



APA DIVISION
54

Digest

Internal Newsletter, October 2017

Pediatric Gastroenterology Special Interest Group, APA DIV54

A Message from Our Co-Chairs

Our SIG members have had another productive season and we are excited to share your accomplishments in this newsletter.

New student members were elected and we are excited to welcome Grace Cushman and Jennie David to the PG-SIG Board. Grace is our Clinical Student Representative and is in the clinical doctoral program at the University of Georgia. Jennie is our Research Student Representative and is in the Clinical doctoral program at Drexel University. Thank you for your contributions!

We are especially excited about all of the collaborations highlighted in this newsletter. We are also looking at new initiatives to increase collaboration and access to resources for SIG members. Please take advantage of new opportunities, continue to utilize our website (<https://pgsig.weebly.com/>) and post questions, resources and ideas for collaboration on our listserv.

We are already planning for SPPAC 2018, which is right around the corner. We look forward to you joining us during our PG-SIG meeting in Orlando, Florida! We will have several PG-SIG board positions coming open after SPPAC including Chair-Elect, Membership Coordinator, Secretary, and Members at Large (Research, Clinical, Education). If you are interested and would like more information, please contact any of us on the Board at any time. More information about the open positions and nomination/election process will appear on the listserve in January 2018.

Safe travels for everyone headed to NASPGHAN in Las Vegas, NV this week.

Rob Dempster & Brandi Whitaker

PG-SIG Leadership

Co-Chairs

Rob Dempster, PhD
Nationwide Children's Hospital
Brandi Whitaker, PhD
Arkansas Children's Hospital

Co-Chairs Elect

Christina Low Kapalu, PhD
Children's Mercy Kansas City
Laura Slosky, PhD
Children's Mercy Kansas City

Past Co-Chairs

Michele Herzer Maddux, PhD
Children's Mercy Kansas City
Amanda Drews Deacy, PhD
Children's Mercy Kansas City

Secretary

Kari Baber, PhD
Children's Hospital of Philadelphia

At-Large Members

Rose Schroedl, PhD - Education
Nationwide Children's Hospital
Bonney Reed-Knight, PhD - Research
Children's Healthcare of Atlanta
Cindy Kim, PhD - Clinical
Children's Hospital of Orange County

Student Representatives

Grace Cushman - Clinical
University of Georgia
Jennie David MS - Research
Drexel University

Save the Date

SOCIETY OF
PEDIATRIC
PSYCHOLOGY
ANNUAL
CONFERENCE

SPPAC

APRIL 5-7, 2018 | ORLANDO, FLORIDA



MEMBER SPOTLIGHT



Margo Szabo, Ph.D.

Current Position: I will be starting as a pediatric psychologist in the Division of Gastroenterology, Hepatology and Nutrition at The Children's Hospital of Philadelphia, Philadelphia, PA.

Hometown: Towanda, PA

Area of Interest in Psychology: Interventions targeting treatment adherence/disease management, interplay of sleep disruption and health outcomes, role of families in promoting child adaptation to illness.

Any specific GI populations either working with or interested in: I see myself as a generalist and enjoy working with a variety of different GI populations, such as functional constipation and incontinence, abdominal pain, and inflammatory bowel disease.

Other school/work responsibilities: In the future, I hope to be involved in supervision of practicum students and interns, as well as the development of additional psychosocial programming within the Division (e.g., parenting and support groups, screening measures).

Hobbies: Cooking/baking, traveling, trying new restaurants, doing yoga and pilates.

Favorite food: Ice cream. If it gave me all the nutrients I needed, I could eat it for the rest of my life.

What I would be doing if I wasn't in psychology: I would own a bakery.



Jaclyn Shepard, Psy.D.

Current Position/Location: Assistant Professor of Psychiatry and Neurobehavioral Sciences, University of Virginia School of Medicine, Charlottesville, VA

Hometown: Annapolis, MD

Area of Interest in Psychology: Pediatric Behavioral Medicine; Consultation/Liaison

Any specific GI populations either working with or interested in: I currently provide specialty evaluations and psychotherapy services for youth with elimination disorders, functional abdominal pain, and inflammatory bowel diseases.

Other work responsibilities: Clinically, I provide psychological services to youth with chronic medical illnesses in the Behavioral Medicine Center, as well as to youth with neurological conditions in the Pediatric Neurology Clinic at the University of Virginia Health System. I also serve as the Director of Clinical Training for our postdoctoral fellowship in Behavioral Medicine. My research interests include the evaluation of psychobehavioral factors in the use of technology for chronic illness management.

Hobbies: In my free time, I really enjoy film photography, watching college basketball, spending time with family, and snuggling with our four pups.

Favorite food: I love Southern cuisine

What I would be doing if I wasn't in psychology: Veterinarian or Pediatrician

*Do you have a feature idea for an upcoming newsletter?
Email the PG-SIG secretary at baberk@email.chop.edu.*

SPOTLIGHT ON NEW RESEARCH

Thanks to Bonney Reed-Knight PhD, Jennie David MS & Grace Cushman for summarizing two recently published articles of interest to our PG-SIG membership. The articles were sent as attachments alongside the newsletter!

Zucker, N et al. (2017). Acceptance-based interoceptive exposure for young children with functional abdominal pain. *Behaviour Research and Therapy*, 97, 200-212.

This article describes the development and testing of an acceptance-based, interoceptive exposure intervention for young children (5-9) with functional abdominal pain. The use of the developmentally-appropriate framework encouraged curiosity about health experiences through the use of cartoons and Feeling and Body Investigations. The intervention decreased pain and negative affect.

Watson, K.I., Kim, S.C., Boyle, B.M., & Saps, M. (2017). Prevalence and impact of functional abdominal pain disorders in children with inflammatory bowel diseases (IBD-FAPD). *Journal of Pediatric Gastroenterology and Nutrition*, 65 (2), 212.

The purpose of this article is to assess the comorbidity between functional abdominal pain disorders and inflammatory bowel diseases in children. In a sample of 81 youth with IBD in clinical remission, 26% met criteria for a functional abdominal pain disorder. These patients had increased anxiety, depression, and worse quality of life compared to IBD patients without functional pain disorders.

PG-SIG MEMBER COLLABORATIONS



ImproveCareNow (ICN) is a quality improvement network of 107 IBD centers that has been bringing together patients, families, clinicians and researchers to improve IBD outcomes since 2007. ICN recognizes *Optimal Psychosocial Health* as one of the key drivers of IBD outcomes, and there's an ICN Psychosocial Professionals Group that creates and shares resources among the psychologists and social workers at ICN Centers. ICN just had their annual Fall conference. Here are some presentations that include PG-SIG members:

Beyond Depression Screening 101: Demonstrating Work Flows in Real IBD Clinics

The ICN Psychosocial Task Force recommends that all adolescents with IBD should be screened for depression has put together a Depression Screening Toolkit to help clinics with this. Some clinics have some concerns about implementing screening. This presentation included role plays of depression screening using a real patient, parent, physician, nurse, and psychologist, showing clinics with different levels of psychosocial support with the patient reporting different levels of depression symptoms that required different types of follow-up (e.g., suicidal ideation that required further assessment).

Speakers: Laura Mackner* (Nationwide Children's), Nadia Islam (UNC) in addition to patient Missy O'Doherty, physician Rachel Bensen, nurse Jennifer Firth, and parent Heather Monsma

Contributors: Anava Wren (Stanford/Lucile Packard Children's Hospital), Suzanne Thompson* (St. Louis Childrens), Brandi Whitaker* (Arkansas Children's), Michele Maddux* (Children's Mercy), Bonney Reed-Knight* (Children's Healthcare Atlanta), Cheyenne Hughes-Reid* (Nemours DuPont) **Psychosocial Screening Task Force*

Even Further Beyond Clinic Walls: More Creative Ways to Support Kids With IBD at School and in the Community

This symposium-type presentation built on one given last year: 1) A parent in the audience last year was inspired to work on a video that could be given to all of her daughter's different teachers rather than having to explain IBD and how it affects her life to everyone, so she described this process (Deb Keighley and social worker Megan Drovetta, Children's Mercy). 2) Margaux Barnes of Children's of Alabama and a nurse practitioner (Taylor Knight) discussed a presentation they put together for school nurses about IBD, and 3) the Psychosocial Screening Task Force developed educational information about IBD for community mental health therapists (presented by Laura Mackner).

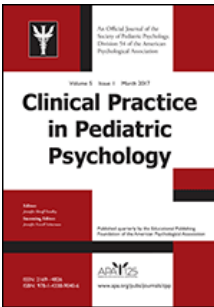
Breaking the Stigma: Talking about IBD and Mental Health

This was a collaboration between patients and psychosocial professionals. It started with patients describing psychosocial challenges they've faced, then psychosocial professionals discussed research on stigma (Kate Gamwell, Oklahoma), communication tips and skills for parents and providers on discussing mental health concerns with patients (Nadia Islam), and ways centers can reduce feeling of disease related stigma and address mental health concerns (Laura Mackner and Megan Drovetta).

How to Have Collaborative Conversations that Assess Readiness for Treatments Involving Lifestyle Changes

Adrienne Borschuk (Cincinnati Children's) gave a presentation on motivational interviewing and using it with families with a child or adolescent with IBD.

All of the psychosocial presentations were well-attended and well-received, and we're already working on our plans for next year. If you work in an ICN Center and you aren't part of the ICN Psychosocial Professionals Group, email Laura.Mackner@nationwidechildrens.org. Contributor: Laura Mackner



In March, the journal *Clinical Practice in Pediatric Psychology* featured a publication authored by a group of PG-SIG members. This incisive discussion of clinical implications of known brain-gut interactions makes terrific reading – don't miss it!

Reed-Knight B., Maddux, M.H., Deacy, A.D., Lamparyk, K. Stone, A.L. & Mackner, L. (2017). Brain-gut interactions and maintenance factors in pediatric gastroenterological disorders: recommendations for clinical care. *Clinical Practice in Pediatric Psychology*, 5(1): 93-105

ANNOUNCEMENTS



Coming soon: PG-SIG Journal Club

We will be offering a quarterly journal club for PG-SIG members. Video conferencing will be available, and we welcome suggestions for articles/topics to discuss together!

Stay posted to the PG-SIG listserv for more information about the inaugural journal club in January 2018.

The Rome Foundation is pleased to announce its new **Psychogastroenterology Section** with the mission of bringing together behavioral specialists and gastroenterologists from around the world who can advance our field through clinical and research collaboration. Membership is free of charge and includes several benefits. To join or hear more, please send your name, degrees, affiliations, and email address to gastropsych@gmail.com.



The **American Neurogastroenterology and Motility Society (ANMS)** is now on twitter and will tweet many Motility and FGID related articles. Check it out! @ANMSociety.



EXCITING NEWS TO SHARE!!!

After many conversations with the NASPGHAN leadership, past PG-SIG co-chairs Michele Maddux and Amanda Deacy have been informed that the NASPGHAN leadership is VERY enthusiastic about inclusion of psychologists in all aspects of NASPGHAN activities including membership, annual meetings, educational initiatives, and committee activities. This means important changes for psychologists interested in NASPGHAN membership and activities:

Membership:

- NASPGHAN is pleased to propose an annual membership rate for psychologists of \$300 which breaks down to \$240 for dues and a required subscription to JPGN for \$60. This will go into effect with any new membership applications and will apply to all members starting in 2018.
- This represents a \$100 reduction in NASPGHAN membership fees and is consistent with memberships to other professional organizations frequented by psychologists.

Annual Meeting:

- A NASPGHAN psychologist category for registration to the Annual Meeting (and all ancillary activities) will be added. The registration fee will be \$200.
- This fee is less than that of other professional organizations' meetings frequented by psychologists, including APA and SPP.

Committee Involvement:

- Psychologists can (and are encouraged!) apply for committee appointments just as all NASPGHAN members do. For more details, please see: <http://www.naspghan.org/content/16/en/about/committees>.
- In the interest of inclusion and diversity, NASPGHAN leadership has assured Drs. Maddux and Deacy that psychologists will be given due consideration for appointment.

Please email Michele Maddux (mhmaddux@cmh.edu) and/or Amanda Deacy (addeacy@cmh.edu) directly if you have any questions about this information.

Contributor: Amanda Deacy



NASPGHAN 2017

Single Topic Symposium ✦ Postgraduate Course ✦ Annual Meeting
November 1–4, 2017 ✦ Caesar's Palace ✦ Las Vegas, NV

HIGHLIGHT ON NASPGHAN 2017 PRESENTATIONS

As you might recall, there has been a big push from within psychology to encourage NASPGHAN leadership to host a more integrated, biopsychosocial program for its upcoming annual conference in Las Vegas. We are pleased to announce that NASPGHAN leadership has been universally receptive and that several of our PG-SIG members have been invited to speak during the program. As in the past, PG-SIG members also will be presenting at poster sessions.

Please see the list below for a full detailing of planned conference activities and confirmed PG-SIG psychology speakers. We're looking forward to a great conference, with an increased focus on biopsychosocial care of our pediatric GI patients!

Friday, November 3rd

Concurrent Sessions:

- Lindsey Burrell (Marcus Autism Center) – Advancing Oral Intake Among Children with Food Refusal and Feeding Tube/Formula Dependence: A Parent-Mediated Model of Care
- Laura Slosky (Children’s Mercy Kansas City) – Picky Eaters vs. Problem Feeders: Pediatric Feeding Aversion through a Developmental Lens

Poster Session II:

- Jill Plevinsky (Rosalind Franklin University of Medicine and Science/Brown University) - Substance Use and Self-Management in College Students with Inflammatory Bowel Diseases (IBD)
- Kari Baber (The Children’s Hospital of Philadelphia) – Defecation Disorders Clinic: A Team Approach to Constipation Management

Saturday, November 4th

Concurrent Sessions:

- Emily Fredericks (University of Michigan Ann Arbor) - Post Transplant Adherence: What Does Psychology Have to Do with It?
- Kelly Lowry (Lurie Children’s Hospital of Chicago) - Motivational Interviewing in Pediatric Obesity: Why Bother?
- Rose Schroedl (Nationwide Children’s Hospital) – Acceptance of and Adherence to Enteral Therapy: Strategies from Professionals and Families

CPNP Nutrition Symposium:

- Colleen Lukens (Children’s Hospital of Philadelphia) - Pediatric Feeding Disorders: Guidelines

Association of Pediatric Gastroenterology and Nutrition Nurses (APGNN):

- Bonney Reed-Knight (Children’s Healthcare of Atlanta, Emory University) – Psychological Health in Pediatric IBD: Opportunities for Multidisciplinary Care
- Julie Snyder Christiana (Boston Children’s Hospital) – Psychological Treatment of Rumination Syndrome

Meet the Professor Breakfast:

- Amanda Deacy (Children’s Mercy Kansas City) - Biopsychosocial Approach to Functional Abdominal Pain

Clinical Practice Forum: Creating a Highly Reliable Multidisciplinary Team

- Jennifer Schurman (Children’s Mercy Kansas City) – Creating a Culture of Care