

Cognitive-Behavioral Therapy (CBT) for Abdominal Pain and GI Discomfort

What is Streamind Health for GI Pain

Streamind Health for GI Pain is a behavioral health service designed for children and teens experiencing ongoing abdominal pain and related GI discomfort (e.g., nausea). Streamind therapists teach specific therapeutic tools to help kids improve their symptoms and daily functioning. We offer **short-term, research-backed therapy** from therapists with **specialized training in pediatric GI-informed behavioral health**. Services are provided remotely, allowing families to access expert support conveniently and privately from the comfort of their homes.

We Support Kids & Teens with:

- Chronic abdominal pain, nausea, or IBD
- Stress or anxiety about symptoms or treatment
- Difficulty participating in school or daily routine
- *Streamind is **not** currently recommended for children with active eating disorders*

What Families Can Expect:

- ✓ Virtual therapy sessions from home
- ✓ Therapists with GI-informed CBT expertise
- ✓ Fast access – no long waitlists
- ✓ Collaboration with child's care team
- ✓ HIPAA-compliant, secure platform
- ✓ Support in navigating insurance

How it Works:

Referral

Your doctor refers you to us

Connection

Streamind contacts you for a free consultation call

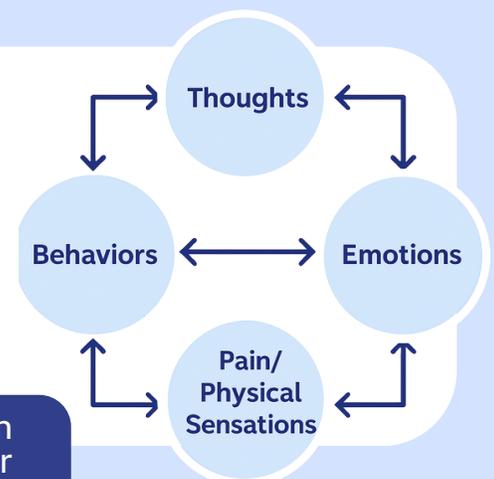
Care

Therapy begins!

Why GI-Informed CBT?

CBT recognizes the cyclical nature between thoughts, feelings, actions, and pain. Pain can trigger unhelpful thoughts that may heighten stress. Increased stress can intensify pain levels, which then interferes with activities. Avoidance behaviors worsen pain and mood. By teaching adolescents strategies to respond to and manage pain, CBT can reduce symptoms and improve quality of life.

Important Note: A referral to psychotherapy for GI pain *does not* mean your doctor believes pain is “in your/your child’s head.” We understand that the pain is very real and want to do what we can to help and support you!



Questions? We're Here to Help:

Patients and providers can contact our wonderful administrative team.

📞 707-666-3397

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