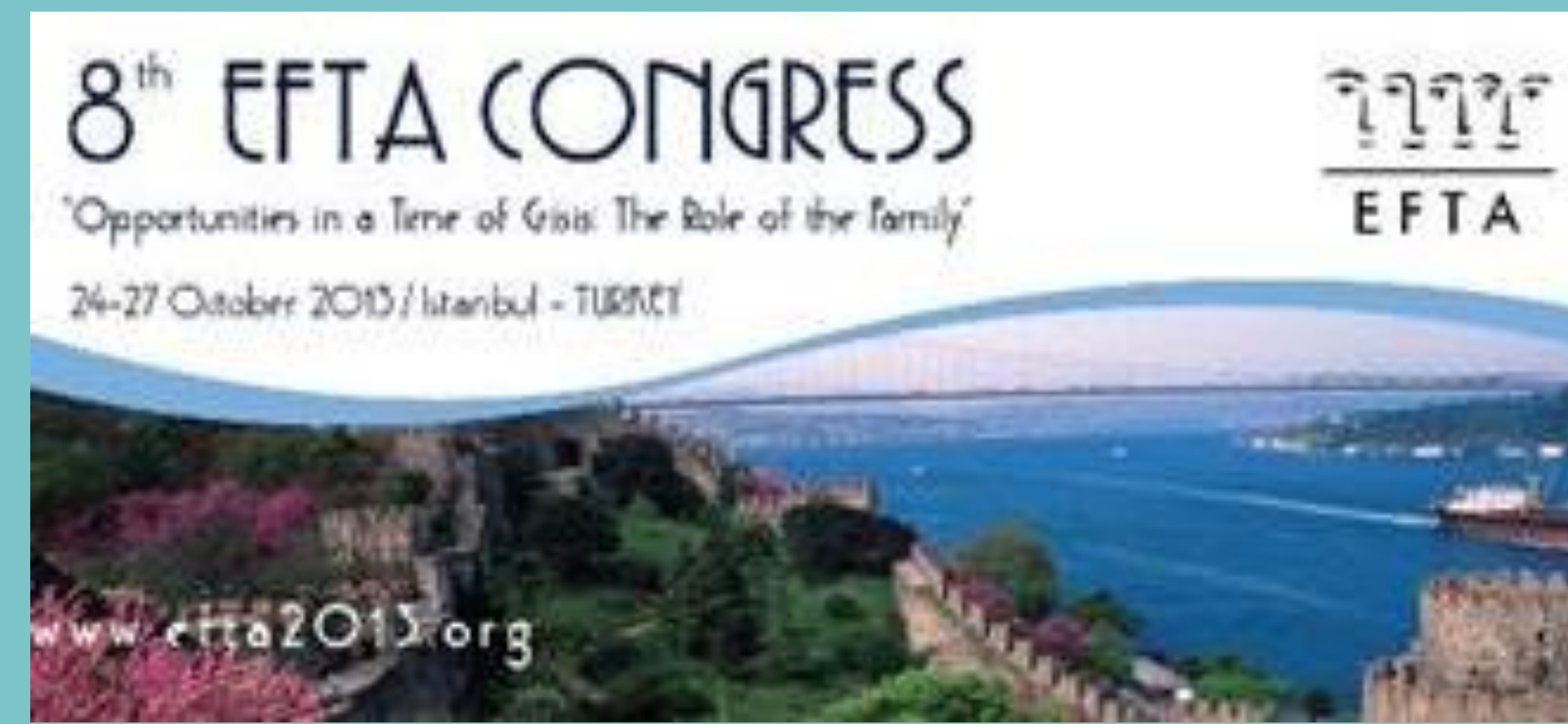




Combining Homeopathy Treatment with Psychotherapy

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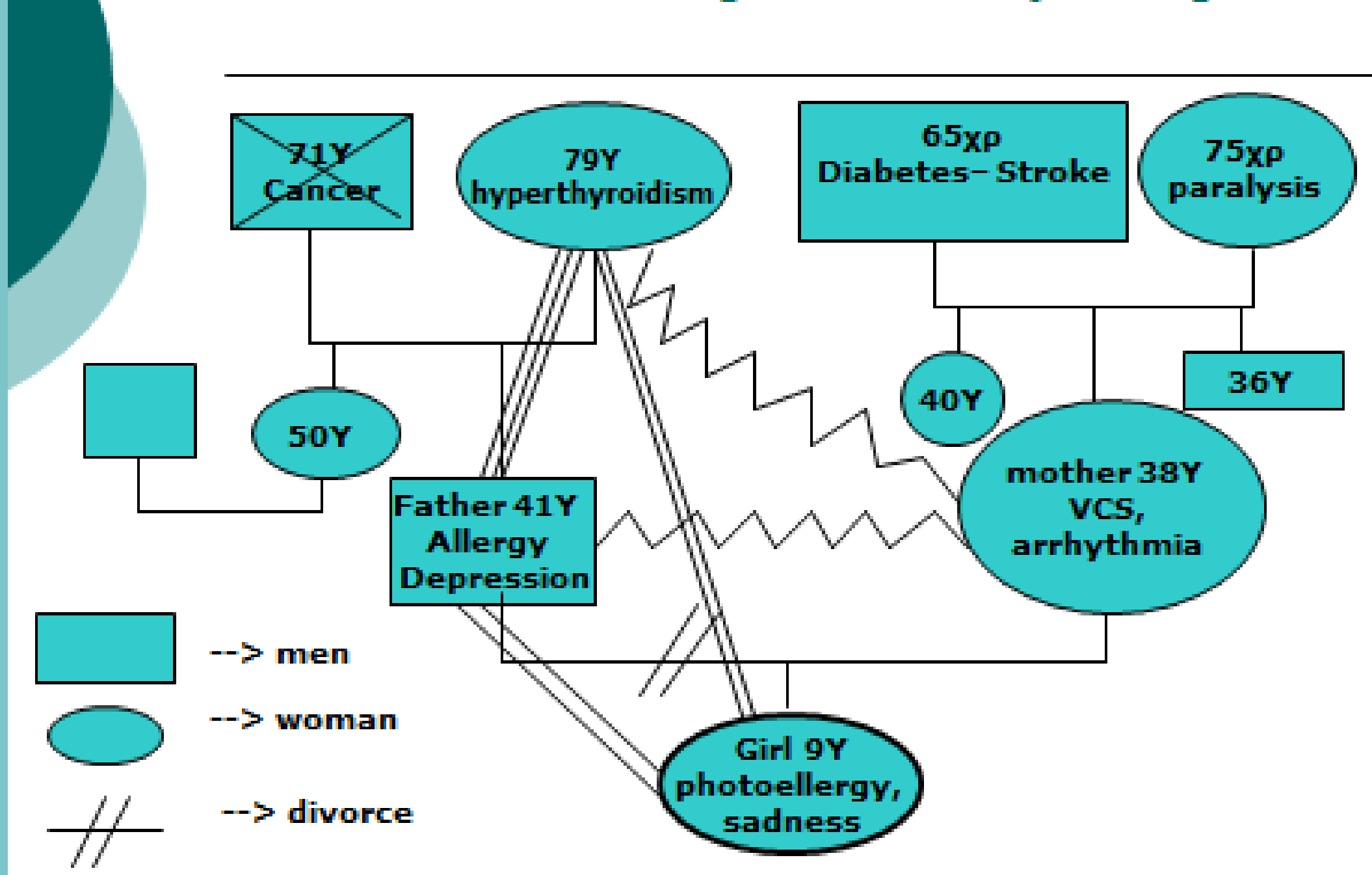
INTRODUCTION

It's a little known fact that homeopathy anticipated the developments of psychiatry, psychology and psychotherapy. Its anamnesis and current practice contains interviewing and therapeutic process that would be noticeable to those trained in psychological approaches and congruent with many of their practices²⁴. A 200 hundred years old medical science based on the principle that "like cures like". Is the second major medical form in the world, chosen by an estimated of 500 million people³.

The **Aim** of this study is to indicate the **beneficial use** of classical homeopathy treatment in advance of systemic family therapy to enlighten their similarities and oppositions and explore their **common** fields for collaboration in order to establish a higher degree of cure for patients and their family's. To achieve this we expanded the research of healing process from the unit/person to the Family system and the interactions taking place among them. We observed that relieving the symptoms from one family member surely reliefs him but also initiates modifications in the whole family system.⁴

Case 1

clinical case Genogram-Family Diagram



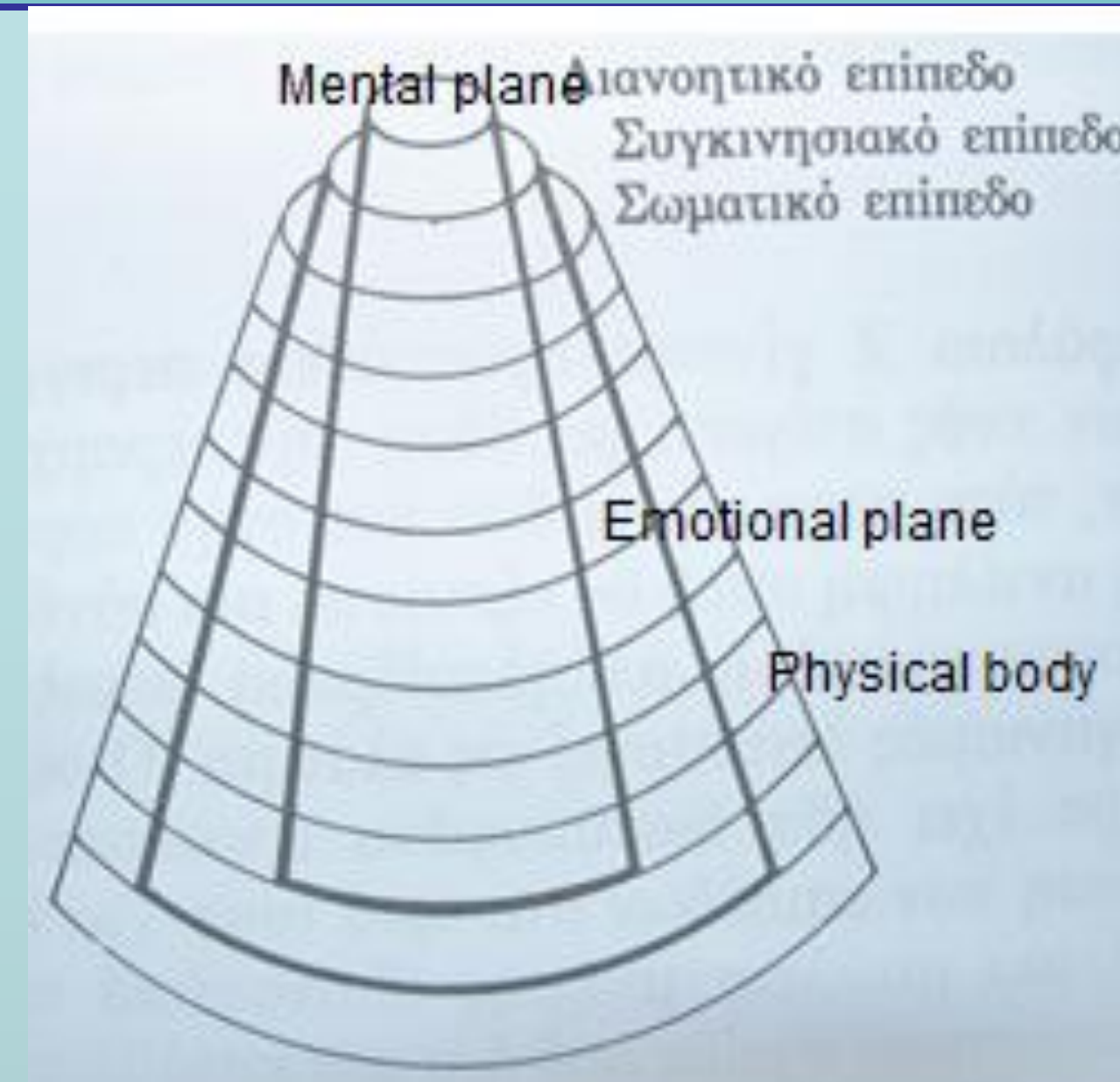
Case 1 Photoallergy-skin, Girl 9Y, 33Kg/134

Medical history:

TBC/vaccin. (6Y), skin burn II degree (3Y old)
13-4-2009 Fever, anorexia, weakness... Prescribed Nat-M 200ch, 1M, 12ch/30
2009-9 anger The whole family was referred to Family systemic therapist to deal with divorce of the parents.
11-10-13 consultation/ inheritance Factor

Concepts and principles^{4,5}:

Homeopathy evaluates the mental, emotional and physical together with inheritance factor. The symptoms are not the disease it self but uprising values that are explained as outcomes of the internal constitutional disturbance of the system.



Principles:

Homeopathy is a holistic medical healing system, it boosts individuals immunity system to self cure(repair). It doesn't treat separately mental, emotional and physical symptoms (diseases), but it **encounters** them as linked together, presenting the patient entity that suffers in totality.

The **laws** of classical homeopathy

A) **Similia similibus curantur.** "what a substance can cause so can it cure"

The principle that **like shall be cured by like**, became the basis of Hahnemann's formulation of the homeopathic doctrine: the proper remedy for a patient's disease is that **substance that is capable of producing**, in a healthy person, symptoms similar to those from which **the patient suffers**.

B) **Minimum Dose** -This principle states that extreme dilution enhances the curative properties of a substance, while eliminating any possible side effects. This is just the reverse of conventional drug philosophy where a minimum dose is required for effect.

C) **Individualization**-Whole Person Prescribing

A homeopath scans the whole person. Characteristics such as their temperament, personality, emotional and physical responses when prescribing a remedy, are evaluated. To treat different persons exhibiting the same symptom **differently prescribing** is possible.

D) **Single Remedy.** Hahnemann believed that a practitioner should not prescribe more than one remedy at a time. In classical Homeopathy we insist in this Rule.

Laws of Cure:

- remedy works starts at the top of the body and works downward
- remedy works from within the body outward, and from major to minor organs
- Symptoms clear in reverse order of appearance.

Application of the three principles of cure means that you will feel better emotionally/mentally before you will feel better physically. (case2 psychology catalyst role)

Homeopathy is based in a systemic approach of living complicated organisms as complete entities in total picture and inheritance predisposition. It takes into serious consideration the way that the patient communicates,, he exchanges information with his environment, it encounters also the reasons and the events taking place, the relations within the family model and ancestors diseases.

Table of symptoms and remedies for Case 1. Columns include symptoms (e.g., MIND - RESERVED, MIND - TIMIDITY) and remedies (e.g., Carboveg, Sulphur, Pulsatilla).

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11-10-13 Symptoms, proposed remedy.

Case 2 Arthritis-Grief

Woman 55Y, 68Kg/164 cm married

Medical history:

Multi-remedy treatment >10Y /sens. & emotional case

7-12-2012 painfull Joints Reserved Timid Phosphorus

4-2013 consulted Family therapist to deal with marriage problems.

10-5-2013 Staphysangria 200ch/1M

3-7-2013 Natrium-Muriaticum 1M/4,10M

3-10-2013 Bach Remedies ,focus on other family members

Table of symptoms and remedies for Case 2. Columns include symptoms (e.g., MIND - RESERVED, MIND - TIMIDITY) and remedies (e.g., Carboveg, Sulphur, Pulsatilla).

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Scientific Research:

More than twenty points of similarity between the homeopathic consultation and the person-centered approach have been demonstrated^{8,9}. As early as 1810 Samuel **Hahnemann's** German physician the founder of homeopathy gave guidelines for the medical interview from **1842** predicted the **development** of professional **psychology**¹⁹.

S.H. also predicted essential elements of psychotherapy in the treatment of a **family network** of patients from 1831-1835, fostering an emotional and affective relationship with them, and seeking their active participation in the treatment regime²⁰.

Homeopathy and psychotherapy share in common the belief that the human organism has the **capacity to self heal**. The non-material nature of homeopathic remedies resonates with Jung concept of non-material influence of archetypes in our Life²¹. Both use the anamnesis and the family diagram but they evaluate it in a different manner. They share in common the interest for the family structure & interactions taking place among family members, the **evaluation of symptoms** for homeopaths is advanced in qualitative details as to intensity, duration, frequency, modification factors etc.

Both assist the patient to link the symptom with the cause that might stand in the wider family spectrum. There is a constant feedback among patient-Healer, this flow of information acts in a dynamic way of reestablishing the purpose of treatment. The systemic healer uses the structure of the story the patient comes with in each session to relief him from pain. The systemic Psychotherapist helps the patient to get rid of his restraining obsessions, beliefs and reestablish his life.⁴

Both in homeopathy and systemic psychotherapy there is a wide use of allegory kai simile to assist the patient to realize the nature of the problem and the work needed to take place.

The classical homeopath will heal a physical symptom (e.g.chest pain) via prescribing a remedy which improves the emotional status e.g.(Ignatia). Even though some scientists still doubt¹¹ that Psychotherapeutic process is considered standard for treatment of serious disease like cancer, Nobel homeopaths study with emphasis emotional shocks and depressive states¹⁷, offers such consultations as core of the integrative healing process to optimize the fruitful results and presents so in international Homeopathic Congress.^{16,18}. The majority of studies show a significant relationship between psychosocial factors and survival in breast cancer¹⁵, in alignment with other scientists who foresee the challenge that **Systemic consultation** provides an opportunity for clinicians working with complex cases²³, behaviors of concern that reflects on interpersonal dynamics may be **inhibiting change**¹²: in posttraumatic cases¹⁴, in therapeutic emotional process and family capacity for modification.¹³

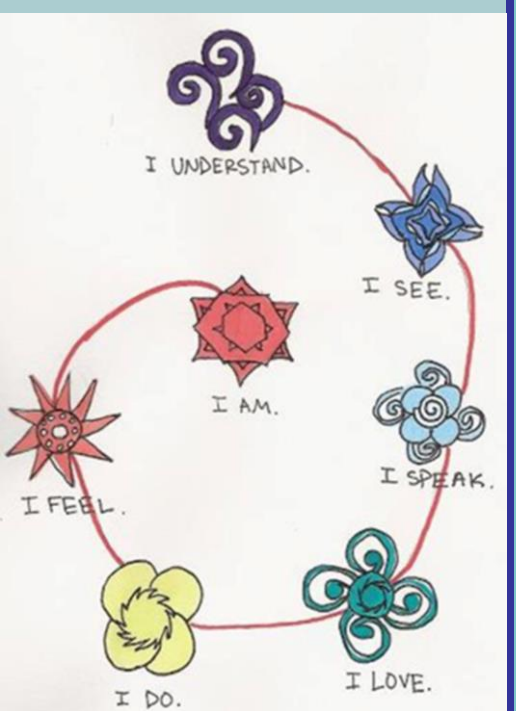
A qualitative sense of what homeopathy can accomplish in collaboration with deep Psychotherapeutic process is projected into:

Moving to deeper issues, dreams as messengers of healing²², Better Sleep and Energy, **shorter therapy time**.

Improvement in serious mental Health Cases, less depression, reduced medication, decreased suicidality,

Personality improvements alike positive thinking-safe, centered, grounded, flexible to discuss new issues, increased resiliency, decisive, opening to feelings and emotions, more loving, less obsessive, attachment issues resolved, more movement in dreams, more available and connected. Disidentification with Problems, moving out of difficult relations.

Further research and development of respectful alliances would be a step toward enhanced therapeutic potentials and improved outcomes in each of our disciplines.



Conclusion:

Homeopathy can work synergetically with psychotherapy or independed to move the person towards greater awareness and holistic functioning, it offers an approach that could play a significant role in enhancing the psychotherapeutic process. Homeopathy offers safe, gentle, non-toxic remedies, administered with holistic principles. Homeopathic treatments and clinical interviewing processes closely parallels those of psychotherapeutic practice. Homeopathic Remedies provide ideal alternatives to conventional medications where drug support is necessary. As a humanistically aligned form of therapy in it's own right, homeopathy provides an approach hugely sympathetic to the nuances of psychotherapeutic practice. As observed, combination of both on demand **achieve to reduce the required medication shorten the time of required Treatment and most important increase of happiness and creativity** for these patients.^{7,4,5}

Homeopathy is one path that awakens us to the realization that we are living, vital organisms woven into the pulsation web of life moving us from alienation to intimate connection, from doing to being. The synergy of homeopathy within psychotherapeutic practice offers surprising benefits pointing out the complementary relation of both treatments and the strong interaction among mind-emotions-body acting as one in health and disease.

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