

The background of the entire page is an abstract, light blue molecular or network structure. It features various sized circles (nodes) connected by thin lines (edges). Some nodes are highlighted with a white center and a blue ring. The overall effect is a complex, interconnected web of shapes, suggesting a scientific or medical theme.

CHRONIC PAIN

TO SUPPRESS, MANAGE OR CURE?

INAUGURAL CONFERENCE

ROYAL SOCIETY OF MEDICINE, LONDON 26TH APRIL 2015



THE EVENT

Welcome to this very special SIRPA Conference 2015. This inaugural SIRPA Conference, titled: 'Chronic Pain: to suppress, manage or cure?' brings together for the first time in Europe, five pioneering US specialists and UK-based experts to share with you the leading edge of our understanding about the cause and treatment methods of chronic and persistent pain.

During this conference you will be provided with a rare opportunity to learn firsthand from our leading medical experts about the concept of stress induced illness and the mysteries of medically unexplained symptoms.

This new way of thinking leads on from the inspirational life's work of John E Sarno MD (described as 'America's Best Pain Doctor' in Forbes magazine), which focused upon the 'mind-body connection'. His findings were that in the overwhelming majority of cases chronic pain is created automatically and unconsciously as a manifestation of unresolved emotional traumas, and that by allowing these to be acknowledged consciously, the recovery process could begin.

For over four decades, Dr Sarno MD's revolutionary mind-body insights and highly successful approach, which enabled his patients to recover from chronic pain, has massively challenged the standard medical beliefs that chronic or persistent pain usually has a physical cause and can only be managed, not cured.

However, these are exciting times and through research into treatments based on this pioneering concept, our expert speakers have been gathering evidence for this groundbreaking work to be more widely accepted. Today, they will share this evidence with you through their research findings, case histories, podcasts and Q&A sessions. You will learn about how emotional stress can cause real physical symptoms as a result of conditioned responses, plus how these physical symptoms can actually be resolved.

Our experts will teach you about these maladapted stress responses, by giving you the understanding as to how chronic pain can become a learned pattern as neurologic pathways develop

in response to strong emotions. It will detail how unresolved emotions can cause chronic pain; demonstrate that patients with chronic pain can recover completely through deliberate intervention – irrespective of the pain's location, intensity and duration; and how recognising and dealing with the underlying cause(s), can be curative or healing.

"I used these principles and techniques to recover from chronic appendicitis which used to flare up and wipe me out for a week at a time with increasing frequency over the last 20 years. This is now my third year with no symptoms. These principles and techniques are allowing real people with real chronic/recurrent pain to actually recover." Adam Al-Kashi PhD

Recovery from chronic pain and illness, rather than 'management', is an exciting outcome that has the potential to revolutionise the future of conventional care. As a practitioner with an open mind to progressing your knowledge of how best to treat patients, you have everything to gain as we share with you this exciting and life changing approach to chronic pain.

We hope you thoroughly enjoy the 2015 SIRPA Conference, and that you take full advantage of the exceptional networking opportunities available to you in this inspirational environment. We can guarantee that you will leave this conference with a better understanding of just how powerful the mind-body connection is, plus the knowledge and techniques you need to help and guide your patients.

Have a wonderful day, from Georgie and the team at SIRPA.

ABOUT SIRPA™

SIRPA, which stands for Stress Illness Recovery Practitioners Association, was set up in early 2010 by Chartered Physiotherapist Georgie Oldfield, to promote the concept that chronic pain is often due to learned nerve pathways, rather than any physical 'abnormality' found. Hence full recovery is possible.

Georgie had come across the pioneering work of John E Sarno MD in early 2007, after spending years trying to answer all the inconsistencies she was regularly noticing between the symptoms her patients presented with and their diagnoses.

**“Unfortunately in Europe musculoskeletal pain due to the tension myositis syndrome is practically unrecognized by doctors, psychologists, and physiotherapists, and Mrs Oldfield is an exception to imitate.”
Dr Juan Carlos Vicente, Spain**

Reading Dr Sarno's first book produced an epiphany moment for Georgie, as everything fell into place and she realised she now had an answer to all her questions.

After researching the concept as much as she could herself, Georgie realised that in order to develop it within her own professional work, she needed to learn from the great man himself. In November 2007, Georgie travelled to New York to spend time learning from Dr Sarno. Following this, she developed her own patient recovery programme and her first educational product for patients – the TMS Recovery DVD.

Georgie has since developed strong links with other specialists working within this field in the United States. She has returned there many times to attend conferences aimed at raising the profile of this new way of thinking amongst health professionals and the general public.

ONGOING WORK

Meanwhile, Georgie continues to expand her own expertise in this field. She now considers that her life work is to develop awareness in the UK and Europe, and to provide an accessible route for other health professionals to develop a working knowledge about the cause and treatment methods of chronic and persistent pain.

THE SIRPA™ RECOVERY PROGRAMME

The SIRPA™ Recovery Programme (originally known as the TMS Recovery Programme) is now available as an online programme for patients to work through by themselves, or with the support and guidance a trained SIRPA™ Practitioner.

THE SIRPA™ PRACTITIONER TRAINING PROGRAMME

The SIRPA™ Practitioner Training Programme, which Georgie created with the support of Dave Clarke MD, is a four-day course teaching health professionals how to integrate the SIRPA approach into their own work with clients.

GEORGIE OLDFIELD MCSP

Georgie Oldfield MCSP is a leading physiotherapist, author, speaker and chronic pain specialist. She promotes a pioneering approach to resolving chronic pain through SIRPA and her clinics in London and Yorkshire.

As the founder of SIRPA, Georgie has developed the first worldwide course enabling health professionals to learn how to begin integrating the SIRPA approach, and the concept on which it is based, into their own work.

As well as her clinical work, Georgie produced the 'SIRPA online Recovery Programme' in 2011, and published her first book, 'Chronic Pain: your key to recovery', in 2014.

In 2015, as well as hosting the first SIRPA Conference in Europe, Georgie is in the process of setting up a bursary fund to help people in chronic pain access treatment using the SIRPA approach, who otherwise cannot afford to be treated.





PROGRAMME

APRIL 26TH 2015

09:00 Registration

09:30 Welcome and introduction **Georgie Oldfield MCSP**

09:50 The power of the brain: Research and clinical evidence for psycho-physiological disorders **Howard Schubiner MD**

10:30 Am I Operating on Your Pain or Anxiety? **David Hanscom MD**

11:10 Q&A session with **Howard Schubiner MD** and **David Hanscom MD**

11:20 Networking and refreshments break (30 mins) with academic posters

11:50 Case Study: A Personal Journey to Recovery **Marie Lovell**

12:00 The Evolution of Medicine from Suppressive to Curative **Adam Al-Kashi PhD**

12:30 Engaging Patients in Resolving Chronic Non Specific Low Back Pain **Mags Clark-Smith MA**

13:00 "All Stressed Up and Nowhere To Go" **Wayne Kaspers MRCPsych**

13:30 Q&A session with **Adam Al-Kashi PhD**, **Mags Clark-Smith MA** and **Wayne Kaspers MRCPsych**

13:40 Lunch Break (60 mins) with academic posters and delicious catered lunches, snacks, and coffee.

14:40 Solving Medical Mysteries: Stress and Medically Unexplained Symptoms **David D Clarke MD**

15:20 "No Matter How Hard I Try..." Surmounting the Challenges in Treating Psychophysiological Disorders
Frances Sommer Anderson PhD SEP

16:00 Existential Psychotherapy (EP) **Peter Zafirides MD**

16:40 Q&A session with **David Clarke MD**, **Frances Sommer Anderson PhD SEP**, and **Peter Zafirides MD**

16:50 Finish, feedback forms and informal socialising where time permits

17:30 Conference closes

09:50 am

Howard Schubiner MD

The power of the brain: Research and clinical evidence for psycho-physiological disorders

This presentation will review the data on how widespread psycho-physiological disorders (PPD) are and the range of presentations that can occur. Dr. Schubiner will detail the neurological and psychological research evidence that demonstrates how and why the brain creates these syndromes. Finally, there will be a review of recent outcome studies and a presentation of clinical vignettes to describe key concepts in the diagnosis and treatment of PPD.

10.30 am

David A. Hanscom MD

Am I Operating on Your Pain or Anxiety?

The presence of disruptive anxiety and/or depression has a negative impact on surgical outcomes yet less than 10% of surgeons address this before deciding on surgery. Dr. Hanscom will detail how by calming down the nervous system prior to elective surgery, outcomes have been more predictable and many patients, even with surgical lesions, have avoided surgery. Current criteria prior to surgery are: [1] Significant reduction in anxiety [2] Must be getting adequate sleep for at least six weeks [3] Medications must be stabilised, and [4] Surgery is only done for a structural problem with matching symptoms.

11:50 am

Marie Lovell

A Personal Journey to Recovery

After 10 long years of recurring back pain culminating into six months of deeply agonising and debilitating pain, Marie Lovell shares her personal journey to recovery using the SIRPA approach, in this honest and inspiring case study.

12 noon

Adam Al-Kashi PhD

The Evolution of Medicine from Suppressive to Curative

Why does an emotional cause for illness make so much sense to some, yet remain far-fetched or even offensive to others? And how can three fundamentally opposed approaches to health and medicine all be right? In this talk, Dr Al-Kashi will review the human experience, clinical reality and underlying structure of health and medicine from the biomedical, biopsychosocial and psychophysiological perspectives, and discuss the value and implications of a developmental approach to health engagement.

12:30 pm

Mags Clark-Smith MA

Engaging Patients in Resolving Chronic Non Specific Low Back Pain

This talk presents case study examples of resolving chronic pain and rebalancing the Autonomic Nervous System (ANS). Illustrating the emerging consensus that treatment of chronic pain could be improved by a new approach, and how critical the relationship is between patient and medical practitioner in resolving chronic low back pain (CLBP).

01:00 pm

Wayne Kampers MBChB LMCC MRCPsych

All Stressed Up and Nowhere To Go

Dr Kampers will speak about his own personal experience of living with debilitating chronic pain, including: the initial biomedical diagnosis, numerous appointments with therapists and specialists, extensive tests, heavy medication, physical therapies, alternative therapies, spinal injections and more. He will explain his experience of coming across Dr Sarno's work and then undertaking the TMS (now SIRPA) Recovery Programme.

02:40 pm

David D Clarke MD

Solving Medical Mysteries: Stress and Medically Unexplained Symptoms

Patients with psycho-physiological disorders (PPD) comprise one in three primary care patients. This talk will review a diagnostic approach to these patients comprising a six step process: obtain a careful chronology of the illness, assess for current life stresses, inquire about childhood stress and screen for Depression, PTSD and Anxiety Disorders. A therapeutic approach to some of the more common and complex issues will be outlined and illustrated with many case histories.

03:20 pm

Frances Sommer Anderson PhD SEP

"No Matter How Hard I Try..." Surmounting the Challenges in Treating Psychophysiological Disorders

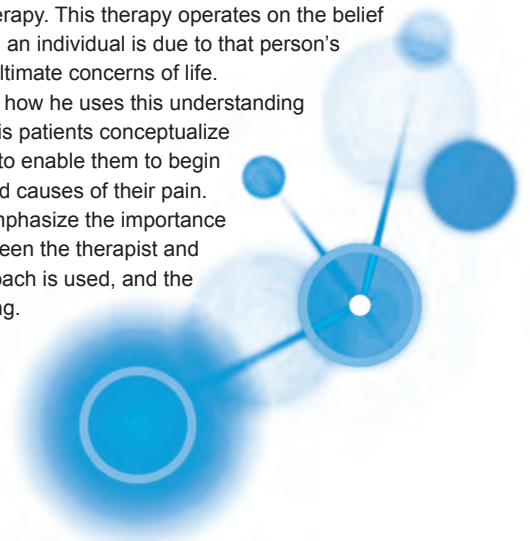
This presentation supports the healthcare practitioners who treat people with psycho-physiologic pain and similar disorders, by addressing: [1] Why a client does not experience relief from their symptoms as quickly as they believe they 'should' [2] Why a patient is experiencing an increase, rather than a decrease, in symptoms [3] Handling the frustrations and demands of loved ones who may be putting pressure on both patient and practitioner for a faster recovery [4] How to motivate the patient who does not engage adequately with the 'homework' [5] How to treat a patient who recovers well from one symptom but seems to 'guard' another from recovery.

04:00 pm

Peter Zafirides MD

Existential Psychotherapy (EP)

One of the methods of therapy that Dr Zafirides has found to be extremely helpful in his work with people with chronic pain is Existential Psychotherapy. This therapy operates on the belief that inner conflict within an individual is due to that person's confrontation with the ultimate concerns of life. Dr Zafirides will explain how he uses this understanding and approach to help his patients conceptualize their concerns in order to enable them to begin to address any identified causes of their pain. Dr Zafirides will also emphasize the importance of the relationship between the therapist and patient, whatever approach is used, and the effect this has on healing.





BIOGRAPHIES



Howard Schubiner MD

Howard Schubiner is board certified in paediatrics and internal medicine. He is the director of the Mind Body Medicine Center at Providence Hospital in Southfield, MI, and is also a Clinical Professor at Wayne State University School of Medicine.

He has authored more than 60 publications in scientific journals and books, and has given more than 250 lectures to scientific audiences regionally, nationally, and internationally.

Dr. Schubiner has consulted for the American Medical Association, the National Institute on Drug Abuse, and the National Institute on Mental Health. He is a senior teacher of mindfulness meditation and is currently conducting NIH-sponsored research on fibromyalgia.



David A. Hanscom MD

David Hanscom is an orthopaedic surgeon who has been performing complex spinal surgery since 1986. In this time, he has amassed significant expertise in treating both adult and paediatric patients with a wide range of spinal conditions, including deformities, fractures, tumours and infections.

Currently working for Swedish Neuroscience Specialists in Seattle, David practices as part of a team to optimise nutrition, mental approach, medications, physical conditioning, and overall health.

He also spends a large part of his practice devoted to helping patients who have suffered multiple failed spinal surgeries.



Adam Al-Kashi PhD

Adam Al-Kashi is Head of Research for SIRPA and BackCare – the UK's national back and neck pain charity. He is also founder of Rethink Medicine, a global think tank supporting optimised practice at every stage of health engagement.

Adam began his career as a traditional pharmacologist researching drugs designed to suppress the body's ability to express symptoms, whereby it soon became clear to Adam that symptom suppression bore little relation to health in its fullest sense.

This began an exploration of means through which the mind and body could be enabled rather than suppressed, offering new horizons by embracing the stages of 'health engagement'.



Mags Clark-Smith MA

Mags Clark Smith has an academic background in taught movement analysis, dance and choreography at The University of Lancaster.

Her specialisation is in non-verbal communication and psychology, and she lectures in the neurophysiology of chronic pain in the UK and Ireland, where she is an active member of Chronic Pain Ireland and The Irish Pain Society.

As a skilled movement specialist, Mags treats patients with non-specific low back pain and pregnancy related pelvic girdle pain. She is a trained Stress Illness Practitioner and an Executive Board member of SIRPA.



Wayne Kampers MBChB LMCC MRCPsych

Wayne Kampers was born and raised in South Africa, and qualified as a doctor of Medicine at the University of Cape Town Medical School. Prior to becoming a Psychiatrist, he was the Medical Director and Chief Physician of a busy General Practice in Canada.

He has lived in the UK since 1994 and completed his Psychiatric Specialist training in London, in 2003. He is now in full-time private practice as a Staff Consultant Psychiatrist at The Priory Hospital, Roehampton, and has a busy Harley Street Private Practice.

His specialisms include: addictions, adults and children on the autistic spectrum, mental health disorders and chronic pain.



David D Clarke MD

David Clarke is President of the Psychophysiologic Disorders Association; Assistant Director at the Center for Ethics, and is the Clinical Assistant Professor of Gastroenterology Emeritus, both situated at Oregon Health & Science University in Portland, USA. He is Associate Faculty at Arizona State University.

He is board-certified in Gastroenterology and Internal Medicine and practiced Gastroenterology in Portland from 1984 to 2009, where he has successfully cared for over 7000 patients with unexplained symptoms or chronic functional syndromes. He has received numerous awards for patient care. He has been a Visiting Professor at the Royal Children's Hospital in Brisbane, Australia, and at Oxford University, England.



Frances Sommer Anderson PhD SEP

Frances Sommer Anderson is a psychologist, psychoanalyst, and pain and trauma specialist, who has practiced in the field of physical rehabilitation medicine for over four decades.

In 1979, she began treating John E. Sarno, MD's pain patients at Rusk Institute NYU Langone Medical Center and continued to specialise in treating pain, collaborating with Dr Sarno until he retired from medical practice in 2012.

Frances is a founding member of the Psychophysiologic Disorders Association. She is internationally recognised for her psychoanalytic publications about the body and pain, and for her experiential teaching style. Frances was invited to give the 22nd Annual John Bowlby Lecture in April 2015.



Peter Zafirides MD

Peter Zafirides is a Clinical Assistant Professor at The Ohio State University Department of Psychiatry, and is President and Co-Founder of Central Ohio Behavioral Medicine Inc, (COBM) – a 16-clinician, multidisciplinary private behavioural health care facility.

He is Medical Director of the Homeless Team at Southeast, Inc, in Columbus. He has published articles and lectured internationally on the psychiatric treatment of chronic pain and has spoken nationally on multiple aspects of psychiatry.

Peter has received the "Best Doctors In America" recognition in psychiatry for seven consecutive years since 2005 and has been recognised with a "Patients' Choice Award" in 2008 and 2010.

SPONSORS

