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
  

MedPage Today – website?

- 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

Everyday Health – property of the Everyday Health Group

- 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/

Health Central – property of the Everyday Health Group

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


Peer-Reviewed Journal Publications


**Book Chapters**


**Twitter**

@DrRiehl