

London School of Osteopathy lecturer finds his place in the library

London School of Osteopathy Lecturer, Simon Chafer has drawn upon his years of experience treating patients who suffer from long standing pain to write a book which aims to help people feel less helpless, and more hopeful about their situation.

The book entitled 'Taking Control of Your Pain – Managing Your Pain Effectively & Holistically', takes the reader on a journey which aims to change the way they view pain, identify the drivers of pain that hinder their body's capacity to heal itself, to ultimately helping them take control of their pain.

Simon, who has an MSc in Pain Management, has lectured extensively on pain perception and pain management and has been published in peer-review journals. This book is written so that both patients and healthcare professionals can understand better what can be done to manage long term pain.

Fiona Hamilton, Principal at the London School of Osteopathy says, "Pain is a ubiquitous human experience. However, the understanding of pain has remained elusive for most of human history. Only now are scientists starting to truly unravel this complex phenomenon, that interweaves basic tissue physiology with complex neurology, endocrinology, psychology, emotions, feelings, societal expectations, cultural mores and the uniqueness of the individual."

Fiona went on to say, "Simon's background as a clinical educator and osteopath makes him ideally suited to write a book that sheds light on this important area of healthcare practice. He eloquently draws together scientific findings, alongside the more traditional complementary and alternative approaches in which osteopathy is based. He also discusses the commonly accessible intervention strategies (such as exercise, mindfulness, Pilates, etc) to provide people with guided solutions backed up by better understanding of the relevance of these approaches to their pain. The use of real-life patient stories helps the reader to better understand the clinical relevance of the science behind the strategies."

Whilst the book is written to be accessible to patients (and their families and carers) it contains enough evidence-based research that also makes it essential reading to students of osteopathy (and other allied health professions) and their tutors. 'Taking Control of Your Pain – Managing Your Pain Effectively & Holistically' can now found on the shelves of the LSO extensive student library and is expected to be in demand from students who are taught about the importance of patient centred care as part of their studies at the LSO.