



# Telehealth IBD Psychotherapy Groups

A pilot program for patients with Crohn's disease  
or ulcerative colitis

Do you have IBD patients in need of support from a gut-brain behavioral health professional? A telehealth psychotherapy group could be the right choice for them.

This program incorporates scientifically supported treatments designed to reduce stress, anxiety, inflammation, and flare frequency in people with Crohn's disease or ulcerative colitis.

Treatments include:

- Cognitive behavioral therapy (CBT)
- Gut-directed hypnotherapy

Sessions are offered for 75 minutes weekly for a total of eight weeks. Participants must be 18 years or older with a diagnosis of Crohn's disease or ulcerative colitis (IBD), and access to a stable internet connection.

*Conducted in partnership with*



For more information  
about this program,  
including the group  
style, fees, and schedule,  
scan the code or visit  
[gipsychology.com/ccf](https://gipsychology.com/ccf)

