

MEET THE BOARD

Co-Chairs

Bonney Reed, PhD
Emory University School of Medicine
Margo Szabo, PhD
Children's Hospital of Philadelphia

Co-Chairs Elect

Jessica Buzenski, PhD
Emory University School of Medicine
Lauren Potthoff, PhD
Lurie Children's Hospital

Past Co-Chairs

Lindsey Burrell, PhD
Atlanta Children's Center
Cindy Kim, PhD ABPP
Children's Hospital of Orange County

Secretary

Jacklyn Stellway, PsyD
Oregon Health & Science University

Membership Coordinator

Jacklyn Shepard, PsyD
UVA School of Medicine

Members at Large (MAL)

MAL Education
Kelly Rodriguez, PhD
Children's Hospital of Philadelphia

MAL Research

Shayna Coburn, PhD
Children's National Health System

MAL Clinical

Linda Nicolotti, PhD
Wake Forest School of Medicine

Technology Manager

Jessica Buzenski, PhD

Student Representatives

Education
Ari Romano-Verthelyi, PhD
University of Connecticut

Research

Caroline Roberts, MS
Oklahoma State University

Clinical

Marissa Koven, MA
DePaul University

Inside this issue:

Education & Clinical updates 2

NASPGHAN upcoming presentations 3

New research & accomplishments 4

Training and job opportunities in GI 5

FALL NEWSLETTER 2022

PEDIATRIC GASTROENTEROLOGY SPECIAL INTEREST GROUP (PG SIG)

AN OFFICIALLY RECOGNIZED SIG WITHIN THE SOCIETY OF PEDIATRIC PSYCHOLOGY (DIVISION 54, APA)

FALL NEWSLETTER 2022

September 2022

Message from our Co-Chairs

We are excited to represent you as PG SIG Co-Chairs for next 2 years. We are thankful for everyone's interest and dedication to improving the practice and science of GI psychology through this SIG group.

We would like to introduce our new Co-Chair Elects—Jessica Buzenski and Lauren Potthoff. Jessica is currently serving as our Technology Manager, and we are happy to welcome Lauren to the board. We are excited that these two motivated individuals will continue to maintain and expand our initiatives to better serve our PG SIG members! Jessica and Lauren will serve a 2-year term before transitioning to our new Co-Chairs in 2024.

Your PG SIG Leadership has taken on an initiative to work towards smoother transitions of responsibility within our organization. Each of our Board members is preparing a Standard Operating Procedures document detailing regular responsibilities to be completed by the individual filling that position with typical deadlines. We anticipate this will lead to more seamless transitions

when new members join our Board.

Other notable accomplishments of our SIG 2021-2022 leadership included creation of a dedicated Twitter handle

@pedsgastropsych, updating research, clinical, and educational information relevant to GI psychology to our website, and continuing our monthly journal club and clinical case series. The SIG was also successful in continuing with a student poster award and student poster awardee oral presentation at SPPAC 2022. We are thankful for the hard work and dedication from Lindsey Burrell and Cindy Kim, who transitioned as Past Co-Chairs this spring.

We look forward to the year ahead!

Margo & Bonney

Co-Chairs



Welcome to our new Co-Chair Elects

Jessica Buzenski, PhD (top photo)

Assistant Professor of Pediatrics,
Division of GI

Emory University School of Medicine
and Children's Pediatric Institute

Clinical Areas: General GI, Neurogastroenterology and Motility

Research Interests: Psychosocial factors that impact adjustment to GI disorders, treatment adherence, and overall functioning

Lauren Potthoff, PhD (bottom photo)

Assistant Professor, Psychiatry and Behavioral Sciences

Northwestern University Feinberg School of Medicine | Ann & Robert H. Lurie Children's Hospital of Chicago

Clinical Areas: Inflammatory Bowel Disease, General GI

Research Interests: Psychosocial implications of pediatric inflammatory bowel disease, integrated medicine



Education & Clinical Updates

We continue to hold virtual meetings on **first Mondays from 12:00-1:00 EST** — rotating monthly between **Clinical Case Conference** and **Journal Club**.

The **PG SIG Journal Club** discusses recent journal articles that may be of interest to SIG members. Since our last newsletter, the Journal Club has met to discuss recent articles from *Clinical Practice in Pediatric Psychology* and *Journal of Pediatric Psychology* related to interdisciplinary group treatment for functional constipation and parenting stress in IBD, respectively. We start with a brief discussion of study methodology/

results and then move on to applications to clinical care and program development in pediatric GI Psychology.

The **Clinical Case Conference** will meet next on Oct 3 then Dec 5.

Students/trainees are welcome! For questions about JC, contact Dr. Kelly Rodriguez rodrigue-ka@chop.edu and for questions about the CCC, contact Dr. Linda Nicolotti lnicolot@wakehealth.edu

* * *

Additionally, we will again be hosting a virtual **peer support group** for trainees with an interest in Pediatric GI Psychology. This is

an opportunity for trainees at various levels to provide peer support and mentorship, such as considerations when applying for externship, internship, and fellowship. The next group is scheduled to take place at **6pm EST on Wednesday, September 28th**. For questions about the Peer Mentoring Group please contact Dr. Ari M. Romano-Verthelyi romano-vera@chop.edu

**Journal Club &
Clinical Case Conference
First Mondays
12:00-1:00 EST
alternating months**

Clinical Collaboration Updates

In collaboration with the Rome Foundation PsychoGastro group concluded its six-part Pediatric Clinical Case Series in September, available on demand at

<https://romefoundation.clickfunnels.com/optin1646931554956>

Through this same collaboration, you are welcome to join existing **peer consultation groups** for practitioners providing services to **pediatric and young adult** patients with GI conditions. Clinicians at all stages of their career are welcome to join ! Please note that this is not

a supervision group and therefore does not replace required supervision requirements.

First Wednesday of each month from 3-4 p.m. (EST).

Interested? Contact Dr. Brad Jerson BJerson@connecticutchildrens.org to receive the meeting link.



Case Example discussed during Clinical Case Conference

Background Information

- 14 yo male living with mother, father, and two younger brothers; brothers and parents have limited food repertoire and oral sensory issues.
- 8th and 9th grades during treatment, with transition to high school; straight As
- No prior history of therapy or psychotropic medication-
- No significant health issues prior to weight loss

ARFID Assessment

- Had trouble swallowing a chicken nugget when out to eat with family, leading to increased food restriction of variety and amount, slower eating, eating with distraction, oral food manipulation, excessive chewing, acute attention to oral sensations, and refusing to eat out
- Weight loss: 14% of body weight, falling into a BMI < 3%
- Anxiety about choking

- Fear of aversive consequences and sensory subtypes

ARFID Treatment

- Initial focus on weight restoration, followed by goals of faster eating, eating without distraction, eating in public, eating without food manipulation and excessive chewing, and expansion of food variety
- Individual and family treatment components: anxiety management, exposure therapy, working with parent to buy and prepare a greater food variety
- Weekly therapy initially, gradually spacing session to monthly with treatment progress and autonomy, with one year treatment duration
- Made progress on all treatment goals, with complete weight restoration and greater food variety compared with pre-ARFID onset



SPOTLIGHT ON NASPghan CONFERENCE 2022

Below are presentations that may be of particular interest to PG-SIG members. Please refer to the official conference program for updated dates/times in the virtual format, and for all GI psychology-related content.

Wednesday, October 12, 2022

10:30 AM *Using AI to transform pediatric GI care* - Jasbir Dhaliwal, MRCPC, MBBS, MSc, Cincinnati Children's Hospital Medical Center
11:00 AM *Virtually better: VR as a new clinical tool in gastroenterology* - Brennan Spiegel, MD, MSHS, Cedars-Sinai
4:00 PM *Using social media to engage and educate our colleagues* - Aline Charabaty, MD, Johns Hopkins Medical Center

Thursday, October 13, 2022 Module 5: Disorders of the Brain-Gut Interaction/Motility

3:00 PM *Esophageal motility disorders* - Rachel Rosen, MD, Boston Children's Hospital
3:20 PM *Functional Nausea* - Katja Kovacic, MD, Medical College of Wisconsin
3:40 PM *Constipation: The importance of having an evacuation plan* - Carlo Di Lorenzo, MD, Nationwide Children's Hospital

Friday, Oct 13 Meet the Professor breakfasts

7:00 AM *Transition of care*
 Jeannie Huang, MD, MPH, UCSD/

Rady Children's Hospital
 Jennifer Vittorio, MD, Morgan Stanley Children's Hospital of New York
 Michele Maddux, PhD, Children's Mercy Hospital
Psychological interventions for GI
 Christopher Hayes, MD, St Mary's
 Jeanne Tung, MD, Oklahoma University Children's Hospital
 Kari Baber, PhD, Children's Hospital of Philadelphia

Nutritional management of children and adolescents with ARFID and other feeding disorders

10:30 AM *ARFID: The GI perspective*
 - Richard J. Noel, MD PhD, Duke University Medical Center
10:55 AM *Integrating psychological interventions for children with ARFID* - Cindy Kim, PhD, ABPP, CHOC Children's Hospital of Orange County

11:32 AM *Debate: Tube vs no tube for nutritional management of ARFID— Tube*: Rachel Kassel, MD, PhD, University of Alabama Bir-

mingham. *No Tube*: Samuel Nurko, MD, Boston Children's Hospital
11:10 AM *Never gonna give chips up. Never gonna put chips down: Rickrolling picky eaters into better nutrition* - Amy Drayton, PhD, University of Nebraska Medical Center
2:30 PM *It's all in the bag: Preparing IBD patients and families for ostomy surgery* - Jennie David, PhD, Nationwide Children's Hospital
2:30 PM *From crib to college: Pediatric obesity disparities, risk factors, and diagnosis* - Jennifer Woo Baidal, MD, MPH, Columbia University Vagelos College of Physicians and Surgeons & NY-Presbyterian Morgan Stanley Children's Hospital
3:32 PM *A successful pediatric obesity program: Is it all about the weight?* - Rohit Kohli, MBBS, MS, Children's Hospital Los Angeles

Poster: *Proof of concept: Telehealth for pediatric disorders of the gut-brain interaction during the COVID-19 pandemic*. Winnick, Chancey, Buzenski, Sukuma, Focht, Kuhn, Tabani, Zahka, & Williams

Vagelos College of Physicians and Surgeons and NY-Presbyterian Morgan Stanley Children's Hospital

Hey Doc, should I change my child's diet?

4:10 PM *Dietary strategies for children with disorders of gut-brain interaction* - Bruno Chumpitazi, MD, Texas Children's Hospital

Prioritizing neurogastroenterology: Your #2 is our #1

8:30 AM *Beyond miralax: Navigating pediatric functional constipation* - Erick Manuel Toro Monjaraz, MD MSc, Instituto Nacional de Pediatría
8:55 AM *When you're at an impasse! Multidisciplinary approaches to the management of refractory constipation in children* - Anil Darbari, MD, MBA, Children's National Hospital

Educating the educators: Best practices in MedEd 2022

11:30 AM *Incorporating anti-racism education in pediatric GI* - Hannibal Person, MD, Seattle Children's Hospital

When a spoonful of sugar doesn't make it go down

2:00 PM *Approach to functional dyspepsia and chronic nausea* - Julie Khlevner, MD, Columbia University



<https://members.naspgghan.org/annualmeeting>

Join the NASPghan organization and specific committees!

For questions, contact Drs. Michelle Maddux mhmaddux@cmh.edu and Amanda Drews adeacy@cmh.edu - psychosocial representatives on the NASPghan planning committee

Improve Care Now (ICN) IBD Conference

Recently the ICN Fall Community Conference was held in Dallas, TX. There were some wonderful and informative presentations from our GI Psychologist Colleagues. We encourage you to keep an eye out for the Spring conference, which will be held virtually.

Presentations of interest to our members:

Psychosocial: Improving Fatigue and Sleep Difficulties in Pediatric IBD: What Is Known and Future Directions Sabina Ali, Jennie

David, Mahalakshmi Parakala, Nour Al-Timimi

Psychosocial: A Complex Relationship with Body, Weight, and Food: Body Image and Disordered Eating Behaviors in Pediatric IBD Kimberly Braly, Jennie David, Madeline Guerra, Samantha Hefner, Hannah McKillop, Maddie Huwe, Mary King, Nicole Weyer

Social Work and Psychosocial Professionals (SWAP) Jennie David, Noel Jacobs



Be on the lookout for details regarding a Depression Screening Webinar to be offered by ImproveCareNow, the collaborative learning community dedicated to improving the lives of youth with IBD. This likely will be offered in spring 2023, and continuing education credits are being organized.

Accomplishments of our PG SIG members

Congratulations to **Dr. Michelle Maddux** for her the NASPGHAN Foundation Mid-Level Career Development Award for her project titled, "Adherence Monitoring and Intervention in Pediatric Healthcare: Development and Implementation of a Clinical Decision Support System." Funding is for 2 years, beginning December 2022.

Congratulations to **Dr. Miranda van Tilburg** on her RO1 grant through NIH for "Randomized controlled trial of an internet-based prevention intervention for young children at-risk for functional abdominal pain." For 5 years, beginning June 2022.

Congratulations to **Dr. Alan Silverman** for his grant "Establishing the Interdisciplinary Pediatric Feeding Research Consortium (IPFRC)". Marcus Corporation Foundation, Inc.



Congratulations!

Student Poster Awardees

Congratulations to **Helen Bedree** and **Regina Mitossis** for winning the Student Poster Award and presenting their work at the PG-SIG meeting at SPPAC!

Regina Mitossis (pictured left), from the University of Hartford, presented her poster, "Psychological Adjustment and Treatment Adherence Among Youth Newly Diagnosed with Celiac Disease."

Helen Bedree (pictured right), from DePaul University, presented her poster, "Depressive symptoms mediate the relationships among sleep and gastrointestinal symptoms in youth with disorders of gut-brain interaction."





@pedsgastropsych



PedsGastroPsych@gmail.com



<https://pgsig.weebly.com/>

Roberts, C. M., Gamwell, K. L., Baudino, M. N., Edwards, C. S., Jacobs, N. J., Tung, J., Grunow, J. E., Mullins, L. L., & Chaney, J. M. (2022). Illness stigma, body image dissatisfaction, and depressive symptoms in pediatric inflammatory bowel disease. *European Journal of Gastroenterology and Hepatology*, 34(9), 919-924.

Winnick, J. B., Focht, D. R., Sukumar, K., Kuhn, B. R., Muldowney, R., & O'Dell, S. M. (2022). Utilization of pediatric psychology services in outpatient pediatric gastroenterology within a rural health system. *JPGN*, 75(1), 52-55.

Sharp, W. G., Silverman, A., Arvedson, J. C., Bandstra, N. F., Clawson, E., Berry, R. C., McElhanon, B. O., Kozlowski, A. M., Katz, M., Volkert, V., Goday, P. S., & Lukens, C. (2022). Toward Better Understanding of Pediatric Feeding Disorder: A Proposed Framework for Patient Characterization. *JPGN*.

Begotka, A. M., Silverman, A. H., & Goday, P. (in press) Protocolized Intervention for Children and Adolescents with Phagophobia. *JPGN*.

Stellway, J., Cummings, C., Paternostro, J., Stoeckel, M., Muir, L., Harris, M. A. (2022, June). Development and Validation of the Crohn's and Colitis Distress Scale for Pediatrics. *CPPP*.

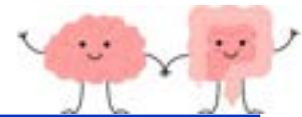
Wellen, BCM, Lin HC, Stellway, J. (2022) Psychosocial considerations in pediatric autoimmune liver disease. *Clinical Liver Disease*.

Mikocka-Walus, A., & van Tilburg, M.A.L. (2022). Preventing suicide in people with inflammatory bowel disease. *Journal of Psychosomatic Research*.

Simonds, E., Gobenciong, K., Wilson, J., Jiroutek, M.R., Nugent, N., & van Tilburg, M.A.L. (2022). Trauma functioning and well-being in children who receive mental health aid after natural disaster or war. *Children*, 9(7), 951.

Fiedorowicz, J.G., Kleinstäuber, M., Lemogne, C., Löwe, B., Ola, B., Sutin, A., Wong, S., Fabiano, N., van Tilburg, M.A.L., & Mikocka-Walus, A. (2022). Peer review as a measurable responsibility of those who publish: The Peer Review Debt Index. *Journal of Psychosomatic Research*.

Guadagnoli, L., Simons, M., McGarva, J., Taft, T.H., & van Tilburg, M.A.L. (2022). Improving Patient Adherence to Lifestyle Changes for the Management of Gastroesophageal Reflux. *Patient Preference and Adherence*, 16, 897-909.



On the Training & Job Front

Psychology graduate students applying for internship and fellowship, check out the Training Sites directory on the PG-SIG webpage. Both training sites and trainees should also keep an eye on listserv email for information about updating this directory with latest information. <https://pgsig.weebly.com/training--continuing-education.html>

Rome Foundation's Early Career group also keeps a list, which can be found here: https://drive.google.com/drive/folders/1DVhWQ9LSe_pz2FiegP4_iiv3_azXB1u?usp=sharing

Doernbecher Children's Hospital, at Oregon Health & Science University, is recruiting for one **postdoctoral fellow** to serve the Pediatric GI Psychology program, beginning academic year 2023. <https://www.ohsu.edu/lend/psychology-fellowship/psychology-postdoctoral-residency-program>

Medical College of Wisconsin is introducing new Pediatric Track to the APA accredited health psychology **residency**. This program will begin 2023-2024 and will include rotations in Pediatric GI. <https://www.mcw.edu/departments/psychiatry-and-behavioral-medicine/education/health-psychology-programs/health-psychology-residency-doctoral-internship-program>. They also expect to offer **postdoctoral fellowships** in pediatric psychology, including functional disorders (GI & abdominal pain disorders). Watch for our posting in Div 54 to formally announce and provide information on how to apply to these positions.

The Yale Child Study Center, in collaboration with the Section of Pediatric Gastroenterology & Hepatology, has an opening for a full-time **pediatric psychologist** to join our growing team of GI psychologists in YNHH Children's Hospital. For questions, email Maggie Stoeckel maggie.stoeckel@yale.edu.

Do you have a feature idea for an upcoming newsletter? Email the PG SIG secretary, Jacklyn Stellway, directly at stellway@ohsu.edu

