

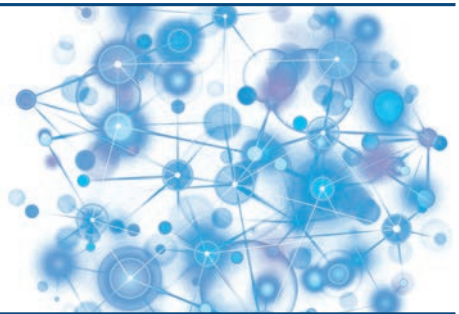


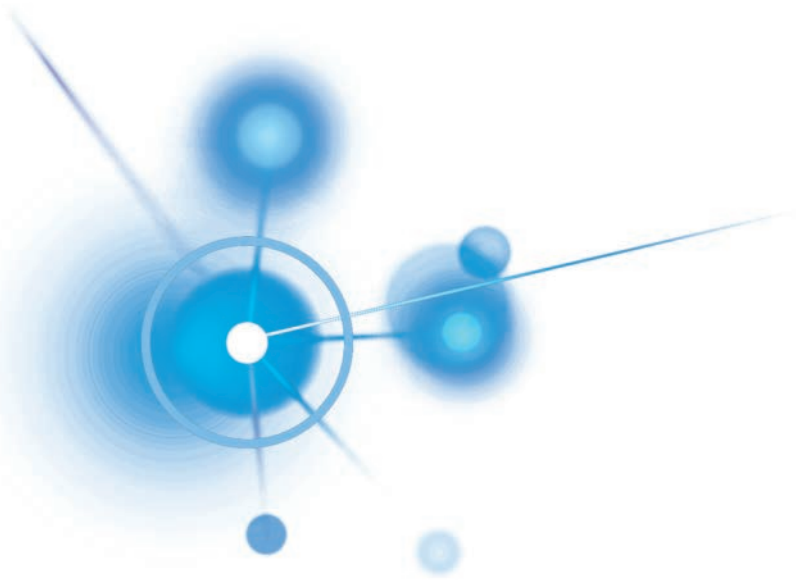
CHRONIC PAIN

THE ROLE OF EMOTIONS

ROYAL SOCIETY OF MEDICINE, LONDON

15TH OCTOBER 2017





THE EVENT

Welcome to our very special SIRPA Conference 2017. This Conference, titled: 'Chronic Pain: the role of emotions' is pushing the boundaries of the understanding of the cause and treatment of chronic pain, with some of the leading lights in this pioneering field having traveled over from the United States to present their clinical and research findings.

This is an exciting opportunity to begin to understand how to identify and treat the underlying causes of chronic pain and other persistent conditions, with the aim of enabling individuals to 'recover' and regain their lives.

The foundation of our approach is the pioneering work of John E Sarno MD – described as 'America's Best Pain Doctor' in Forbes magazine – who found that most chronic pain is a manifestation of unresolved or avoided emotional turmoil. For over four decades, Dr Sarno's work enabled tens of thousands of people to recover from debilitating chronic pain and other symptoms using a non-physical, mindbody approach.

**"My congratulations on a great event. In the past seven years I have attended many events on Chronic Pain throughout Europe. I can honestly say that your event and one I attended in Brussels last November were the best I ever attended." John Lindsay,
Chair of Chronic Pain Ireland**

Sadly Dr Sarno died in June this year, the day before his 94th birthday. This conference will be in memory of this remarkable man whose work continues to evolve and change lives through his writing and through those of us who continue to promote and build on his insightful findings.

Joining us today are some of the leading specialists in this field who will be explaining the evidence base related to this approach and the concept on which it is based. We also have a fantastic keynote speaker, the award-winning science journalist and best-selling author, Donna Jackson Nakazawa who will be discussing the wealth of research that demonstrates an unequivocal link between adverse childhood experiences and ill-health, including chronic pain, in later life.

Over the past 10 years, the pain science and evidence base has begun to catch up and is demonstrating that chronic pain is a result of activated neural pathways, primarily in the emotional/limbic part of the brain. Studies using functional MRI's are now helping us understand the changes in the brain when someone develops chronic pain. Howard Schubiner MD will briefly explain the study he and his colleagues have been undertaking this year which will demonstrate the changes in the brain after people with chronic pain have undertaken an emotionally-focused recovery programme.

We hope you thoroughly enjoy our 2017 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 some techniques which will enable you to support and guide your clients.

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 further afield, 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 available as an online programme for patients to work through by themselves, or with the support and guidance of a trained SIRPA™ Practitioner.

THE ONLINE SIRPA™ PRACTITIONER TRAINING PROGRAMME

Launching in 2018, the online SIRPA™ Practitioner Training Programme is an interactive modular course created by Georgie. Based on the physical SIRPA Practitioner training she has been

running since 2010, it is aimed at health professionals around the world who are interested in learning this mind-body recovery approach to chronic pain and other persistent health conditions. A solid background of the concept and the evidence-base supporting it will be included and how to integrate the SIRPA™ approach into their work with their own clients. Ongoing support will also be available to provide additional information, support and guidance through a monthly membership scheme which will include a peer support forum, webinars and online access to additional materials.

GEORGIE OLDFIELD MCSP

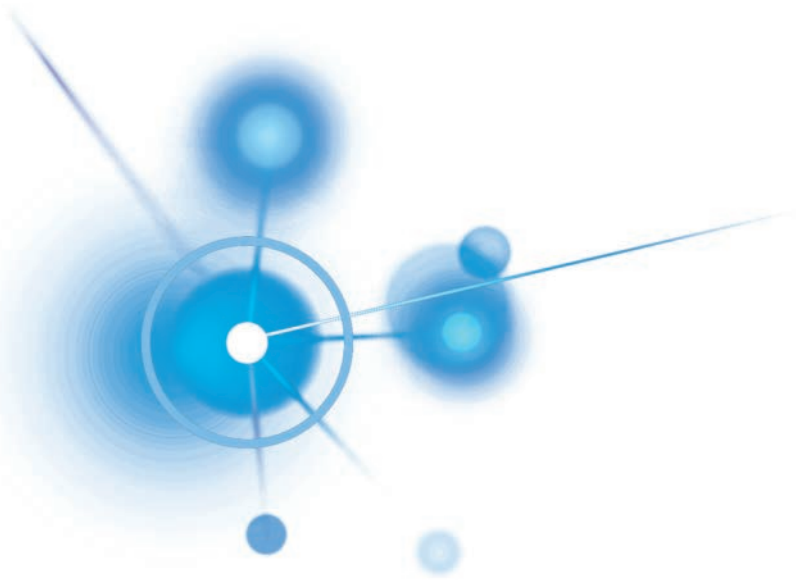
Georgie Oldfield MCSP is a leading physiotherapist, author, speaker and chronic pain specialist. She promotes a pioneering approach to resolving chronic pain through SIRPA and her clinics in London and Yorkshire.

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, which has just been published in Spanish.

In 2015 Georgie hosted the first Chronic Pain conference outside of the US and in 2018 Georgie will launch her online training programme to help spread this exciting work even further.





PROGRAMME 15TH OCTOBER 2017

09:00	Registration
09:30	Georgie Oldfield MCSP Welcome and introduction
09:50	Donna Jackson Nakazawa Trauma, Chronic Pain and Illness, and How to Heal
10:35	Q&A Session
10:50	Matt Kinal MCSP MSc Understanding psychophysiological conditions through the evidence base
11:20	Coffee Break
11:50	Howard Schubiner MD Hidden in Plain Sight: Diagnosis and treatment of PPD
12:30	Sally l'Anson Her Personal Recovery Story after 'failed' back surgery
12:45	David D Clarke MD Exploring the links between ACEs and Medically Unexplained Symptoms
13:25	Q&A session
13:40	Lunch
14:40	Christos Christophy DPsych Dr John Sarno's Protocols: Through the Lens of My Research Findings
15:10	David A. Hanscom MD Treating Chronic Pain: A Whole Person Approach
15:50	Angela Cooper DClinPsy, R.Psych The use of Intensive Short-term Dynamic Psychotherapy in the treatment of Chronic Pain
16:30	Q&A Session with all speakers
17:00	Finish

09:50 am

Donna Jackson Nakazawa

Trauma, Chronic Pain and Illness, and How to Heal

Over the past decade, scientists have discovered that childhood trauma often leads to lifelong struggles with mental and physical health and chronic pain. Early chronic stressors shape our biology in ways that pre-determine our adult health. In other words, your biography becomes your biology. In this talk, award-winning science journalist and author Donna Jackson Nakazawa blends cutting-edge science with what she learned while interviewing nearly fifty patients and researchers in order to shine a light on how the emotional trauma we suffer as children not only shapes our emotional lives as adults, but affects our physical health.

10:50 am

Matt Kinal MCSP MSc

Understanding psychophysiological conditions through the evidence base

It is difficult to show an exact causal relationship between stress and pain, but the evidence that stress is associated with the onset of pain is growing. Matt will highlight how stress plays a significant role in the onset of pain. He will also describe possible neurophysiological mechanisms by which stress can trigger pain. With this in mind, if healthcare professionals begin screening for stress in the acute stages it may help prevent the transition from acute to chronic pain.

11:50 am

Howard Schubiner, MD

Hidden in Plain Sight: Diagnosis and treatment of PPD

This talk will introduce the concept of psychophysiologic disorders (PPDs) and review the evidence for the underlying basis for them. Dr. Schubiner will provide an algorithm for physicians and therapists to differentiate between structural disorders and PPDs. He will also discuss the basics of the treatment of PPD, including educational, cognitive, behavioral, and emotion focused interventions. Finally he will present some recent research findings on treatment.

12:30 pm

Sally I'Anson

Her Personal Recovery Story after 'failed' back surgery

Sally will describe the impact debilitating back pain and sciatica had on the end of her pregnancy and the first year of Motherhood and her journey through the conventional medical world as she desperately tried to find an answer to her pain. Only after realising that even surgery for a prolapsed disc didn't change anything did she eventually come across this concept and began to believe maybe there was an answer. Sally will then talk about how she managed to make a full recovery and eventually overcame her fears of having another baby.

12:45 pm

David Clarke MD

Exploring the links between ACEs and Medically Unexplained Symptoms

Adverse Childhood Experiences (ACEs) are strongly associated with unexplained pain (and other physical symptoms) in adults.

Understanding the connections between ACEs and symptoms can help clinicians to diagnose more accurately and patients to recover more quickly. In this talk you will learn the process linking ACEs to pain and other symptoms in adults, pathways of personality evolution during adult recovery from ACEs

And treatment measures to alleviate physical symptoms that result from this process.

14:40 pm

Christos Christophy DPsych

Dr John Sarno's Protocols: Through the Lens of My Research Findings

This talk will look in depth at some of the main tenets of John Sarno's treatment protocol set out in his first book 'Healing Back Pain,' through the lens of my recent doctoral research project findings. I'll propose why and how these protocols work and discuss how his treatment approach also reveals interesting and profound things about pain and embodiment. This research has taken place within the UK, using an in-depth qualitative methodology, with two main aims; to increase understanding of chronic pain and to apply this understanding clinically to recovery.

15:10 pm

David A. Hanscom MD

Treating Chronic Pain: A Whole Person Approach

Extensive research has demonstrated that many factors affect pain. All of them are important and must be addressed simultaneously with the patient taking charge of his or own care. These factors include sleep, stress, medications, physical conditioning, and life outlook. By breaking pain down into its component parts, it is a solvable problem. This talk will present an overview of the process and some details of the first of four stages.

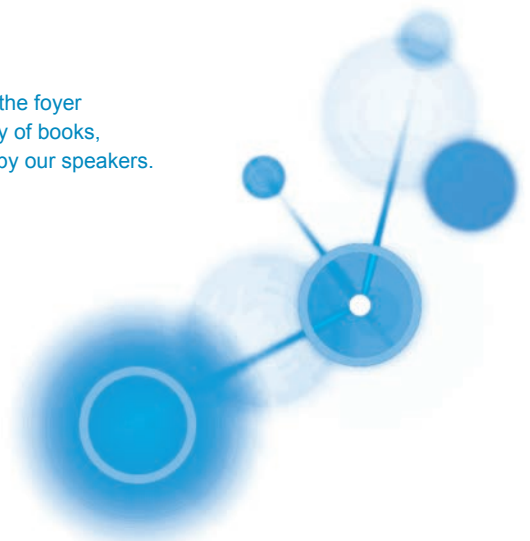
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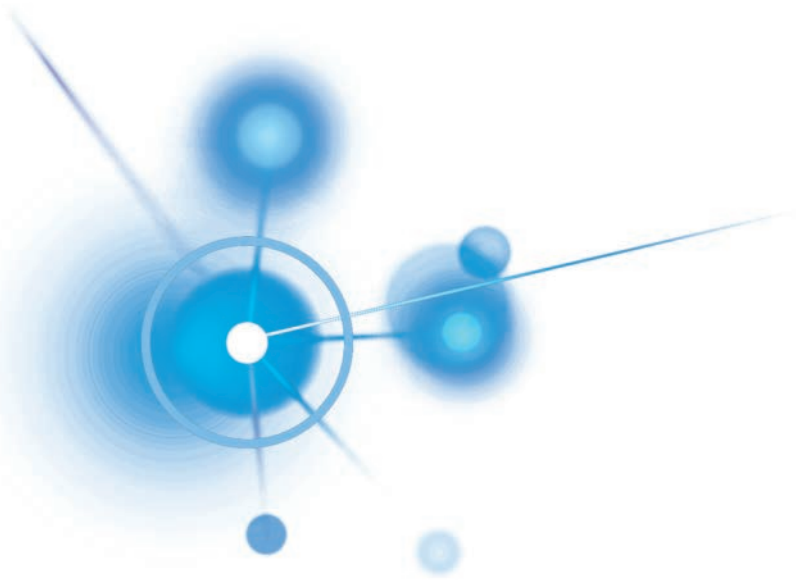
Angela Cooper DClinPsy, R.Psych

Diagnosing and Treating Emotional Factors in Mind-Body Symptoms

Patients with mind body symptoms (MBS) often present with physical difficulties for which investigations fail to reveal any organic pathology. ISTDP is an effective, low risk, cost efficient psychological assessment and treatment method. The model focuses on emotions and how they can be converted into bodily symptoms; it seeks to interrupt this process to bring about healthier means of emotional expression, self-care, decreases in symptoms and growth in wellbeing across various areas of functioning.

There is a book stall in the foyer which will have a variety of books, including those written by our speakers.





BIOGRAPHIES



Donna Nakazawa

Donna Jackson Nakazawa is an award-winning science journalist and public speaker, whose work explores the intersection between neuroscience, immunology, and the deepest inner workings of the human heart. Her most recent book, **Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal** (Atria Books / Simon & Schuster, 2015), examines the relationship between childhood adversity and adult physical health, and guides readers facing chronic illness toward healing and transformation. Her other works include **The Last Best Cure** (Hudson Street Press / Penguin, 2013), **The Autoimmune Epidemic** (Touchstone, Simon & Schuster, 2008, 2009) and **Does Anybody Else Look Like Me?** (Perseus, 2003). Nakazawa lectures nationwide.



Matt Kinal MSc MCSP

Matt Kinal MSc MCSP is a Specialist Pain Physiotherapist and an accredited SIRPA Practitioner. He originally began his career working in professional sport before acquiring an interest in pain physiology and complex pain conditions. He has an MSc in Pain science and a particular interest in the physiological impacts of stress and how this affects pain. He has been a SIRPA practitioner since 2012 and in 2013 Matt set up the Bristol Pain Relief Centre, a service that provides treatment for people with long-term pain in Bristol and the South west of England. Matt also regularly teaches the physiological effects of stress to physiotherapists and other healthcare professionals.



Howard Schubiner

Howard Schubiner MD is board certified in paediatrics and internal medicine, and is the Director of the Mind Body Medicine Center at Providence Hospital in Southfield, MI. He has authored more than sixty publications in scientific journals and books, and has given more than 250 lectures to scientific audiences regionally, nationally, and internationally. He is a senior teacher of mindfulness meditation and is currently conducting NIH-sponsored research on fibromyalgia. His book **Unlearn Your Pain** contains a comprehensive guide to healing mind body disorders. Dr. Schubiner published 'Unlearn Your Anxiety and Depression' in 2014 and is on the Board of Directors of the Psychophysiologic Disorders Association (PPDA).



Dave Clarke

David Clarke MD is President of the Psychophysiologic Disorders Association. He is also Assistant Director at the Center for Ethics and is the Clinical Assistant Professor of Gastroenterology Emeritus, both situated at Oregon Health & Science University (OHSU) in Portland, Oregon, USA. Dr Clarke is a Faculty Associate 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 and has lectured extensively on Psychophysiologic Disorders across the U.S. and Europe. Dr Clarke is also the author of the book, **They Can't Find Anything Wrong: 7 Keys to Understanding, Treating and Healing Stress Illness**.



Christos Christophy

Dr Christos Christophy is a London born psychotherapist with an academic background in psychology, neuroscience and biotechnology. Personal experience inspired him to recently complete a doctoral research project into chronic pain at The New School of Psychotherapy and Counselling, founded by Prof. Emmy van Deurzen. His clinical time as a psychotherapist is divided between private practice and St Mungo's, which is the largest homelessness charity in London. Where he delivers specialist mental health services to clients with enduring mental health and/or substance misuse issues and provides clinical supervision to staff teams. He has also devoted considerable time to cultivating the use of esoteric disciplines such as yoga and meditation as tools for personal and clinical development.



David Hanscom

David A Hanscom MD is an orthopaedic surgeon who has been performing complex spine 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, Dr Hanscom practices as part of a team to optimise nutrition, mental approach, medications, physical conditioning, and overall health. His goal for patients is not just to live with pain or manage it, it is to be pain free, which he has now helped become a reality for hundreds of his patients, with the help of his book, **Back in Control: A Surgeon's Roadmap Out of Chronic Pain**.



Angela Cooper

Dr Angela Cooper is an Assistant Professor at Dalhousie University, Halifax, Canada and a Chartered Clinical Psychologist specializing in Intensive Short Term Dynamic Psychotherapy (ISTDP). Dr Cooper currently works at the Centre for Emotions and Health and is undertaking a three-year pilot project to provide consultation, assessment, treatment, teaching and research using ISTDP to address the unconscious emotional processes that are believed to underlie many physical and somatic difficulties such as chronic pain, chest pain, fibromyalgia, gastrointestinal issues, headache, migraine, memory difficulties, muscle weakness and other mind body problems. She has an ongoing passion for disseminating the ideas and learning from ISTDP in ways that all health professionals can benefit from.

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"Alison helps me to cope with my back problem"

Helen, West Sussex

Alison is a complementary therapist.

Alongside standard medical care, she provides ongoing comfort and support to Helen, to help her live life to the full.



To find a professional therapist like Alison, visit the FHT's Complementary Healthcare Therapist Register, which has been independently accredited by the Professional Standards Authority for Health and Social Care:

www.fht.org.uk/findatherapist

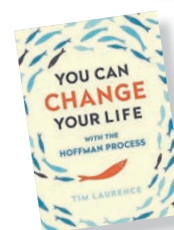
...hoffman...

"A high percentage of chronic pain is a 'Mind-Body Syndrome' that is solvable.

The Hoffman Process is a course that looks at your entire life as a mind-body experience, making it easier to examine, acknowledge, and treat both simultaneously..."

David Hanscom

Spinal Surgeon &
SIRPA conference speaker



For more information about the Hoffman Process and a free copy of the book *'You Can Change Your Life,'* visit www.hoffmaninstitute.co.uk/complimentary-book

When you're serious about change