

Name: Eva Szigethy, MD, PhD

Position: Assistant Professor of Psychiatry and Pediatrics

Institution: University of Pittsburgh School of Medicine

Country/ City: USA/Pittsburgh

Date: October 2011

Upon the invitation of the Gastroenterology Division of the University of Pittsburgh, Dr. Drossman spent several days in our Visceral Inflammation and Pain (VIP) Center as a visiting professor. The goal of the trip was to utilize Dr. Drossman's unique expertise in brain-gut interactions and the treatment of clinical manifestations such as functional gastrointestinal disorders. Dr. Drossman spent time in clinic consulting with Dr. Szigethy and her team on how to manage gastrointestinal patients with complicated psychosomatic and psychiatric manifestations. He met simultaneously with both patient and clinician and gave feedback about both content and process using a coaching model. His expertise both as a psychiatrist and gastroenterologist, as well as his comprehensive approach to management using psychodynamic principles, behavioral techniques and psychopharmacological agents allowed for valuable contributions to enhance patient care. Dr. Drossman also spent time with a diverse group of research mentees from the disciplines of medicine, gastroenterology, psychiatry and psychology to provide useful insights into designing concept-driven clinical trials. His encyclopedic memory for literature spanning both basic and clinical sciences related to his field was truly remarkable. Dr. Drossman also conducted several interactive seminars to both adult and pediatric gastroenterologists designing the lecture spontaneously based on audience questions ranging from appropriate use of psychotropics for functional gastrointestinal disorders, identification and treatment of narcotic bowel syndrome, and the importance of the doctor-patient relationship in psychotherapeutic interventions. He also gave a grand rounds presentation on treatment refractory irritable bowel syndrome which was well received. Finally, Dr. Drossman's expertise in running a functional abdominal pain program in an academic setting allowed him to provide strategic planning and business model advice to help Dr. Szigethy's VIP program grow appropriately. His personable and engaging teaching style, expertise, and generosity of time and mentorship contributed to making Dr. Drossman's visit to Pittsburgh extremely useful. His offer for ongoing mentorship in clinical, research, and educational missions of the VIP Center is priceless.