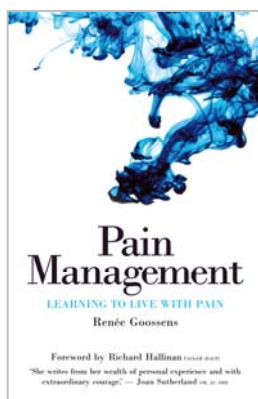


media release

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Pain Management Learning to live with pain Renée Goossens



Rockpool Publishing; rrp: \$ 27.95; paperback; 240pages; ISBN 978 1 921295 09 6

She writes from her wealth of personal experience and with extraordinary courage.

Joan Sutherland OM, AC, DBE

'Mother Killed. Baby Lives in Freak Accident, Oxford Times 20 February 1962. The newspaper was wrong. I was that young woman', writes Renée Goossens, an extraordinary woman who has suffered both physical and emotional pain throughout her life. This book will change how you understand and cope with pain. It took Renée five and a half years of research and forty five years of living it. Renée shares not only her own coping strategies, but those of over one hundred families she has interviewed in England, France and Australia. It also includes the advice of medical practitioners and complementary therapists.

"There is no family anywhere in the world who has not experienced pain, be it physical, emotional or in the form of grieving for a loved one," says Renée.

As a young woman she struggled to find a life and identity in the shadow of her famous musical family. Her father Sir Eugene Goossens was the Chief Conductor of the Sydney Symphony Orchestra and Director of the Sydney Conservatorium of Music. His influence led to the construction of one of Australia's most treasured icons - the Sydney Opera House.

In 1962 at the age of 21, Renée was involved in a serious motor vehicle accident that kept her in an English hospital for nearly two years depriving her temporarily of her husband and baby. When Renée was finally able to leave hospital, her husband left her for his pregnant girlfriend. Wheelchair-bound with a lively toddler to raise, Renée beat the odds and walked again. She has since then endured over fifteen spinal operations and ongoing chronic pain. Renée has required a wheelchair since 1995.

Pain Management is a practical guide for families suffering from physical and emotional pain; in plain English. This book is written by a patient for patients. Practical advice is given on:

- How to recognise the right doctor or specialist for your family (see page 22-26)
- Words and children, careful use of language (page 28)
- The medical management of pain (page 51-59)
- Methods of distraction from pain for adults and children (page 96-101 and page 147)
- Pets as therapy (page 106-107)

Renée Goossens is an extremely giving person and keenly involved with the arts and the community. She is an inspiration and has given numerous talks on pain management and living life to its full potential.

Renée Goossens is available for interview.

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please see over...

For further information, please contact Jackie Evans, Publicist,

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Available at all good book stores

Pain Management by Renée Goossens

About the Author



Renée Goossens was born in the USA and came to Australia at the age of six. She attended many schools in Australia (Sydney) – then France and the UK – with University studies undertaken in Paris and Oxford. An ardent lover of music, she studied piano, violin and cello at the Sydney Conservatorium but due to removal to France at the age of 14, unable to continue, she chose to become a language student. From the age of nineteen she worked with medical teams supporting families suffering from a variety of physical and emotional problems. Trained as a teacher of children with special needs, she studied further in medical research at a leading British children's hospital with a focus on neurological disorders.

She returned to Sydney in 1967, where she taught children suffering from autism, emotional disturbances and learning disabilities, cerebral palsy and spinal disorders. Subsequently she was lecturer in French at the NSW State Conservatorium of Music and French language coach for the Australian Opera. In 1980 she joined SBSTV, where she worked as administrator, editor and translator for twelve years.

From 1992, Renée spent nine years living in France and England and wrote various articles for newspapers and magazines. She returned to Australia in 2001 and now lives in Sydney. Her memoir *Belonging* was published in 2003.

Renée serves as an advisor on two Government ACCESS Committees (for all who suffer difficulties in moving around their local environment) and was recently made a Patron for Willoughby City Council's Civic Place project in NSW which will include two new theatres to be built by 2010. She is also a member of various Musical Societies, offering personal coaching scholarships to promising students of voice and continues to coach opera singers in French operatic repertoire.

***Pain Management: Learning to live with pain* by Renée Goossens
Rockpool Publishing; rrp: \$ 27.95; paperback; 240 pages; ISBN 978 1 921295 09-6**

**Also available from September 2007 *Belonging: A Memoir* by Renée Goossens republished by
Rockpool Publishing; rrp: \$29.95; paperback; 296 pages; ISBN 978-1-921295-10-2**

Renée Goossens is available for interview.

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