

Georgie Oldfield

Your Pain Specialist



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 online **SIRPA Recovery Programme™**.

Rather than just helping her patients manage pain, Georgie's search for a way to help her patients regain their lives 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 through her work with people in pain and through training health professionals. She has organised 4 UK conferences in this field since 2015.

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 neural circuits that have become learned and sensitised. The process is a maladapted 'fight or flight' response, which these days is usually a response to psychological stressors, rather than the more common life-threatening stress experienced by man in primal times.

Rather than just treating the symptoms, the SIRPA approach is a self-empowering approach aimed at helping individuals identify and address the underlying causes of their pain. The focus is also on recovery rather than management in order to help them regain their lives.

Georgie Oldfield has run her own private clinic in Huddersfield since 2005 and she works with people worldwide via video platform. Georgie was also invited to give a TEDx talk in 2019 about her work, which can be seen at this link—<http://bit.ly/2TDJtER>

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

Professor John E Sarno MD

www.georgieoldfield.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 Course

The online CPD SIRPA courses are allowing health professionals and coaches to learn how 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.

I honestly can't tell you what this course means to me, and quite how much SIRPA has changed my life. I've absolutely loved working through the course. **ZC, Counsellor**

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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 the public can access 24/7 to help them on their recovery journey.
- ♦ Books, CDs, MP3 files and journals



SIRPA's online CPD Courses

Through SIRPA™ Georgie developed the first ever training programme for health professionals and coaches interested in integrating this approach into their own work. This has evolved since it's inception in 2010 and in 2018 this training was launched as an online course. This was updated in 2024 and they continue to be the most comprehensive and in-depth courses in the field.

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, titled '**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) 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 not been so excited about learning since I did my degree. I have also found a new way to work with my patients that has given me energy and enthusiasm.. **Kate Fry, Osteopath**

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Testimonials

Georgie presented at our Annual National Conference. 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. **Julia Love, Owner of LPS Training and Consultancy Ltd, plus Chairman of the UK National Back Exchange**

Georgie Oldfield presented the work of SIRPA and the philosophy of Dr Sarno to the BIMM Winter Symposium. 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!! **Peter Zafirides MD, Psychiatrist & Clinical Assistant Professor at Ohio State University's Dept of Psychiatry**

At our US Conference, Georgie's meticulous, evidence-based analysis of the attribution of numerous symptoms to Ehlers-Danlos Syndrome was a model of clarity that persuaded all of us that most of these symptoms are not due to EDS." **Dave Clarke MD, President of the ATNS**

I chose Georgie to speak at the annual conference of the Association for the Treatment of Neuroplastic Symptoms in Boulder, Colorado in 2024. She is a very experienced Physio who has worked with people with many different physical conditions over the years and she is one of the most knowledgeable mind-body practitioners in the world. The talk she gave was exemplary. It was one of the best talks at our conference and listeners walked away with a wealth of knowledge and clinical skills to help people who are diagnosed with these issues. I highly recommend Georgie as a world expert in our field. **Howard Schubiner, MD, Clinical Professor, Michigan State Uni College of Med**

"Thank you for all the help you gave me. I really am indebted to your work that enabled me to pull out of the horrific pain I was in when I first met you." Sally (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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