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# CHRONIC PAIN: CUTTING EDGE RESEARCH AND ITS CLINICAL APPLICATIONS

VENUE: 1 WIMPOLE ST, HOME OF THE ROYAL SOCIETY OF MEDICINE

— 24TH SEPTEMBER 2022 —

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# THE EVENT

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**W**e welcome you to SIRPA's third conference which is being hosted at the home of the Royal Society of Medicine in London. Again, we have an international line-up of experienced, engaging and highly regarded speakers who will be helping us raise awareness of the importance of understanding the up-to-date pain science when helping patients with chronic pain. This understanding allows us to address the underlying causes of the pain, rather than just treating the symptoms. While also retraining the brain this allows us to focus on recovery, rather than management.

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**Testimonial from 2017: Dr Martin Johnson, Vice-President of the British Pain Society, Royal College of General Practitioner's Lead for Chronic Pain & Co-chair of the Chronic Pain Policy Coalition, said:** "I will freely admit, having dealt with chronic pain for over 25 years, that I was very sceptical about Georgie's work.

Attending the SIRPA conference completely changed my mind! Without exaggeration the conference was one of the most interesting and enjoyable meetings I have been to for years. Here was something different that made sense of many of the anomalies that I have witnessed in pain medicine for years.

The speaker presentations were of the highest quality, presenting high grade evidence and rationale scientific explanations for ACE theories. I will be very happy to support SIRPA in the future and look forward to the next conference."

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 identified that, when any tissue damage has been ruled out, ongoing chronic pain is often a manifestation of unresolved, or avoided, emotional turmoil/trauma. For over four decades, this insight enabled tens of thousands of his patients recover from debilitating chronic pain and other persistent symptoms using a non-physical, mindbody approach. Sadly, Dr Sarno died in June 2017, just a day before his 94th birthday. However, his memory lives on through the advancement of his work as more and more health professionals become involved worldwide and as the evidence base grows.

For example, over the past 10-15 years, science has been catching up to support the theory that where pain persists after any tissue damage has been ruled out, this is due to activated neural circuits that have become learned and sensitised, with the brain becoming overly protective.

Studies have also found that many psychosocial factors are involved in why pain persists, including past trauma (e.g. adverse childhood experiences), depression at the time of the injury, beliefs that pain might be permanent, anxiety, certain personality traits and loss of hope. Our perception of pain has also been found to be affected by a number of factors, including past experiences, perceived injustice, fear, anxiety, rumination, learned behaviours and beliefs etc.

Alongside the extensive research demonstrating the lack of link between pain and 'abnormal' findings on X Rays and MRI scans, it is clear that it is our duty as clinicians to look beyond the physical when treating patients with chronic pain.

We hope you thoroughly enjoy our 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. This understanding, and some strategies you will hear about today, will help you support and guide your clients on their own recovery journeys.

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

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# ABOUT SIRPA™

**S**IRPA, which stands for Stress Illness Recovery Practitioners Association, was set up in early 2010 by Chartered Physiotherapist Georgie Oldfield. 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. 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. At that time there was little awareness of his work in the UK and Europe so, after researching the concept as much as she could herself, Georgie reached out to Dr Sarno who invited her to observe his work at the New York University School of Medicine.

**Testimonial from 2017: John Lindsay, Chair of Chronic Pain Ireland, said:**  
“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. I never lost interest throughout both meetings. I was really impressed by your speakers and as a result of attending the event I am going to re-evaluate our approach to Self Management of Chronic Pain.”

Following this, she developed an online pain recovery programme for the public, which has recently been updated with the support of a number of SIRPA Practitioners. Since her first visit to the Dr Sarno in 2007 Georgie began to develop strong links with other specialists who had also begun working within this field in the United States, including some of the speakers attending the conference today. In the early days she returned to the US on a number of occasions to attend conferences aimed at building on Dr Sarno's work and raising the profile of this mindbody approach to the treatment of chronic pain where the emphasis, where possible, is on recovery rather than management.

## ONGOING WORK

Since then Georgie continued to expand her own understanding and expertise and due to the lack of awareness in the UK, in 2010 she set up SIRPA, the training organisation. In order to create an easier route for people interested in integrating a mindbody approach into their work with chronic pain and other persistent symptoms, through SIRPA, Georgie created the first training in this field.

Due to demand for the training to be more easily accessible and for more ongoing support once practitioners had undertaken the training, in 2018 the training was moved online and the SIRPA membership was created. This training and the membership continue to evolve and in the past year SIRPA's membership

has also benefited from the support of a membership board. The board is made up of experienced members who are not only excellent clinicians but are also passionate about this work and in supporting their peers and raising awareness of this concept and approach.

Zoe Thompson joined SIRPA as a PA in 2015 and she quickly became an integral part of SIRPA as our Operations' Manager. As a therapist herself and with a background in the corporate world, which included developing online courses, she played a major role in helping to move SIRPA's training online. Sadly, for SIRPA, Georgie and our members, Zoe will be leaving us after this conference to focus on developing her own business. Although we are saying goodbye to her as SIRPA's Operations' Manager we will still retain links with Zoe. This will be through her role as one of our Clinical Supervisors and also because many of our practitioners will continue to benefit from her 'Build it Brilliant' business where she supports health professionals to start, grow and scale their businesses.

## GEORGIE OLDFIELD MCSP

Georgie Oldfield MCSP is a leading physiotherapist, author, speaker and chronic pain specialist. As the founder of SIRPA, Georgie developed the first course in this field worldwide, enabling health professionals to learn how to integrate the SIRPA approach, and the concept on which it is based, into their own work.

As well as her clinical work, Georgie created the 'SIRPA online Recovery Programme' in 2011, which she completely revamped in 2021 while including excellent content from some experienced SIRPA Practitioners.

In 2014 she published her first book, '**Chronic Pain: your key to recovery**' which was then published in Spanish.

In 2015 Georgie hosted the first Chronic Pain conference outside of the US, followed by another in 2017. After some delay, at last Georgie and her team are able to present today's conference, with this event being the first to be hybrid, enabling hundreds more people to join us online.





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# MEMBERSHIP BOARD

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**I**n May 2021, as a result of our growing membership, we felt it was the right time to consider creating a board of experienced SIRPA-trained practitioners. Since then, we have become a close-knit group with our board, who have been involved in all decisions related to support and development of SIRPA's members and the membership as a whole. Find out more about our board members below.



**Tania Miller**  
**McTimoney Chiropractor**

After a light bulb moment of meeting Georgie, Tania joined the SIRPA Practitioner family in 2015 and resolved her own chronic back pain and the constant need for a regular 'fix' of manual therapy. She continues to work as a Chiropractor and works to educate clients about how they can help themselves and change their thinking around pain. She also remains an advocate of the power of touch, kindness, play and a listening ear in facilitating healing.



**Pippa Cossens**  
**Award Winning Osteopath**

Discovering SIRPA was life changing both personally and professionally. Since 2017 not only has Pippa recovered from Fibromyalgia and trained with SIRPA but 'Osteopathy For All' won Practice of the Year for being 'a chronic pain clinic with a difference'. This year Osteopathy For All's online pain recovery platform and community, 'Change Your Pain', was launched and Pippa climbed Britain's 3 highest peaks to raise money for charity and to offer hope of recovery to others experiencing chronic pain.



**Irralee Andrzejowska**  
**Physiotherapist**

After 30 years of CPD courses as a physiotherapist, by far the most profound impact and personal satisfaction has come from my SIRPA Practitioner training and exploring the evidence-based mindbody approach for chronic pain. I am also completing certification in Embodied Processing which delves deeper into the bottom-up processing of somatically stored stress and trauma. I published an article in the winter 2021 edition of the InTouch Physiotherapy Journal, and I am presenting at the Anaesthetic, Critical Care and Pain forum next week in Portugal.



**Catherine Pollit**  
**Physiotherapist**

Thrilled to be part of this exciting and evolving field of healthcare, Catherine created her structured 10-step programme, 'Freedom From Pain', and set up her online clinic to help people all around the world. Recognising the importance of selfcare & setting effective boundaries in our busy modern lives, Catherine also trained to become the UK's first Levin Life Coach™. As she guides her clients, 1:1 or in groups, towards relief and recovery, Catherine encourages them to focus on their own needs & wishes, reigniting their confidence & letting their inner strength shine!



**Carole Randell**  
**Psychotherapist**

Carole has lived and learnt experience of M.E and Fibromyalgia. From her life experiences and clinical knowledge Carole set up her company, 'Chronic Pain Relief Online Clinic'. The clinic offers 1:1 appointments as well Carole's online recovery programme – 'Finding your Why' to support clients who struggle with long-term unexplained chronic pain. The latest addition to the online clinic is The MindBody Learning Zone, a co-creation between herself and her associate Amanda Collins. Carole also co-delivers SIRPA's 12-week Mindbody Wellness Group Coaching Programme.



**Zoe Thompson**  
**SIRPA's Operations Manager**

Within my 15yrs of experience of designing and building online programmes I have delivered wellbeing solutions for Britvic, Burberry and Michael Page to name a few. I love how technology can bring people together and support them to create a life they'll love. I have spent the last 7yrs supporting SIRPA as their Operations Manager and I'm also a clinical Supervisor. Through my company Build it Brilliant I hope to help more people spread the message of hope and integrate this wonderful approach into their work.

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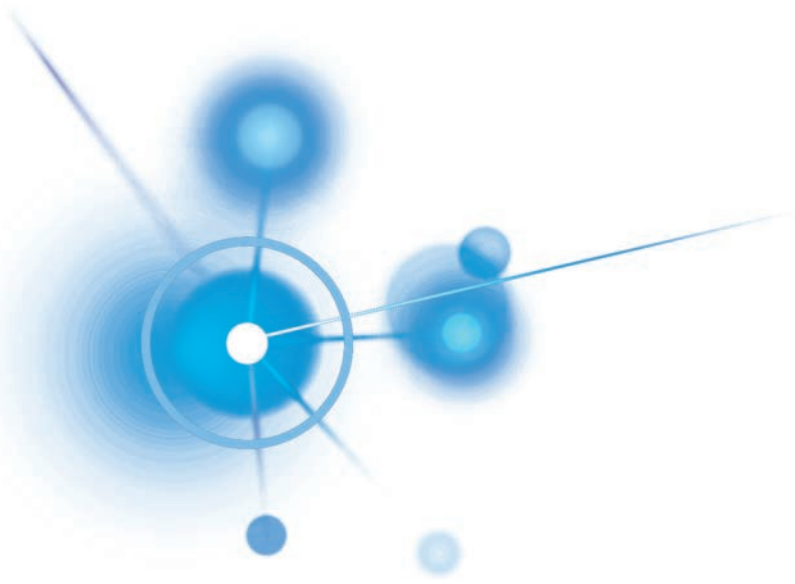
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# PROGRAMME 24<sup>TH</sup> SEPTEMBER 2022

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<b>09:00</b>	<b>Registration</b>
09:30	<b>Georgie Oldfield MCSP</b> Welcome and introduction
09:55	<b>Howard Schubiner MD</b> The role of neural circuitry of the brain in pain: emerging neuroscience, research and clinical applications
10:35	<b>David A. Hanscom MD</b> Anxiety: Another Name for Pain
<b>11:15</b>	<b>Coffee Break</b>
11:35	<b>Silje Endresen Reme PsyD, PhD</b> Can chronic pain be prevented? Psychological interventions to prevent pain after surgery
12:15	<b>David D Clarke MD</b> When Progress Stalls
12:55	Q & A Session with morning speakers
<b>13:20</b>	<b>Lunch</b>
14:20	<b>Saskia Sparmacher</b> Success Story
14:40	<b>Tor D Wager PhD</b> Chronic pain: From brain circuits to psychological intervention
<b>15:20</b>	<b>Comfort break with a somatic meditation led by SIRPA-trained Physical Therapist, Jim Prussack</b>
15:30	<b>Dr Leo Russell</b> Intensive Short-term Dynamic Psychotherapy in the Treatment of Functional Symptoms: Demystifying the link between emotions and symptoms
16:10	<b>Penny George</b> Mindbody Medicine UK
16:30	Q & A Session with all speakers
<b>17:00</b>	<b>Finish</b>





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# TALK DESCRIPTIONS

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**09:30 am**

**Georgie Oldfield MCSP**

Welcome, Introduction and Update

Georgie will briefly talk about the exciting developments in this field since the first international conference in 2009, from clinician's 121 work with clients, the development of online patient programmes and training for health professionals, to conferences and online summits as well as the publishing of research studies and books etc. At last there is more awareness in the western world of the impact stress, trauma and emotions have on the development and perpetuation of pain and therefore importance of including this understanding in the diagnosis and treatment of chronic pain. Together, globally we are all making a difference and changing the way chronic pain is understood, diagnosed and treated.

**09:55 am**

**Howard Schubiner MD**

The role of neural circuitry of the brain in pain:  
emerging neuroscience, research and clinical applications

This talk will explore three questions in the study of mind body conditions. First, what are the mechanisms by which we experience pain? Dr. Schubiner will explain predictive coding and describe how it is the brain that generates all sensations that we experience.

Second, how can we use an understanding of predictive coding in order to accurately diagnose the causes of chronic pain? Dr. Schubiner will describe two types of non-invasive tests that are useful in making a distinction between a structural disorder and a condition caused by neural circuits in the brain.

Finally, does this information inform how patients with chronic pain can be treated? Dr. Schubiner will report on the results of recent research studies that have demonstrated the efficacy of a mind body treatment approach in individuals with chronic pain.

**15:10 pm**

**David A. Hanscom MD**

Anxiety: Another Name for Pain

Anxiety is a neurochemical reaction to a threat that signals danger. It is the sensation generated from elevated levels of stress hormones. Emotional pain is processed in a similar manner to physical pain, but humans can't escape their thoughts.

We are all exposed to various levels of stress chemicals. This powerful unconscious response is necessary and not subject to rational control. In this talk Dr Hanscom will explain this as he demonstrates why the key to dealing with chronic anxiety (pain), is learning methods to lower stress hormones.

**12.15 pm**

**Silje Endresen Reme PsyD, PhD**

Can chronic pain be prevented?  
Psychological interventions to prevent pain after surgery

The global burden of chronic pain is enormous and accounts for major societal costs and individual suffering. The pathways leading to chronic pain can be many, but one important pathway, involving more than 20% of the chronic pain population, is pain after surgery.

We know that psychological vulnerabilities before surgery are powerful predictors of acute and chronic pain after surgery, yet very few studies have attempted to intervene on these risk factors to prevent pain from becoming chronic.

In her talk, Dr Endersson Reme will present preliminary and promising findings of an attempt to prevent pain after surgery through hypnosis. Eventually she will expand the perspective and discuss psychological risk factors more broadly in chronic pain, as well as efficient ways to intervene on them.

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**11.35 am**

**David D Clarke MD**

**When Progress Stalls**

When a patient's improvement stalls or they suffer a relapse, what should you be looking for as the potential cause? Dr Clarke will describe how to investigate and manage stress-inducing Personality Traits, Unrecognized Emotions and Triggers. These concepts are based on experience with over 7000 patients with non-structural symptoms.

**14.20 pm**

**Saskia Sparmacher**

**Success Story**

After a work-out session in 2017 Saskia developed some mild pain in her left hip which got worse and worse. Within 12 months she was barely able to walk or sit. The lack of diagnosis from medical professionals was unbearable. Her marriage suffered greatly, she barely saw friends and family anymore and she & her husband had to stop their plans to move abroad.

Saskia will be joining us to tell us about how she managed to relieve her symptoms and regain her life, which included their long-delayed plan to leave their jobs and travel abroad.

**10.35 am**

**Tor D Wager PhD**

**Chronic pain: From brain circuits to psychological intervention**

The traditional view of chronic pain is that it is a peripheral problem, arising from nociceptive input from the body's tissues. I present new findings from neuroscience and genetics that paint a different picture.

Chronic pain is often a systemic problem, supported by changes in brain circuits that promote sensitivity, fear, and avoidance. These brain processes are, in turn, linked with negative emotion (especially depression and anxiety about bodily sensations) and systemic inflammation.

Rather than treating local tissue pathology, a goal of treatment for many individuals in pain should be to 'unwind' these mutually reinforcing processes. I present evidence suggesting that a root cause of brain-body processes that maintain chronic pain is a person's causal beliefs – representations in the brain of the causes of pain, their relation to the self, and projections about the future (Koban et al. 2021, Nature Reviews Neuroscience). These beliefs guide fear and safety appraisals that promote or reduce sensitization over time.

According to this view, combined psychological and behavioral treatments are an important first-line approach to treating chronic pain, even when pain originated with a peripheral tissue injury. Finally, I present evidence from a new study demonstrating that such a combined approach can have large and durable effects on chronic back pain (Ashar et al. 2021, JAMA Psychiatry). Though these results are promising, there is much more work to do, and I suggest several avenues for further study and application.

**15:30 pm**

**Dr Leo Russell**

**Intensive Short-term Dynamic Psychotherapy in the Treatment of Functional Symptoms: Demystifying the link between emotions and symptoms**

Dr Russell integrates attachment theory and effective neuroscience to provide a framework for understanding medically unexplained symptoms. He will explain how principles from Intensive Short-Term Dynamic Psychotherapy (ISTDP) can bring about change in neurophysiological functioning through addressing non-conscious anxiety, implicit procedural learned habits and underlying conflicts of mixed healthy emotions.

In this presentation Dr Russell seeks to demystify the neurophysiology of psychological distress. He argues that working with medically unexplained symptoms puts us all at the front-line of a major paradigm shift in understanding the relationship between the mind and the body. He invites us to draw on our own moment-to-moment experience and expertise with patients and service-users to formulate their symptoms in the dynamic context of their psychological wellbeing.

**16:10 pm**

**Penny George**

**Mindbody Medicine UK**

Penny George, co-founder of Mindbody Medicine UK, will speak from the recovered patient perspective about her experience of trying to spread the word about the mindbody approach to recovery, in particular amongst the medical community.

Mindbody Medicine UK will also be delighted to launch the second in their series of Living Proof films, telling the emotive story of one person's incredible recovery from 25 years of chronic pain and ME/CFS. This resource will be freely available on the MBM UK website, and their hope is that it will be widely shared to help both practitioners and individuals embrace the mindbody concept for improved outcomes in chronic illness and pain.

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





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# BIOGRAPHIES

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**Howard Schubiner MD**  
Paediatrics and Internal Medicine

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Dr. Schubiner is board certified in pediatrics and internal medicine and is the director of the Mind Body Medicine Center at Ascension Providence Hospital in Southfield, MI. He is a Clinical Prof at Michigan State University College of Human Medicine and is a fellow in the American College of Physicians, and the American Academy of Pediatrics.

He has conducted ground-breaking research in the field of mind body medicine, authored more than 100 publications in scientific journals and books, and has given more than 400 lectures to scientific audiences regionally, nationally, and internationally. He is also a senior teacher of mindfulness meditation and has been included on the list of the Best Doctors in America since 2003.



**David Hanscom MD**  
Orthopaedic Surgeon

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David Hanscom is an orthopedic spine surgeon who focused on patients with failed back surgeries. He practiced in Seattle, WA from 1986 to 2018 and quit his surgical practice to teach patients and medical practitioners how to solve chronic pain. His most recent book is **Do You Really Need Spine Surgery? Take Control with a Surgeon's Advice**.

In 2006, a structured pain process evolved from his own battle with chronic pain and it is presented in his book, **Back in Control**. David also co-founded the **Awake the Wound** prog with David Elaimy, aimed at helping professional burnout. **Optimizing Physician Performance** has been incorporated into the core training for fellows and residents.



**Silje Endresen Reme PsyD, PhD**  
Professor of health psychology at University of Oslo

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Dr. Reme works as a professor of health psychology at University of Oslo, and as a clinical psychologist at the Dept of Pain Management and Research at Oslo Uni Hospital. She completed her educational and doctoral studies at the University of Bergen, followed by a 2-year postdoctoral fellowship at Harvard Uni. She has also worked as a senior researcher at Uni Research Health, where she co-headed the research group Stress, Health and Rehabilitation.

Dr. Reme has long-standing interests in the field of work and health, disability, and rehabilitation. Her research focuses on chronic pain conditions and mental health problems in working life, with a particular focus on risk disability factors and interventions to improve outcomes.

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### **David Clarke MD**

#### **President of the Psychophysiological Disorders Association**

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David Clarke MD is President of the Psychophysiological Disorders Association. He is also Assistant Director at the Center for Ethics and is the Clinical Assistant Professor of Gastroenterology Emeritus, situated at Oregon Health & Science University (OHSU) in Portland, Oregon, USA.

He is a Faculty Associate at Arizona State University and is board-certified in Gastroenterology and Internal Medicine. He practiced Gastroenterology from 1984 to 2009, successfully caring for over 7000 patients with unexplained symptoms or chronic functional syndromes. He has received many awards for patient care and is a member of the Academy of Psychosomatic Med, the American Psychosomatic Society and the Collaborative Family Healthcare Assoc.



### **Saskia Sparmacher**

#### **Client Success**

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After a work-out session in 2017 I developed some mild pain in my left hip which got worse and worse. Within 12 months I was barely able to walk or sit. The lack of diagnosis from medical professionals was unbearable. My marriage suffered greatly, I barely saw friends and family anymore and we had to stop our plans to move abroad.

By pure chance I stumbled across TMS and Georgie which changed my life forever. My recovery was challenging and not instant and I still get aches and pains from time to time, but I'm not afraid of them anymore. They are my inner compass, that I'm ignoring my emotions. To me, TMS is a gift and I'll be forever grateful for this journey and the people it has brought into my life.



### **Tor Wager PhD**

#### **Distinguished Professor in Neuroscience**

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Tor Wager PhD is the Diana L. Taylor Distinguished Professor in Neuroscience at Dartmouth College, and the Director of Dartmouth's Cognitive and Affective Neuroscience laboratory, the Dartmouth Brain Imaging Center, and the Dartmouth Center for Cognitive Neuroscience.

Since 2004, he has directed the Cognitive and Affective Neuroscience laboratory, a research lab devoted to work on the neurophysiology of affective processes—pain, emotion, stress, and empathy—and how they are shaped by cognitive and social influences. Dr. Wager and his lab are also dedicated to developing analysis methods for functional neuroimaging and sharing ideas, tools, and scientific data with the scientific community and public.



### **Dr Leo Russell**

#### **Principal Clinical Psychologist**

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Dr Leo Russell is a Clinical Psychologist specialising in Medically Unexplained Symptoms and Intensive Short-Term Dynamic Psychotherapy (ISTDP).

Dr Russell leads a Functional Neurological Symptoms Service at Devon Partnership NHS Trust in Exeter and has published numerous papers on ISTDP and its application to somatic presentations. He is a trainer and supervisor with ISTDP-UK and teaches on Clinical Psychology Doctorate programmes across the South-West.



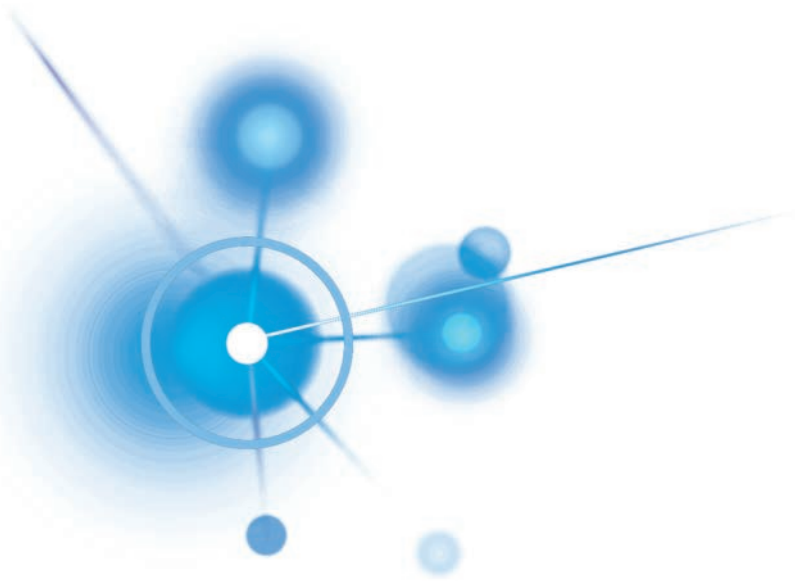
### **Penny George**

#### **Mindbody Medicine UK**

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Penny George is one of the co-founders of Mindbody Medicine UK, established in 2020 by recovered patients keen to help spread the word about a mindbody approach to recovery from chronic conditions. Mindbody Medicine UK have worked with many UK-based medical practitioners, including representatives from the British Society for Lifestyle Medicine, and have delivered presentations and workshops to a range of patient and practitioner groups. All work is voluntary.

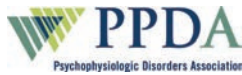
Their website, [www.mindbodymedicineinfo.org](http://www.mindbodymedicineinfo.org), and self-funded short film, **Living Proof**, are designed to encourage medical professionals to consider this approach for those 'difficult to treat' patients experiencing chronic symptoms.



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# SUPPORTERS

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[www.ppdassociation.org](http://www.ppdassociation.org)

PPDA is a non-profit organisation that seeks to educate medical and mental health practitioners about PsychoPhysiologic Disorders (PPD)

[designedbytree.com](http://designedbytree.com)

[www.designedbytree.com](http://www.designedbytree.com)

Graphic Design services, deliver successful design solutions reflecting client's needs and expectations, including designs for Brochures, Websites, Logos and more.



<http://alltheragedoc.com>

ALL THE RAGE offers a profound rethink of our health care. This documentary is a film about Dr. John Sarno and his mind body approach to back pain.



THIS MIGHT HURT

<https://www.thismighthurtfilm.com>

This Might Hurt is a documentary that offers solutions to cure chronic pain. The film follows three chronic pain patients who have spent years searching for answers as they uncover hidden causes of pain, and retrain their brains to switch the pain off.



<https://www.heartmath.co.uk>

HeartMath will help you to transform your stress into resilience, to achieve higher levels of performance and to live your life with more heart, health and happiness. HeartMath is a system of simple and powerful self-regulation techniques which are easy to learn and designed to be used "in the moment", whatever the situation, meaning that you can bring your best self to your professional, social and personal lives.



<https://www.stichtingemovere.nl>

Founded by ex-patients and health professionals in 2020, non-profit foundation Emovere wants to contribute to better treatment of chronic pain and medically unexplained symptoms in the Netherlands. By promoting awareness and sharing knowledge & experience about the influence of (repressed) emotions on mind-body conditions, they provide people with more options for self-care, recovery and prevention. On a broader scale, the foundation started a movement for integration of this holistic perspective in Dutch health care and society.



<https://www.crushingdoubt.com>

Crushing Doubt is a podcast on how to relieve chronic pain and other mind body symptoms. Dr. Dan Ratner's three columns system brings sufferers a new way to organize, relieve, and prevent mind body issues of a wide variety. His website offers many resources, including teaching seminars, groups that address moment to moment mind body experience, and more.

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**TMS**  
facebook group

<https://www.facebook.com/groups/drsarno>

This is a private Peer driven support group for people who believe or know they have Tension Myositis Syndrome or other Mindbody issues. It is a safe place to share your personal experiences and give and receive support.



[www.linkedin.com/in/susan-byrne-7b3b153/](https://www.linkedin.com/in/susan-byrne-7b3b153/)

Susan Byrne is a freelance Marketing specialist with a background in Event Management, and works with organisations in the Tourism and Wellness space. She supports SIRPA with various marketing elements pertaining to the promotion and organisation of our conference, such as PR, Communications, Sponsorship and Marketing. A huge advocate for SIRPA, and the MindBody healing community, Susan takes great pleasure in contributing in a professional and personal capacity to our work and is passionate about supporting like-minded organisations spread the word & share the joy of healing from within.



[www.tmswiki.org](http://www.tmswiki.org)

The TMS wiki seeks to relieve suffering from Tension Myositis Syndrome (TMS) by raising awareness, providing information and giving individual support to people with TMS/PPD.

**FALLEN LEAF DESIGN LTD**  
NATURALLY APPEALING WEB & GRAPHIC DESIGN

[www.fallenleafwebdesign.co.uk](http://www.fallenleafwebdesign.co.uk)

Fallen Leaf Design are a leading web design & digital marketing agency in Huddersfield, West Yorkshire. Specialising in web design & development, online marketing including SEO and digital solutions for clients of all sizes.



<http://www.curable.com>

The "biopsychosocial" approach to pain has shown significant results across clinical studies. Curable's unique design translates this approach for people, to help address pain from multiple angles – physical, emotional, and psychological. Curable was named #1 Highest Quality App for Persistent Pain in a large-scale peer-reviewed study evaluating 19 top apps for symptom self-management



*Dr Tovah Goldfine*

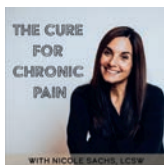
<https://www.tmsroundtable.com>

The TMS Round Table stream Live on Facebook each week; interact with Doctors, Health Professionals, Authors, Filmmakers all sharing about the Science & Art of Healing Stress Illness, Chronic Pain & Autoimmune Disease. Honoring the methods of the late Dr John Sarno, individuals from all over the globe join our broadcasts sharing their story and recovery.



<https://www.syntropystates.com>

Syntropy is a simple and effective way for people to boost their health and wellbeing through art, music, breathwork and relaxation. Syntropy is so effective because they blend art with science. Their Breath Pacers and Relaxation videos employ the scientifically proven benefits of breathwork, art and music therapy, meditation, and emotion regulation. Large bodies of current research support their approach.



<https://www.thecureforchronicpain.com>

Nicole Sachs, LCSW is a speaker, writer, podcaster and psychotherapist who has dedicated her work and her practice to the treatment of emotional and physical chronic pain, symptoms, syndromes, and conditions. Nicole's personal experience with Dr. John Sarno as well as work with thousands of people around the world have shaped and evolved her theories, which serve to teach those suffering how to heal themselves completely with no medication or surgery.



[www.painfreeyou.com](http://www.painfreeyou.com)

Dan is a chronic pain coach with a specialty in TMS and Mindbody resolution for pain or other symptoms. His experience first began 25 years ago with 13 years of back pain and Sciatica. Once he beat it using the methods of Dr Sarno, he continued to learn, study and eventually coach others on how to get out of pain themselves. Dan teaches various concepts through daily videos posted on Facebook and YouTube on his Pain Free You channels. With over 1200 videos posted over the past 3+ years, Dan has helped thousands around the world with his daily messages.



[www.linkedin.com/in/adam-lomax-7517802b/](https://www.linkedin.com/in/adam-lomax-7517802b/)

Adam is self-employed and offers Video Editing services, along with Social Media Marketing services. He supports SIRPA with our Social Media, focusing on supporting the continued and sustained growth of our Social Media platforms. Adam is qualified in Level 2 Creative Media Skills and his previous Social Media Marketing experience includes having worked for the globally renowned Optimum Health Clinic.

Take a photo of this QR code  
and then click on the link  
to find out more about our practitioner training.



[www.sirpa.org](http://www.sirpa.org) | [admin@sirpa.org](mailto:admin@sirpa.org)

