

Cognitive Behavior Therapy Institute

Irritable Bowel Syndrome Managed Through Mind-Body Treatment

Thursday, November 2, 2017

11am - 12:30pm

Signup online at:

www.cognitivebehaviorassociates.com



Recent statistics indicate up to 22% of the U.S. population reports symptoms consistent with Irritable Bowel Syndrome (IBS), a functional bowel disorder defined as recurrent abdominal pain associated with altered bowel habits. Traditional medicine has had limited success in helping those suffering from IBS. Jayson Mystkowski, Ph.D., will discuss an IBS treatment protocol adopted from anxiety disorder treatments, providing an example of how mind-body treatments can help conditions that were once viewed as outside the realm of psychological intervention.

This Webinar is designed to help you:

1. Summarize IBS diagnostic information
2. Recognize the extensive similarities between Panic Disorder and IBS, with specific focus on etiology, maintenance, and treatment.
3. Apply CBT techniques from Panic Disorder treatment to clients suffering from IBS.



Cognitive Behavior Therapy Institute (CBTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBTI maintains responsibility for this program and its content.

Joel L. Becker Ph.D., Founder and Director



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