

Shua Toledano

Shua Toledano is a clinical rehabilitation psychologist. She is the head of the psychological service at the Gastroenterology Institute and also runs the Rehabilitation Psychology Internship Program at Rambam Medical Center. Prior to her current position, Shua worked as a senior neuropsychologist at The National Institute for the Rehabilitation of the Brain Injured in Haifa. Shua earned her master's degree in clinical rehabilitation psychology at Bar Ilan University and holds a certificate in family and couples therapy.

Within the Gastroenterology Institute, Shua treats patients with various conditions, such as IBD, motility disorders, and Familial Genetic Syndromes. Of those, IBD patients constitute the largest group of patients referred. Treating these patients requires a holistic approach that takes into account physical, emotional, personal, and environmental aspects which influence their well-being and ability to cope with the disease.

Shua treats the patients with time-limited psychotherapy, using various therapeutic methods, such as Cognitive Behavioral Therapy and relaxation techniques, addressing issues such as elevated stress or avoidance behavior due to various symptoms of the disease. Shua also meets with patients and their families together to work out issues like overprotection or dysfunctional modes of communication. In cooperation with the IBD nursing unit, Shua runs a support group for IBD patients, which serves as an additional therapeutic resource.