

Georgie Oldfield

Your Pain Specialist



Georgie Oldfield MCSP
Physiotherapist &
Founder of SIRPA Ltd

Georgie Oldfield is a Chartered Physiotherapist, author & Founder of SIRPA Ltd, whose pioneering work has changed many lives. Georgie's determination to help her patients recover from chronic pain led to the creation of the pioneering **SIRPA Recovery Programme™**.

Rather than just helping her patients manage pain, Georgie's search for a pain recovery system that works resulted in her traveling to New York in 2007 to visit Professor John E Sarno MD, a Rehabilitation Specialist in New York who, for over 40 years, pioneered his cutting edge approach to chronic pain recovery .

Since that time she has devoted her career to developing this ground-breaking approach to chronic pain, which over the years she has developed into the SIRPA Recovery Programme™. In 2015 & 2017 she organised and presented the first international conferences in this field outside the US, which were held at the Royal Society of Medicine.

SIRPA Recovery Programme™

SIRPA's approach is based on the understanding that where any serious tissue damaging cause had been ruled out, the majority of chronic pain is caused by the brain and central nervous system. The process is a maladapted 'fight and flight' response, which in these modern times is usually a response to psychological stressors, rather than the more common life-threatening stress experienced by man in primal times.

Where the SIRPA approach differs from the more conventional Pain 'Management' Programmes, is that once the underlying causes are identified and acknowledged, because the neurophysiological process is reversible, full recovery is possible, often resulting in life-changing outcomes for patients.

Georgie Oldfield has run her own private clinic in Huddersfield since 2005, as well as monthly clinics in central London since 2008.

"It's great having such a competent and enthusiastic colleague in the UK"

Professor John E Sarno MD

www.georgieoldfield.com

www.sirpauk.com

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Changing beliefs about chronic pain

Georgie is available for interviews, speaking engagements and workshops



Speaker

Georgie provides fascinating and lively talks at conferences and seminars, backed up by real case studies and up to date research. The emphasis of these talks is dependent on the audience, which could be; women in business, medium to large business workforces, health professionals or the public

Workshops

Georgie designs and runs workshops which provide opportunity for interaction and self-empowering practical, take-home strategies are provided to enable participants to enhance their long-term health and wellbeing.



SIRPA Practitioner Training Courses

The SIRPA Practitioner Training courses train health professionals and coaches to integrate the SIRPA approach into their work with their own clients.

Georgie may be booked by companies and organisations to run a 1-day Introductory course in-house.

"The SIRPA course left me feeling inspired to join Georgie in pushing this work forward. Georgie's enthusiasm, knowledge, and personal insight into stress illness recovery make for an excellent combination." Pete Gray MCSP

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"The SIRPA approach is a rare example of a medical practise that has actually caught up with the leading edge of medical knowledge".

Adam Al-Kashi PhD, Head of Research, Backcare UK

Georgie's clinical work includes;

- ◆ FREE 30 minute initial consultations to answer initial queries and where necessary help guide individuals re. what might be best for them moving forwards
- ◆ Bespoke 1-2-1 programmes offering individualised support and guidance through to their recovery
- ◆ The online SIRPA Recovery Programme - a step by step self-empowering and self-directed programme that patients can access 24/7 to help them on their recovery journey.
- ◆ Books, CDs, MP3 and journals



Georgie's training includes;

- ◆ Through SIRPA™ Georgie has developing an extensive training programme for health professionals and coaches interested in integrating this approach into their own work. She is moving this training online from 2018.

Connect with Georgie

Georgie blogs regularly and is often in the public eye with her speaking engagements, media coverage and workshops. She is also the author of the 1st UK self-help book about this work, called 'Chronic Pain: your key to recovery'.

"The work I have done with Georgie has been life changing. "

C.Henderson (patient)

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Testimonials

“Georgie is an inspirational speaker on a subject that she has made truly her own. She managed to motivate me to think outside of the conventional box of pain treatment”. **Dr Martin Johnson, Vice-President of the British Pain Society & RCGP Lead for Chronic Pain**

"My congratulations on a great event (SIRPA conference 2015). 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.” **John Lindsay, Chair of Chronic Pain Ireland**

The approach to curing pain that I learnt about at SIRPA's Chronic Pain inaugural conference was inspirational. The NHS would save a fortune and peoples' lives would be improved if the Recovery Programme were to be prescribed to everyone who is told by their doctor "We can't find anything wrong with you." There is plenty of scientific evidence that this approach is sensible, and I hope that the programme gets taken up so more people can benefit." **Marian Nicholson of Pain UK & Pain Alliance Europe**

“Georgina has an infectious and warm disposition. She is passionate about the Mind-Body link and her dedication to establishing what is still not accepted in mainstream healthcare is admirable and refreshing. The world could do with a lot more people like her.” **Wayne Kampers MRCPsych Consultant Psychiatrist**

“I... have never before been so inspired by a single course.”

Nicky Mackenzie MCSP

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Testimonials

"Georgie presented at our Annual National Conference in 2010. The feedback evaluation from her session was very positive with all delegates scoring her session as very good or excellent.

Her presentation was well constructed and very professionally presented. We were also very pleased when she wrote an article for publication in our journal. I have no hesitation in recommending Georgie, she is well worth listening to."

Anne Petty MBE, RGN RM FETC BCC, Orthopaedic & Trauma Times Conference

"I chaired the day at the 2013 Health and Wellbeing @ Work conference where Georgie was speaking in the 'Back Care' stream. Georgie spoke to a diverse group of professionals so needed to manage the differing needs of the audience. She was able to adapt her presentation according to the group, whilst giving an interesting, dynamic and thought-provoking talk. Georgie promoted a number of questions and was extremely well received."

Julia Love, Owner of LPS Training and Consultancy Ltd, plus Chairman of the UK National Back Exchange

"Georgie has extensive knowledge and experience of her subject. She communicates that knowledge in an engaging and enthusiastic way."

Nicola Farmer, Director, Mycotoxin Laboratory (UK) Ltd

Georgie Oldfield presented the work of SIRPA and the philosophy of Dr Sarno to the BIMM Winter Symposium 2013. Her presentation was well received and a lot of positive responses were made after. We wish her well with her programme and clinics.

Dr Simon Harley, British Institute of Musculoskeletal Medicine, Educ. Chair

"You are a leader in the field as well. We are all in this together for the same reason - to reduce pain and suffering. Thank you for SIRPA and all you are doing "on the other side of the pond!!"

eter Zafirides MD, Psychiatrist & Clinical Assistant Professor at Ohio State University's Dept of Psychiatry

"I can't thank you enough for giving me the knowledge to change my future and how I perceive myself." J.Sysum (patient)

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“It is more important to know what sort of person has the disease than the disease the person has.” Hippocrates

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“Thank you so much for such an inspiring course. I believe it’s the most influential course that I’ve ever been on” E.Tims MCSP

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