What Happens Behind Closed Doors:
The Ins and Outs of Psychological Treatments

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Katherine Lamparyk, PsyD
Director, Behavioral GI Program

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Learning Objectives
1. Summarize existing research on the efficacy of psychological interventions in treatment of pediatric GI conditions.
2. Describe the basic principles of cognitive behavioral treatments.
3. Increase awareness of additional psychological strategies and interventions and how they interrelate.
Who We Treat

- Functional GI Disorders
- Chronic Conditions
- Co-morbid Factors
  - Constipation and Incontinence
  - Rumination & Vomiting FGIDs
  - Abdominal Pain Related FGIDs
  - IBD
  - EoE
  - Etc.
  - Adherence
  - Depression
  - Anxiety

What do we do?

Behind Closed Doors (Sometimes)

**Setting**
- Office
- Exam or inpatient rooms

**Participants**
- Patient and parents
- Together or separate

**Process**
- Collaborative / Active Participation
- Teaching
Cognitive Behavioral Therapy

How we Think (Cognition)

How we Feel

What we Do (Behaviors)

• Breathing, Progressive Muscle Relaxation
• Imagery, Hypnosis
• Biofeedback

What We Do

Relaxation Training

• Return to normal functioning
• Systematic and gradual expectations
• Modify environment as necessary

Behavioral Activation / Exposure

• Identify and eliminate secondary gain
• Remove attention for complaints or checks
• Positive attention for well behaviors

Operant Conditioning

• Reframing the symptoms
• Increase sense of efficacy and hope

How we Think

Education

• Thought monitoring
• Questioning maladaptive thoughts
• Creating coping thoughts

Cognitive Coping
### Additional Areas of Focus

**Sleep Hygiene**
- Behavioral Sleep Recommendations
- Relaxation training

**School Interventions**
- Identification of learning difficulties
- 504 Accommodations Plan

**Family Therapy**
- Improving communication
- Family problem solving

### Adjunctive Treatment Modalities

- **Hypnosis**
  - An altered state of consciousness characterized by intense focused attention and increased concentration and receptivity.

- **Biofeedback**
  - Utilizing precise instruments to measure physiological activity and "feed back" information to the user to enable an individual to learn how to change physiological activity.

- **Acceptance and Commitment Therapy**

### Treatment Efficacy: Anxiety and Depression

- **Anxiety:**
  - CBT > wait-list or active controls
  - CBT = Sertraline (but less side effects!)
  - CBT + Sertraline > single modality

- **Depression:**
  - CBT and IPT > supportive therapy
  - CBT = Fluoxetine by 18 weeks
  - CBT + Fluoxetine initially > single modality

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### Treatment Efficacy: Functional Abdominal Pain

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Outcomes</th>
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<tbody>
<tr>
<td>CBT-Family</td>
<td>70.6% vs 38.1% pain free</td>
</tr>
<tr>
<td>CBT + biofeedback + parental support</td>
<td>72% vs 7% pain-free</td>
</tr>
<tr>
<td>Lower Abdominal Pain Index Scores</td>
<td></td>
</tr>
<tr>
<td>CBT (internet)</td>
<td>72% vs 54% decrease in pain score</td>
</tr>
<tr>
<td>Hypnotherapy</td>
<td>85% vs 25% with decrease in intensity and frequency</td>
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</tbody>
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### Treatment Efficacy: Functional Vomiting Disorders

- **Adolescent Rumination Syndrome**
  - Case reports and chart review show promise for behavioral or multidisciplinary

- **Cyclic Vomiting Syndrome**
  - Case report show promise for CBT along with biofeedback training
  - Psychosocial factors suggest important role of psychological interventions

### Treatment Efficacy: Functional Constipation and Encopresis

- **Medical Management + Behavioral Treatment (Enhanced Toilet Training)**
  - Mild increase in efficacy
  - Less medication needed

- **Variations of treatment implementation:**
  - Online behaviorally-based treatment
  - Group based treatment

- **Biofeedback:** mixed results

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Treatment Adherence

Conceptual model of influences on adherence to pediatric treatment (Ou et al., 2010)

Getting Them Through The Door
Talking Points

• Learn skills / strategies...
  – To control your body
  – To manage your symptoms
  – To cope better
  – To not let your symptoms “get in the way of life”.
• We work together with your doctor
  – Treatments are complementary
• Part of the medical team to treat the whole person

Summary

• Psychotherapy involves patient and parents for active learning and behavior change
• Psychotherapy (CBT especially) is effective in treating
  - Anxiety and depression
  - Functional abdominal pain
  - Encopresis
  - Many other GI conditions (but more research is needed!)
• Can easily be incorporated into medical treatments...if patients will come / participate.