**From the Editors Desk:**

Hello, Division 38 student members! We hope this fall and winter have been both enjoyable and productive. In this newsletter you will find a variety of content we have compiled that we are excited to share with you, including a feature on the field of psychogastroenterology and other important announcements (e.g., APA travel awards).

Further, we would like to offer our sincere congratulations to students who traveled for doctoral internship and graduate school interviews this season! As students ourselves, we recognize the extreme hard work and perseverance these processes require, and so we commend you for your efforts and dedication. A special applause to those who matched for internship in 2020-2021!

Please feel free to contact the Communications Committee at studentcommunicationsdiv38@gmail.com with any questions or feedback!

Sincerely,
Ke Ding, M.S. & Olivia Zech, M.A.

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**Worth the Read**

**On the Internet:**
Did you know that SfHP Health Policy Council is looking for content experts? Don’t miss out this amazing opportunity to get involved in health policy work!

**Issue Highlights:**
1. Meet the 2019-2020 Communications Committee (page 2)!
2. What is the inside of psychogastroenterology (pages 3-5)?
3. What is the new HBAI codes (page 6)?
4. What do you need to know about the EPPP part 2 (page 7)?
5. Don’t miss out these opportunities from APA and SfHP (pages 8)!
Meet the Communications Committee 2019-2020

Communications Committee

Ke Ding, M.S.
Ke is currently a 3rd year doctoral student in the Clinical and Health Psychology program at the University of Florida. She is interested in role of executive functions in treatment adherence in Type 1 Diabetes.

Oliva Zach, M.A.
Olivia is a 1st year student in the Counseling Psychology program at the University of Denver. She is interested in women’s health, particularly young adult cancer survivors.

2019-2020 Goals
Our #1 goal is to continue providing SFHP student members at various levels with relevant, timely, and helpful resources to supplement their training in health psychology.

Our #2 goal is to continue leading and fostering the community of SFHP student members, advocating for student involvement within divisional and national events, and promoting student discussions within and across divisions.

Passion Projects
The SAC Communications Committee is bringing on some exciting modes of communication in 2020!

Newsletters: we are excited to present several interviews with gastroenterology psychologists!

Podcast: perfect for students who have more time to listen to a resource than to sit down and read it.

https://societyforhealthpsychology.org/councils-committees/student-council/student-newsletter/

If you have any suggestions or feedback for the Communications Committee, you can reach us at: studentcommunicationsdiv38@gmail.com
Psychogastroenterology is the specialty of research and clinical practice addressing psychosocial and behavioral principles of gastroenterology disorders. Sixty to 70 million people in the United States are impacted by digestive diseases including disorders of the gut-brain interaction that may be a key contributory factor to conditions including irritable bowel syndrome, Crohn’s disease, and ulcerative colitis. Gastroenterology (GI) psychologists play a vital role in improving gastrointestinal symptomology, yet this specialization is underrepresented in the broader conversation of health psychology in spite of the high demand and need. Accordingly, stigma against digestive disorders is often experienced by GI patients in the form of symptom dismissal, which is being challenged by psychogastroenterology leaders of the field.

Drs. Tiffany Taft, Sarah Kinsinger, Megan Riehl, Brad Jerson, and postdoctoral fellow, Alyse Bedell, are practicing GI psychologists who provided expertise about their work to the SfHP Student Advisory Council, including input regarding broader systemic issues related to providing digestive disorder care. Specifically, patients and families with disorders of the gut-brain interaction often experience confusion if there is no evident organic cause for their symptoms, yet “[medical] technology cannot necessarily see gut-brain disorders at this point,” Dr. Bedell explained. A preliminary opportunity for clinical intervention as a GI psychologist is to discuss the diagnosis with patients in detail to ensure they understand what they are experiencing and managing. “Patients will often feel less dismissed and stigmatized if they receive a better explanation of the disorder they have been diagnosed with,” she added.

Further, Dr. Kinsinger discussed how many patients are seeking their third or fourth medical opinion by the time they are referred to a GI psychologist; “Patients seem to do best when we’re approaching things from many angles,” she stated. Dr. Kinsinger discussed empirically supported interventions that may be facilitated in treatment that include but are not limited to diaphragmatic breathing to directly target the sympathetic nervous system to attenuate gut symptoms, guided meditation, cognitive behavioral therapy for GI (e.g., thought restructuring for visceral anxiety and symptom catastrophizing), and gut-directed hypnosis. As the vast majority of patients have been struggling for years and are hopeless about their situation upon initiating care with a GI psychologist, most individuals are “eager” to complete these treatments.
Dr. Riehl further explained, “In as few as two to seven sessions [patients] can have remarkable improvements.” She emphasized the importance of clarifying that gastrointestinal symptoms are “not in [the patients’] heads,” which was also echoed by Dr. Jerson, a pediatric GI psychologist: “We believe their symptoms. We know that they are absolutely real.” Consistent with other colleagues’ input on adult patients, he elaborated how there is a misconception that “if something isn’t immediately detectable, then it must not be real. That couldn’t be further from the truth.” Unique to the pediatric population, he described how “…we’re at a nice place to shift the narrative.” Simultaneously, he describes being “surprised by the bias and stigma that so many of these families face” due to the functional nature of these conditions. From a structural lens, Dr. Taft highlighted the importance of physicians and gastroenterologists to continue the momentum of promoting integrated care in order for patients to receive valuable and efficacious psychogastroenterology treatment. She elaborated how “patients appreciate [GI psychology treatment] and are surprised by it,” however finding a GI psychologist can be difficult.

Training opportunities for psychogastroenterology are projected to emerge as a function of the “huge demand” and trainees’ pursuit to study psychogastroenterology. Whether a trainee seeks to specialize in GI, the skill set will be transferrable and relevant to broad patient populations given the high-impact and prevalence of gastrointestinal disorders across all disciplines. In terms of training for students, the psychologists encouraged strong generalist and specialist training depending on subjective goals and consistently emphasized the learner’s mindset and outreaching providers in the field to become involved. “It’s wonderfully rewarding,” Dr. Riehl said, “We’re at a severe deficit of mental health providers, yet [psychogastroenterology] is so appreciated by patients.”

References
The Importance of Psychogastroenterology (ctd.)

Recommended Materials

Adult:
- *The Mind-Gut Connection* by Emeran Mayer, M.D.
- *Psychogastroenterology for Adults* edited by Simon R. Knowles, Ph.D., Laurie Keefer, Ph.D., & Antonia A. Mikocka-Walus, Ph.D.

Pediatric:
- *Guts* by Raina Telgamier
- *Handbook of Cognitive Behavioral Therapy for Pediatric Medical Conditions* by Robert D. Friedberg, & Jennifer K. Paternostro

Get Involved:
- The Rome Foundation (e.g., listserv, workshop development, eventual training opportunities, Education & Training Committee Recommended Reading List)
- Watch for psychogastroenterology work at APA
- Read the journal *Gastroenterology Clinics of North America* with emphasis on psychosocial issues

Interested in Learning About Psychogastroenterology or Getting Involved?

**Megan Riehl, Psy.D.**
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*Clinical Program Director | GI Behavioral Health Program at Michigan Medicine*  
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Health Behavior Assessment & Intervention (HBAI) Codes

What are the Health and Behavior (H&B) codes?
In 2002, these codes were established to reimburse for psychological services provided for patients with physical health problems.

What has Changed?
As of 1/1/2020, the Health Behavior Assessment and Intervention (HBAI) codes went into effect for all federal and private insurances.

Please Tell Me More!
What do these codes cover?
• Health-focused clinical interviews, behavioral observation, and clinical decision-making

How do I use them?
• Must use with a physical health ICD-10 code
• Cannot be used with psychotherapy codes

Health and Behavior Initial Assessment
• 96150 for each 15 minutes
• To determine biopsychosocial factors that affect physical health and treatment concerns

Health and Behavior Reassessment
• 96151 for each 15 minutes
• To evaluate condition and need for further treatment

Health and Behavior Intervention
• 96152 (15-min, individual), 96153 (15-min, group)
• 96154 (15 min, family w/gt), 96155 (15 min, family w/o gt)

I Want to Know More...
APA Resources:
• APA Announcement:
  https://www.apaservices.org/practice/reimbursement/health-codes/health-behavior
• CPT Codes and Descriptions for Psychologists:
EPPP Part 2

Enhanced EPPP
What Do We Need to Know?

EPPP Part 1: assesses foundational knowledge; computer-based, multiple-choice format.
EPPP Part 2: assesses professional skills; computer-based, vignettes, avatars, etc.

EPPP Part 1: can be taken before receiving the degree once all academic coursework is complete.
EPPP Part 2: can be taken after completing the internship, receiving the degree, and passing the Part 1.

Please check with your jurisdictions for eligibility.

A number of jurisdictions have signed on as early adopters:
For more information, please check out:
https://www.asppb.net/page/EPPPPart2-Skills
https://cdn.ymaws.com/www.asppb.net/resource/resmgr/
2020 Emerging Student Leader Award

The SfHP Student Advisory Council is seeking applications! The award provides funds to students from diverse backgrounds to attend the annual APA convention in Washington D.C. The application form is in a google form. Submit all application materials by March 31, 2020.

- Google form questions
- Personal statement
- CV
- Letter of recommendation

2020 APA Convention Student Travel Award

Application for the award is open now! The award provides funds to graduate students of psychology who will present their research to attend the annual convention. Submit your application and supplemental materials online by April 1, 2020.

- One-page statement of research interests and career plans
- CV
- Research abstract of accepted paper or poster
- Paper/poster acceptance notice from APA convention office
- Endorsement from the chair/head of your department

SAC Positions 2020-2021 Academic Year

Interested in being part of SAC? Want to gain leadership experience in health psychology? Apply to SAC for the 2020-2021 year. The following committees will have openings: Chair-elect, post-doctoral representative, membership, diversity, and communications. Please keep an eye out on the listserv for more information!

Student Advisory Council Members:

Chairs (studentchairdiv38@gmail.com)
- Council Chair: Jessica Naftaly, Rosalind Franklin University
- Post-doc Chair: KayLoni Olson, PhD., Albert Medical School of Brown University
- Past chair: Aviva Ariel-Donges, PhD., Rush University Medical Center
- Chair-elect: Madeline Johnson, Rosalind Franklin University

Membership Committee (studentmembershipdiv38@gmail.com)
- Nicole Butler, Yeshiva University
- Jennifer Gittleman, Yeshiva University

Communication Committee (studentcommunicationsdiv38@gmail.com)
- Ke Ding, University of Florida
- Olivia Zech, University of Denver

Diversity Committee (studentdiversitydiv38@gmail.com)
- Darryl Sweeper Jr., William James College
- Dominic Ysidron, Ohio University