

Calendar of Events

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October 18, 2024

Gastrointestinal Psychology: It is Not All in Their Head | Chrstina Jagielski, PhD, MPH
12:00 PM - 02:00 PM EST

This webinar will cover the complexities of the gut-brain axis on gastrointestinal health, factors that contribute to disorders of gut-brain interaction (DGBIs), and evidence-based treatments that can reduce painful GI symptoms and improve GI-related quality of life. This webinar satisfies pain management continuing education credits in the state of Michigan. It discusses the importance of integrated, multi-disciplinary care, including the important role of non-GI-specific mental health providers, in the treatment of patients with painful gastrointestinal conditions.

Christina Jagielski, Ph.D., MPH

Dr. Christina Jagielski is a clinical health psychologist and clinical assistant professor in the Division of Gastroenterology and Hepatology at Michigan Medicine. She completed her Master of Public Health degree at Indiana University and her PhD in Medical-Clinical Psychology at the University of Alabama at Birmingham. She completed her postdoctoral fellowship in Gastrointestinal Psychology at Michigan Medicine and has been on the Michigan Medicine faculty since 2019. Dr. Jagielski utilizes evidence-based treatment approaches for a range of gastrointestinal conditions including cognitive behavioral therapy, acceptance and commitment therapy, relaxation training, and gut-directed hypnosis. Dr. Jagielski's primary research interests are focused on the role psychological trauma plays in GI health and the development of a trauma-informed care model for treating patients with gastrointestinal complaints. She is also involved in research on the role of sleep and GI health, as well as Avoidant Restrictive Food Intake Disorder (ARFID).

November 15, 2024

Adult ADHD: Diagnosis and Treatment through the Lens of Executive Function | Pamela Schwartz

12:00 PM - 02:00 PM EST

Psychologists need to differentiate ADHD from other psychological diagnoses. This seminar discusses whether ADHD is a co-occurring or primary factor in a client's psychological profile. The discussion will include assessment with rating scales for executive functioning, as well as treatments and case studies.

*Pamela Schwartz, Ph.D | Licensed Psychologist
West Arbor Psychological Services, Ann Arbor, MI*

Pamela Schwartz, Ph.D. is a partner at WestArbor Psychological Services. Her principal focus throughout her career has been to understand the impact of the multiple neurological, temperament, physical, and emotional aspects of experience on clients. This awareness grew from her work as a pediatric psychologist in follow-up clinics and with adults. She also directed disability and learning support services at Albion College, which provided valuable experience in assisting students during the important journey into their adult lives.

*Geraldine Markel, Ph.D | Educational Psychologist & CEO
Managing Your Mind Coaching & Seminars, Ann Arbor, MI*

Geraldine Markel, Ph.D., is CEO of Managing Your Mind Coaching & Seminars. At the University of Michigan, she served as faculty at the School of Education and as a seminar leader at the Executive Education Center, Ross School of Business. As an educational psychologist, she provides practice strategies to enhance productivity and life satisfaction for high-achieving professionals and students with ADHD and learning disabilities. Her most recent books are "Defeating the 8 Demons of Distraction" and "Actions Against Distractions: Managing Your Scattered, Disorganized, and Forgetful Mind."

Coming Soon

Adult ADHD | Geraldine Markel & Roger Lauer

12:00 PM - 02:00 PM EST