication, teaching the brain to better manage the body's response to gut sensations and stress, which can reduce symptoms. **EMDR** is an increasingly-common therapy available for trauma and chronic pain and is actively being studied for IBS, though there is no data currently. **We have partnered with local clinicians** who specialize in using these therapies to help patients with DGBIs to improve symptoms and quality of life.

Rollins Counseling Center (Westford & telehealth)

Phone: 978-999-2165

www.rollinscounselingcenter.com

70 Broadway St

Westford, MA 01886

Accepts most insurance. Hypnotherapy currently limited.

Pamela Devaney, PsyD (Andover/Haverill & telehealth)

Phone: (978) 675-3147

<https://www.psychologytoday.com/us/therapists/pamela-devaney-andover-ma/60672>

2 Elm Square, Suite 311

Andover, MA 01810

Accepts BCBS for CBT and EMDR.

Accepts BCBS for CBT and EMDR.

Gut hypnotherapy - pay out of pocket for 8 sessions

- Please contact the clinic directly to arrange an appointment -- it's important for you to call so that they can create a personalized plan based on your needs.
- The clinic will discuss insurance coverage and payment options.

What about yoga? Hatha yoga (slow yoga) has been shown to be an effective adjunctive therapy for IBS and maybe other DGBIs. Mention you were referred by Integrated Gastroenterology Consultants at **Windsoul Wellness Center** in Tyngsborough for a 5% discount.

Sources:

1. Lacy BE et al. ACG Clinical Guideline: Management of Irritable Bowel Syndrome. Am J Gastroenterol. 2021 Jan 1;116(1):17-44. doi: 10.14309/ajg.0000000000001036.
2. Black CJ et al. Efficacy of psychological therapies for irritable bowel syndrome: systematic review and network meta-analysis. Gut. 2020 Aug;69(8):1441-1451. doi: 10.1136/gutjnl-2020-321191. Epub 2020 Apr 10. PMID: 32276950.
3. Gonsalkorale WM et al. Long term benefits of hypnotherapy for irritable bowel syndrome. Gut. 2003 Nov;52(11):1623-9. doi: 10.1136/gut.52.11.1623.
4. Peters SL et al. Review article: gut-directed hypnotherapy in the management of irritable bowel syndrome and inflammatory bowel disease. Aliment Pharmacol Ther. 2015 Jun;41(11):1104-15. doi: 10.1111/apt.13202. Epub 2015 Apr 10. PMID: 25858661.