

Group Therapy for GI Issues

Effective, research-supported treatment that can help relieve your gut symptoms



Why should I do therapy for gut symptoms?

We know from decades of research that your GI system operates as a function of your mental state and vice-versa. Numerous studies have shown improvements in GI symptoms, fear, anxiety, and quality of life when patients participate in focused psychological treatment that addresses the gut-brain relationship (1).

*That's why we offer **ACT for GI**, a group therapy program that offers a simple way to improve your symptoms and your life.*

1

LEARN

about the basic mental and physical patterns that are keeping you stuck

2

CHANGE

with small steps each week by focusing on what is manageable and sustainable

3

FEEL

better as you shift the things that are keeping you stuck in a state of GI distress

YOUR TEAM



Katie Arfa, PsyD

is a licensed Health Psychologist (PSY #31016) who specializes in treating complex illness by focusing on healing the gut-brain connection.



Kaley Gauvin, PsyD

is a postdoctoral associate (#94028532) working under the license of Katie Arfa. She has spent many years working alongside medical professionals and providing support to folks with chronic health issues.

Email drkatiearfa@gmail.com or visit www.drkatiearfa.com to learn more and sign up!

What is ACT for GI ?

Effective, research-supported treatment that can help relieve your gut symptoms

ACT (Acceptance and Commitment Therapy)

is a highly researched cognitive-behavioral therapy that combines mindfulness, acceptance, and behaviorism to effectively treat mood and health issues. Specifically, ACT is proven to reduce psychological inflexibility, which mediates improvement in GI symptoms (2). Research also shows that ACT is effective in treating IBS and chronic health conditions, even in formats as brief as one day workshops (3).

Program Content Includes:

- Basics of the Gut-Brain Connection
- Lifestyle Habits for GI Health
- Mindfulness
- Skills for Shifting Thought Patterns
- Tools for Cultivating Acceptance
- Ways to Enhance Quality of Life
- How to Commit to Change

What you should know:

“Gold-standard” treatment
8 weekly meetings
Suitable for all GI diagnoses

Easy to join virtual sessions
Cost-effective
No referral needed

The next group series is starting soon!

Scan to learn more and
secure your spot!

RESEARCH

1. Sugaya, N., Shirotaki, K., & Nakao, M. (2021). Cognitive behavioral treatment for irritable bowel syndrome: a recent literature review. *BioPsychoSocial Medicine*, 15, 1-5.
2. Ferreira, N. M. D. R. B. (2011). Investigating the role of psychological flexibility and the use of an acceptance and commitment therapy based intervention in irritable bowel syndrome.
3. Dochat, C., Wooldridge, J. S., Herbert, M. S., Lee, M. W., & Afari, N. (2021). Single-session acceptance and commitment therapy (ACT) interventions for patients with chronic health conditions: A systematic review and meta-analysis. *Journal of contextual behavioral science*, 20, 52-69.



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