

# THE CENTER FOR PEDIATRIC INFLAMMATORY BOWEL DISEASE

## PSYCHOLOGY SERVICES

Psychologists are members of the multidisciplinary IBD Center team. We meet with children, teens and families to address the psychological aspects of living with IBD. We use an evidence-based cognitive behavioral approach to treatment (also known as therapy or counseling) to help children, teens and families feel their best. Components of this treatment may include relaxation and pain management strategies, changing thinking patterns, learning how to solve problems and promoting healthy development to improve overall functioning.

### GI psychologists provide support for issues specifically related to IBD:

- Coping with a new or existing diagnosis of IBD
- IBD-related stress and pain management
- Staying involved in school, activities and social life
- Decreasing anxiety, mood or behavior concerns that may be related to IBD or make IBD symptoms worse
- Overcoming fears about swallowing pills, receiving shots/injections, medical exams, or other medical procedures
- Following an IBD treatment plan (like remembering to take medication) and becoming more independent with healthcare as a teen or young adult
- Support with transition to adult medical providers

### GI Psychology team members and locations:

- Tina Holbein, PhD, IBD Center Psychologist – Main Campus
- Betsy Turner, PhD – King of Prussia, Bucks County
- Kari Baber, PhD – Main Campus
- Kimberly Wesley, PsyD – Main Campus, Voorhees, Princeton
- Kelly Rodriguez, PhD – Main Campus, Brandywine Valley
- Margo Szabo, PhD – Main Campus, Voorhees

GI psychologists accept many insurance plans.

If you are interested in scheduling an appointment, please talk with your gastroenterologist. Appointments can be scheduled through the GI Access Line at 215-590-3630 or our scheduler (Aiesha McAllister) at 215-590-3784. You can also schedule during checkout at your next IBD clinic visit.

Our team of psychologists and social workers can also provide support in finding local therapy referrals to manage other non-GI concerns that may include depression, anxiety, disruptive behaviors, and coping with parent separation or divorce.



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