

Joy M Rendell DipCOT, MBAOT

I bring a broad spectrum of experience to my work. From the stillness of my Quaker upbringing and thirty years' experience of meditating I can offer a calm and healing environment.



Joy M Rendell

I have been working as an Occupational Therapist in the NHS for over 30 years, with 23 years at the Royal National Orthopaedic Hospital treating people with injury, trauma and amputation. I am passionate about helping people move on from trauma and the emotional impact of injury-even horrific injuries-which may be keeping them back.

Recently I have added to my skills and trained in Emotional Freedom Technique. I see emotional freedom technique as an effective method of processing emotional responses and conditioned mind-sets and of adjusting frames of reference that may be stopping you moving forward. Now I have added Graded Motor Imagery (described on full on www.NOIGroup.com) into my repertoire to deepen and further support those with chronic pain or phantom pain.

“I found the reasons that ‘tapping’ helps reduce pain and the effects it has very interesting. I also appreciated the advice I was given about how to use EFT in daily life.”

“If you have pain try this method - it works fast!”

Sessions available:

- Free 20-minutes consultation by phone
- Introduction to EFT (monthly group) at Gracelands Yard, Kensal Rise, NW10 3QE
- One-to-one treatment at Birkdale Neuro Rehabilitation Centre, Alperton, HA0 4GJ
- Group workshops
- Skype consultations
- Personalised skills training for prosthetic hands

Contact

For appointments at Birkdale Neuro Rehabilitation Centre or Gracelands Yard

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Meetup Group:

❖ Creating Ease in Life in NW London (www.meetup.com)



Managing and Mastering Pain

A unique blend of therapeutic skills including those from the new sciences.



Would you like to

- move freely?
- run faster?
- reach further?
- avoid triggering your pain?
- take back your control?

Take a few minutes to explore ...

Old Pain... New Ideas

You know about pain and long-term discomfort.

I know about pain. For over 30 years in general and orthopaedic NHS hospitals I have worked with people who have had:

traumatic injuries and amputations;

damage to nerves and neuropathic pain after a simple operation;

phantom pain after amputations;

repeated aches in joints even after the medical team have finished their work;

the uncomfortable feeling just looking at the scars and odd shapes left after injury.

I have experience of all these and been amazed at the level of pain that people experience and endure from accidents or as a result of surgery. Perhaps you have seen many health professionals and tried many solutions. You may even have despaired of ever finding relief.

I have shared your frustration. You may have gone through the emergency and acute moments, done all the rehabilitation, yet there is still nagging pain that won't let you go. While simple scar care and postural management is beneficial, I could see it wasn't enough to give everyone effective relief.

I was determined to explore techniques that could really help.

I had the opportunity to discover about and develop skills in neuroplasticity (changes to the neural pathways of the brain). I trained in Graded Motor Imagery and Emotional Freedom Technique which are both new and exciting ways to manage pain. I believe I have found some effective methods to confront long-term pain.

If you still living with your pain, we should get together.

Painful scar

Angela cut her forearm when a glass bottle exploded. When I saw her, 2 years after the event, her scar was soft and healed. Yet when she knocked it she experienced intense shooting pains and touching it she felt sick, and just looking at it in the mirror she got flashback memories. With just one month of Adapted Desensitisation Programme she had complete relief from all those sensations.

Whiplash injury

Kay had her pain for 8 months, but it was also part of an old whiplash injury 20 years ago. She experienced sharp pains, continuous ache and weakness of her hand and arm. She recorded her pain high as 8 out of 10. The first treatment we focussed on frustration and fears of not working. Another treatment addressed the memory of the whiplash and the emotions buried with it. Kay realised that the accident was because of her stress to rush to a meeting, and was now able to laugh about it. We went back and reviewed her arm; the pain was reduced to 2 out of 10 and the weakness had gone.

Fear of stairs

Several years ago Mary slipped down two stone steps when leaving an evening class. Her ankle twisted at a funny angle and she went into shock. She was in hospital for 2 days before they could operate to stabilise her ankle. She then had 6 weeks non-weight bearing where she experienced, 'being a prisoner in her own home'. During this time she also got into debt as she could not work. As a consequence of these experiences she felt very anxious going down stairs, especially steep stairs. After the EFT session she reported being able to walk down a long stationary escalator without any anxiety.



Problems treated:

Scar pain

Phobias

Arthritic pain

Intrusive memories

Phantom pain

Chronic Pain

What is on offer?

- **Pain reduction:** EFT rebalances our relationship with pain and can create a reduction in, and often relief from, pain.
- **Stress reduction:** Simple energy tips; EFT sequences.
- **Relaxation techniques:** muscle relaxation; visualisation; 'tapping' techniques.
- **Pacing:** Looking at your daily routine and attitude to the tasks you have to attend to, we can smooth out the pain of doing them.
- **Emotional Freedom Technique:** A hands-on technique to unblock energy. Learn the basic routine to use at home.
- **Graded Motor Imagery:** Left/right recognition & mirror therapy & more.
- **Gadget/adaptation:** sourcing an appropriate tool for a task to reduce wear and tear of joints.