

## 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.

<https://www.healio.com/gastroenterology/inflammatory-bowel-disease/news/online/%7B915edbf9-f3ce-49dc-ac6b-5037add4ab54%7D/video-gi-psychologists-offer-holistic-approach-to-ibd-care>

- GI psychologists bring value to IBS patient care

<https://www.healio.com/gastroenterology/irritable-bowel-syndrome/news/print/healio-gastroenterology/%7Bd3ff0190-8631-4157-9b91-a2500081c7ab%7D/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).

<http://blog.katescarlata.com/2019/01/04/dealing-with-the-emotional-scars-of-sibo-or-ibs-when-to-get-help/>

- The Role of a GI Psychologist for IBS

<http://blog.katescarlata.com/2017/12/01/role-gi-psychologist-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

<https://healthblog.uofmhealth.org/digestive-health/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

<https://healthblog.uofmhealth.org/lifestyle/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

<http://www.girlswithguts.org/2016/09/10/i-am-here-for-you-national-suicide-prevention-week/>

<https://www.girlswithguts.org/blog/2016/09/10/i-am-here-for-you-national-suicide-prevention-week?rq=i%20am%20here%20for%20you>

## 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

<https://www.healthcentral.com/article/interview-with-dr-riehl-treating-the-whole-person-not-the-parts>

## Peer-Reviewed Journal Publications

Taft TH, Riehl ME, Dowjotas KL, Keefer L. Moving beyond perceptions: Internalized stigma in the irritable bowel syndrome. *Neurogastroenterology & Motility*. 2014;26(7):1026–1035. doi: 10.1111/nmo.12357

Riehl ME, Kinsinger S, Kahrilas PJ, Pandolfino JE, Keefer L. The role of a health psychologist in the management of functional esophageal complaints. *Diseases of the Esophagus*. 2015;28(5):428–436. doi: 10.1111/dote.12219

Riehl ME, Pandolfino JE, Palsson OS, Keefer L. The feasibility and acceptability of esophageal-directed hypnotherapy for functional heartburn. *Diseases of the Esophagus*. 2015;29(5):490–496. doi: 10.1111/dote.12353

Riehl ME, Keefer L. Hypnotherapy for esophageal disorders. *American Journal of Clinical Hypnosis*. 2015;58(1):22–33. doi: 10.1080/00029157.2015.1025355

Taft TH, Riehl M, Sodikoff JB, Kahrilas PJ, Keefer L, Doerfler B, Pandolfino JE. Development and validation of the brief esophageal dysphagia questionnaire. *Neurogastroenterology & Motility*. 2016;28(12):1854–1860. doi: 10.1111/nmo.12889

Riehl ME, Chen JW. The proton pump inhibitor nonresponder: A behavioral approach to improvement and wellness. *Current Gastroenterology Reports*. 2018;20(7):34. doi: 10.1007/s11894-018-0641-x

Riehl ME. The emerging role of brain-gut therapies for irritable bowel syndrome. *Gastroenterology & Hepatology*. 2018;14(7):436–438.

## **Book Chapters**

Taft T, Riehl M. Gastrointestinal Disorders. In Hunter CM, Hunter CL, Kessler R, eds. *Handbook of clinical psychology in medical settings: Evidence based assessment and intervention*. Springer; 2014:459–494.

Riehl M, Smout A. Diagnostic and treatment approaches associated with functional esophageal disorders. In Knowles S, Stern J, Hebbard G, eds. *Functional gastrointestinal disorders: A biopsychosocial treatment approach*. Routledge; 2017:95–103.

Riehl M. Hypnosis approaches to GI conditions. In Knowles S, Mikocka-Walus A, Keefer L, eds. *Psychogastroenterology with adults: A handbook for mental health professionals*. Routledge; 2019.

## **Twitter**

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