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Gastrointestinal problems in children with psychological remedial steps

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Gastrointestinal problem is most studied field across countries. Adults (20 years to 40 years) and children (up to 12 years in age) are equally affected by such digestive issues. In children both structural and functional gastrointestinal conditions are alarming. Significant and researchable gastrointestinal conditions in children are early satiety, constipation, abdominal pain, irritable bowel syndrome, functional dyspepsia, food allergies, vomiting, and presence of inadequate body weight, feeding problems, colitis and celiac disease. Many of the conditions have biological and psychological factors for etiology. In the present exploratory research a systematic review will be carried out (study 1). As a part of this research a single case (N=1) with gastrointestinal issues will be narrated who is undergoing psychotherapy (study 2). A qualitative perspective will be focused to integrate the ideas from these two studies in a single research. The roles and rearing style of parents, child's perception of parental role, personality dynamics of the child and cultural contexts will be considered to conclude the research findings. Researches done in past 20 years will be given importance. The treatments (biological and psychological) have been carrying on from various countries (developing and developed) will be critically analyzed. Importance of play therapy, relaxation techniques and grounding exercise for feeding behavior will be discussed.

Key words: Gastrointestinal Problem, Children, Play Therapy.

Biography

Urmita Chakraborty is a licensed Consultant Psychologist in India. She is associated with general private Hospitals besides running own Clinic. Currently she is preparing for her Postdoctoral Degree education to be pursued soon. She has a good number of publications as well.

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