



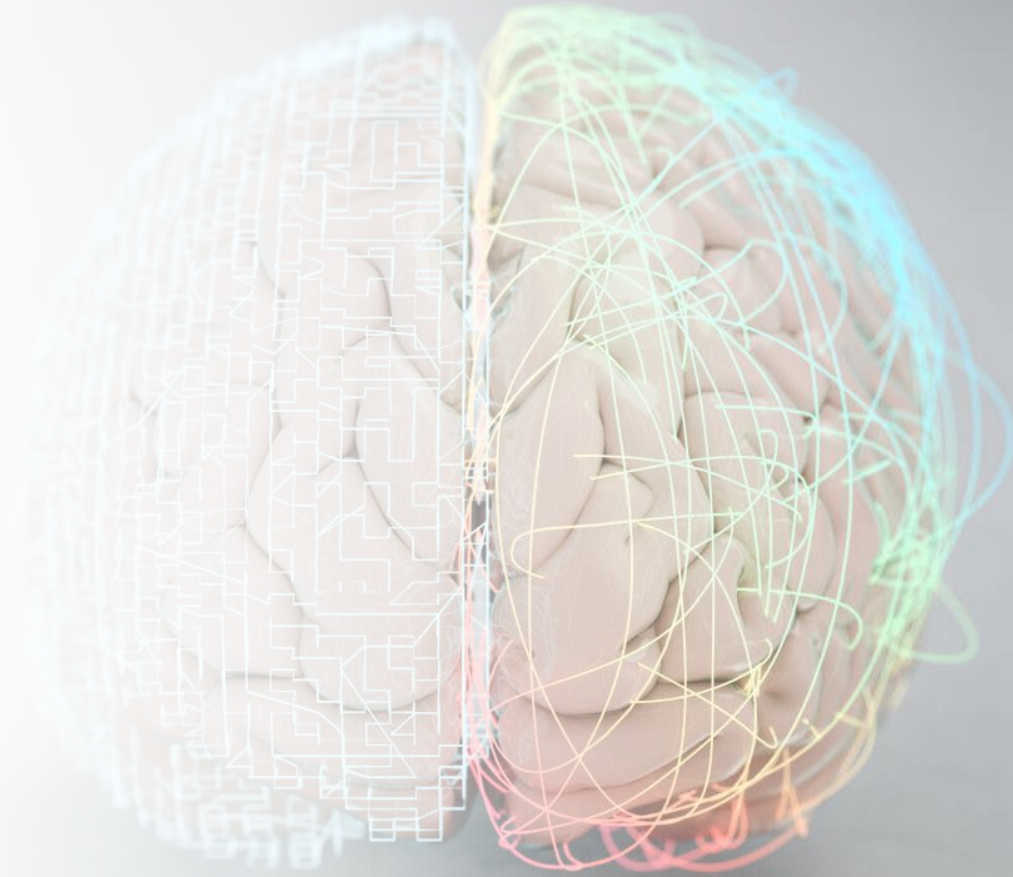
GUT FEELINGS

Managing the Brain-Gut Connection in IBD

Pat Buckley, Helen Hunt, Tara Sherry-Torres

IBD UNITE

March 2024

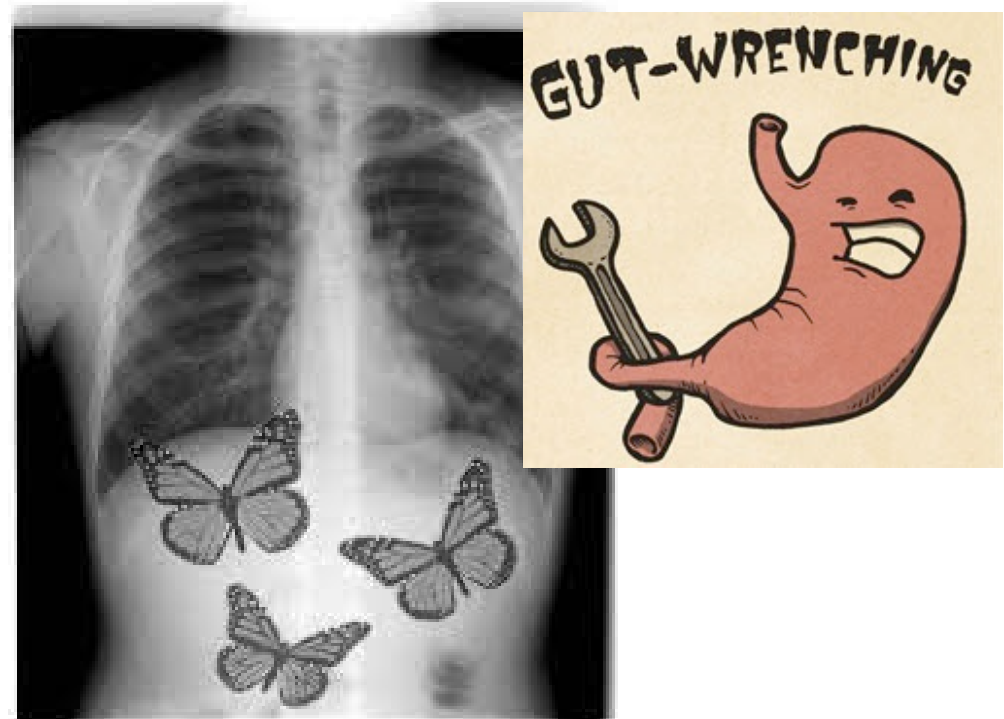


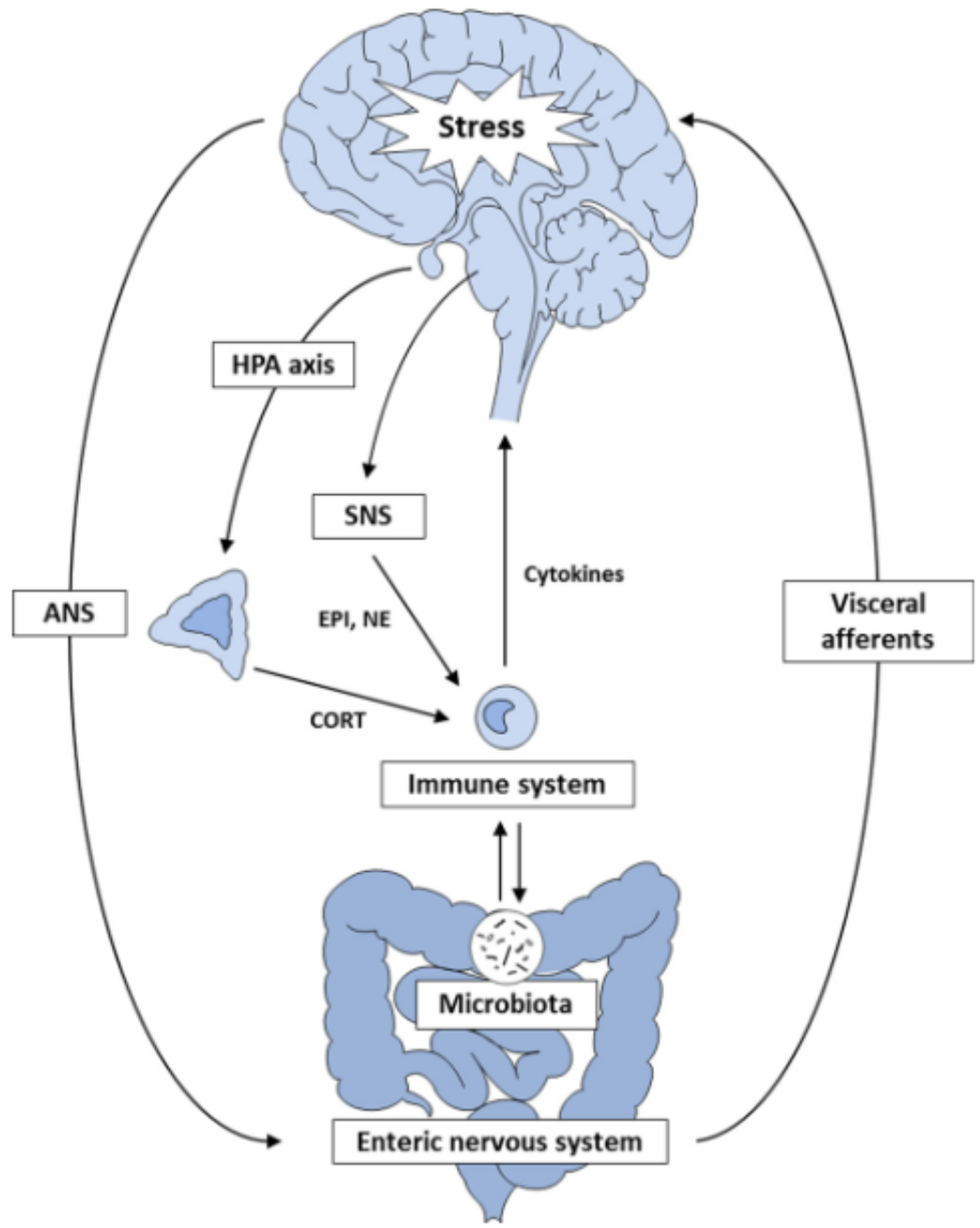
“Gut Feelings”: Not Just a Corny Title

Historical Examples

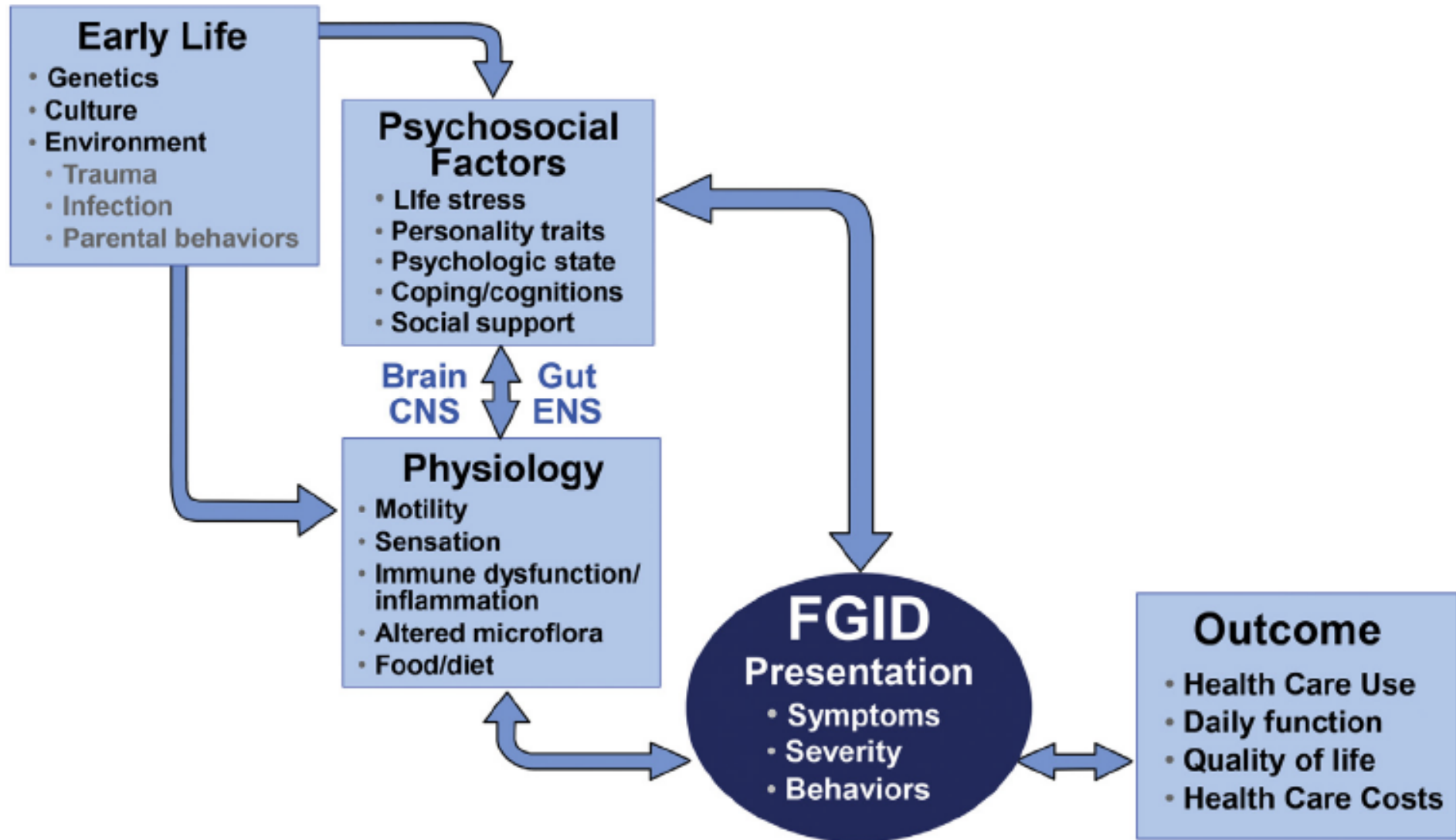
- “All disease begins in the gut”
- melancholy → *melaina chole* → black bile

Contemporary Idioms





Biopsychosocial Conceptual Model



Behavioral Interventions

- Cognitive Behavioral Therapy
- Gut-Focused Hypnotherapy
- Mindfulness Based Treatments

Common Factors

Attention

Relaxation

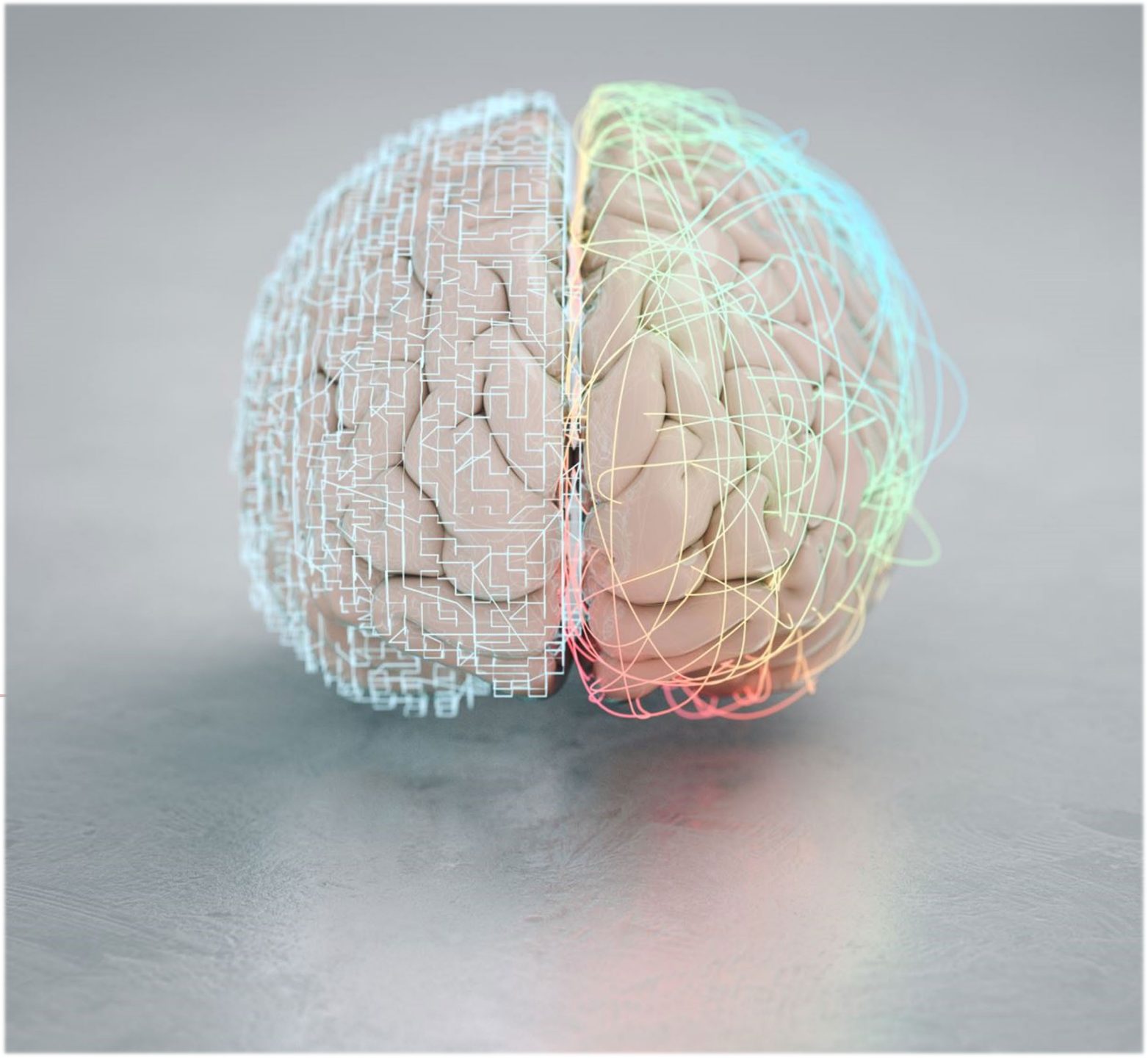
Therapeutic
Expectation

Self
Efficacy

Medications

- **Considerations:** Indications, Side Effects, Absorption
- **Many Different Options**
 - Mirtazapine
 - Bupropion
 - TCA: amitriptyline; nortriptyline, desipramine
 - SNRI: duloxetine, venlafaxine
 - SSRI: escitalopram, fluoxetine

Questions?



Thanks!

