Media and Publications • Megan Riehl, PsyD

Media with Megan Riehl, PsyD

Videos produced by Healio, a clinical news, information and education website designed exclusively for specialty health care professionals. Their website requires a free registration.

- GI psychologists offer holistic approach to IBD care

  In this exclusive video from the Crohn’s and Colitis Congress 2019, Megan E. Riehl, PsyD of Michigan Medicine discusses what GI psychologists can add to a multidisciplinary approach to treating patients with inflammatory bowel disease.


- GI psychologists bring value to IBS patient care


YouTube video

- Crohn’s & Colitis Foundation – Mental Health & IBD

  Managing Crohn’s disease and ulcerative colitis means focusing on more than just the physical symptoms. Your mental and emotional well-being are equally important. Hear how patients view their mental health as they live with inflammatory bowel diseases.

  [https://www.youtube.com/watch?time_continue=28&v=0orfjkG281w](https://www.youtube.com/watch?time_continue=28&v=0orfjkG281w)

**For a Digestive Peace of Mind – Kate Scarlata’s blog:** - Kate Scarlata, RDN is a FODMAP and IBS expert.

- Emotional scars associated with experiencing severe GI symptoms related to irritable bowel syndrome (IBS) and small intestinal bacterial overgrowth (SIBO).


- The Role of a GI Psychologist for IBS

MedScape video: first register on Medscape (free)

https://www.medscape.com/mtv/chronic-idiopathic-constipation-s01/

Michigan Health – Health Blog, UofMHealth.org

- How Gut-Directed Hypnosis Helps IBS, IBD and Other GI Disorders
  https://healthblog.uofmhealth.org/digestive-health/gut-directed-hypnotherapy-ibs-ibd-gerd

- Why IBS Causes Emotional Stress — and How to Manage it

- Mental Health Therapy Can Help IBS, IBD Patients Manage
  https://healthblog.uofmhealth.org/digestive-health/mental-health-therapy-can-help-ibs-ibd-patients-manage

- An Easy Way to Beat Stress — and Build a Healthier Life

Wall Street Journal

- A Surprise Medical Solution: Hypnosis

  Major hospitals are finding hypnotherapy can help sufferers of digestive conditions like heartburn, colitis, acid reflux and irritable bowel syndrome

  https://www.wsj.com/articles/a-surprise-medical-solution-hypnosis-1525698883

Facebook – Girls with Guts

- Virtual Summit, September 2018
  https://www.facebook.com/IBDgirls/videos/262135601301733/

- “I am here for you!”: National Suicide Prevention Week 2016

February 2019
• Depression and Anxiety May Have Cause-and-Effect Role in IBD

Disordered mood can precede IBD relapse, and patients with active disease can benefit from psychological screening and intervention.

https://www.medpagetoday.com/reading-room/aga/lower-gi/65874

• 8 Depression-Fighting Tips for People With Ulcerative Colitis

When you have a chronic condition as unpredictable as ulcerative colitis, it’s important to pay attention to your emotions — not just your physical symptoms. Here’s how.

https://www.everydayhealth.com/hs/ulcerative-colitis-treatment-management/depression/

• Interview with Dr. Riehl: Treating the WHOLE Person, Not the Parts


Peer-Reviewed Journal Publications


Book Chapters


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