



IBS & Therapy

QUALITY OF LIFE INTERVENTIONS

Mental Health Issues Related to IBS

Irritable Bowel Syndrome (IBS) is a very common, chronic condition characterized by recurrent abdominal pain. There is a high frequency of occurrence in both adult and pediatric populations and with the vast majority of patients there is no objective evidence of an underlying organic disease. Many patients remain highly symptomatic after standard medical treatments, leading to a drastic reduction in quality of life.

Summary:

- *IBS can often have a significant impact on quality of life.*
- *Reduction in quality of life can lead to anxiety and/or depressive issues.*
- *Clinical hypnosis and Cognitive Behavioral Therapy (CBT) can help to provide relief for IBS patients.*

Anxiety-related Issues:

- General concern that the underlying pathophysiological mechanism of IBS is not completely understood within the medical community.
- Fear of future progression and long-term effects of prescription medications for symptoms.
- Panic during episodes of acute pain and embarrassment associated with public episodes.
- Socioeconomic burden on the family due to high costs of testing.
- Stress due to the complex and time-consuming management of the condition.

Depression-related Issues:

- Change in quality of social experience and possible social isolation from missing work or school.
- Effects on socializing and concerns about perceptions from friends and family.
- Avoidance of novel situations or previously enjoyable activities.
- Negative self-perception due to reactions from strangers, coworkers, etc.
- Possible negative impact on job or academic performance.
- Impact on eating and change in food-related behaviors, such as having to make special food selections and modifying daily diet.

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Help Through Therapy

Clinical Hypnosis and Cognitive Behavioral Therapy (CBT) are psychological interventions that are well-established, effective treatments for many with IBS.

Clinical Hypnosis consists of a combination of general relaxation techniques, informative guidance on the body-mind connection and inductions utilizing adaptive metaphors aimed at control of the abdominal pain and normalization of gut function.

CBT is a therapeutic approach which aims to solve problems utilizing goal-oriented and systematic procedures. An IBS patient can be taught to identify troublesome thoughts and then learn specific skills to change those thoughts into something more adaptive. This allows challenging situations to be viewed more clearly and responded to more effectively.

Clinical Hypnosis and CBT can very often be effective in a limited number of sessions when carried out by a clinical psychologist well-trained and experienced in the use of these treatments.

