

## COURSE OVERVIEW

### MODULE 1 – INTRODUCTION TO INFLAMMATORY BOWEL DISEASE

In this module, you will be introduced to inflammatory bowel disease (IBD). You will learn about the structure and function of a healthy digestive system, and how this is affected in IBD. Following this, you will explore the genetic, microbial, and environmental risk factors for common IBD types and how these conditions develop, as well as their symptoms and complications.

By the end of this module, you will be able to:

- ✓ Compare and contrast Crohn's disease and ulcerative colitis
- ✓ Describe the development and pathology of IBD
- ✓ Outline the medical complications associated with IBD

### MODULE 2 – THE PSYCHOLOGY OF IBD

This module will explore the role of the gut-brain axis in IBD and take you through the impacts of symptoms like pain, fatigue, and diarrhoea on psychosocial wellbeing. You will also gain more insight into how IBD interacts with every part of a person's life, from friendship and sexuality to work and school.

By the end of this module, you will be able to:

- ✓ Explain the psychological implications of the gut-brain axis in IBD
- ✓ Reflect on the psychosocial impacts of common IBD symptoms
- ✓ Appreciate the effects of IBD on patient life domains

### MODULE 3 – MULTIDISCIPLINARY CARE IN IBD

In this module, you will explore the journey of diagnosis and treatment in IBD. In particular, you will learn about the psychosocial impacts and influences of medication, nutritional therapy, and surgery, as well as how a psychologist can work within this space as part of a multidisciplinary team.

By the end of this module, you will be able to:

- ✓ Understand mental healthcare in the context of the IBD team
- ✓ Explain the role and function of different diagnostic tests in IBD
- ✓ Assess the purpose and appropriateness of different medical, nutritional, and surgical treatment strategies
- ✓ Appreciate and respond to the psychological challenges associated with IBD diagnosis and treatment

#### **MODULE 4 – PSYCHOLOGICAL ASSESSMENT**

This module will take you through the process of assessing a patient with IBD and encourage you to reflect on IBD-specific factors during treatment planning. You will also explore eHealth in IBD and how patients can be supported to find reliable information and services online.

By the end of this module, you will be able to:

- ✓ Apply IBD-specific knowledge to a psychological assessment
- ✓ Create a formulation using insight into IBD psychology and physiology
- ✓ Consider the influence of IBD and complex presentations on treatment planning
- ✓ Evaluate eHealth information and technologies and integrate them into practice

#### **MODULE 5 – THERAPEUTIC APPROACHES**

In this module, you will learn how psychoeducation, stress management, and change promotion techniques can be applied to help patients adapt and manage their mental and physical symptoms.

By the end of this module, you will be able to:

- ✓ Appreciate the role of psychotherapy in symptom management, self-efficacy, and psychological wellbeing in IBD

- ✓ Apply key psychotherapeutic techniques in the IBD context
- ✓ Understand and support change in people with IBD

## **MODULE 6 – CBT AND HYPNOTHERAPY**

In this module, you will learn about the most evidence-based psychotherapies in IBD: Cognitive Behavioural Therapy and Gut-Directed Hypnotherapy. You will explore their application in IBD, and the ways in which they can be tailored to the individual IBD patient.

By the end of this module, you will be able to:

- ✓ Understand and apply IBD-specific strategies in CBT
- ✓ Apply knowledge of IBD symptoms and management strategies to hypnotherapy
- ✓ Appreciate the diverse roles that psychotherapy can take in supporting IBD patients

## **MODULE 7 – FURTHER THERAPEUTIC APPROACHES**

This module will take you through emerging therapies used in IBD psychology, including Acceptance and Commitment Therapy, Psychodynamic-Interpersonal Therapy, and pharmacotherapy. In this final module, you will learn about how these approaches can be adapted to benefit IBD patients.

By the end of this module, you will be able to:

- ✓ Describe the suite of evidence-based psychotherapies currently used in the IBD context
- ✓ Apply knowledge of IBD to established therapeutic approaches
- ✓ Consider the benefits of non-psychiatric antidepressant use in IBD