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Pre-membership Course in Medical Homeopathy

A Blended Open-Learning Course in Homeopathic Medicine for Healthcare Professionals

Support Materials *Principles of Practice* Week 3

HOMEOPATHIC CASE TAKING STRATEGIES Dr Gabriela Rieberer

Psychological Conditions & Psychiatric Diseases

In theory, there should be no difference in the Homeopathic approach to case taking and subsequent treatment of psychological conditions or psychiatric diseases compared to other diseases [§ 214]. It may however be even more important to be free from prejudice, and aware of the individualization [§ 83] process.

Pointers to Case taking

Encourage and allow people the time to tell their story spontaneously. Prompt people with gentle, open ended questions such as:

- Introduce yourself to me.
- How do you think others see you?
- Tell me about your life.
- What is your task here?
- What can really affect you emotionally?
- What do you do with your anger?
- What are your insecurities / fears?
- Can you remember any dreams?
- What is most important for you?
- How do you see yourself?
- Is it unfolding satisfactory?
- What do you want from life / others?
- Who do you admire most, and why?
- How do you want others to treat you?
- What do you worry about?
- What dreams would you like to have?
- Do you have any unresolved conflicts / resentments in your life?
- If you only had one year / month / week / day to live, what would you do?
- Whom are the most important people in your life (Relationships).
- Which events / topics can really motivate / involve you (Hobbies).
- What was the most impressive (Happy / Sad) incident of your life?
- Ask them to express themselves in a drawing Very useful in children.
- Inquire whether their illness convey any meaning for them Symbolic message.

Analysis and Understanding

Always ask people for examples if their answers are unclear. This will increase the understanding, and hopefully lessen the likelihood of misinterpretation.

Many people live with a "delusion" or "overvalued idea" in life, which is actually a false perception of, and incongruent with the true reality. Attempt to grasp this aspect.

A major need in people is to be in control of their inner and outer environment. Any potential change: - Uprooting (Culture \ Tradition \ Values \ Shock) or New Freedom (Uncertainty \ Confusion \ Chaos) can lead to:

- Dread, and eventually to further stages of becoming:
- Ovenwhelmed (Anxiety\ Fear\ Panic\ Restlessness\ Insanity)
- Helplessness (Violent\ Impulsive\ Erratic\ Alternating\ Duality)
- Rigidity (Fanatical\ Obsessive\ Fastidious\ Industrious)- Compensated.

It is best to have a clear understanding of the case first (whole image of a disease), by careful consideration of both the symptoms and circumstances [§18] before thinking about an indicated remedy. Free from prejudice.

Mental and Emotional states and the Organon

Some Concepts and Terminology

Hahnemann uses 3 different concepts when he discusses Mental and Emotional diseases.

- 1. Mental / Spirit (Geist), faculty of intelligence, manifested through the operations of:
- Intellect (Verstand), concerned with analysis and discrimination [§ 9]
- Reason (Vernumft), concerned with logical thought and synthesis of ideas
- 2. Emotion (Gemüt), the faculty of participative consciousness regarding impressions, which include brief states such as Fright, Irritability and Cheerfulness.
- 3. Soul (Seele), in an intermediary between the Spirit and the Emotional mind, has longer lasting feelings and volition, and can cause and maintain diseases [§ 225].
- The Dynamis (Wesen), 'The Essence' or 'Dynamic Life Force' [§12] is an invisible, dynamic entity, which permeates and unifies with the entire human organism, as well as it's ambience. It is this Force or Energy that enlivens the material organism, keeping all parts vital and harmonious, so that the indwelling, rational spirit can freely avail itself in this living, healthy instrument for the higher purpose ofexistence [§ 9 & 72] Could this Entity be referred to as "The Collective Unconscious * "?
- O The human 'Organism', refers to an organized organic system (Material Instrument), housing the Mental, Emotional and Bodily functions, and has an intimate relationship with its 'ambience', which reflects the circumstances to which the individual organism is sensitive (Susceptibility) [§ 9 & 15]
- O The Human Identity (Being), obtains it's Individuality through the unity of the 2 imperceptible and opposing forces, referred to as "Functional Polarity".
 - Wesen: Life Energy Innate Instinct *
 - Knowledge Intellectual (Wissen) + Experiential (Kennen)
- A Person's State (Zustand), refer to mode of being, affecting Intellect and Emotion, is indirectly perceptible through behavior, feeling and functions. A healthy state involves knowledge of the truth of things, and a diseased state is characterized by ignorance, including false beliefs (superstitions). (Delusional mentioned above?)

Translated in modern terminology, the above concepts could refer to:

- Psychotic diseases: 1, Neurotic disorders: 3, and Emotional states: 2.
- Ambience includes: the effects of predisposition and environmental influences.

What happens in disease in general

Hahnemann also refers to a disease and a medicine 'wesen'. giving them a life-like quality. He maintains that diseases (medicines) affect the condition of the human organism only by acting dynamically upon the life force. (even micro-organisms, despite their presence). This 'contagion' happens instantaneously, all other manifestations follow in time.

He indicates that the 'Wesen' of a disease [§ 7] impinges upon the 'Wesen' of the human organism [§ 11], resulting in a particular set of symptoms and disease.

It is this 'Spirit-like', autonomic and dynamic life force, that becomes 'mistuned' prior to a manifestation into an illness in general [§11 & 12]. The totality of the symptoms is the outwardly reflected image of the 'Inner Wesen' of the disease, that is, of the suffering of the life force.

This dynamic "mistunement" of the life-force is expressed in one's:

- State behaviour
- Condition Feelings, Sensations and Functions
- Appearance Objective pathdogy

What happens in Mental and Emotional Diseases = Psychiatric Disorders

Hahnemann states that almost all psychiatric diseases are one-sided, where somatic symptoms have diminished and are subdued by the heightened mental and emotional symptoms [§ 215].

There are also several references in the Organon relating to disturbances [fn 8] and mistunement [§ 225] of the Emotional mind, often in the form of unresolved emotional distress (Worry, Fear or Abuse), and the subsequent instigation of a somatic condition. Conditions that we now refer to as Psychosomatic illnesses.

How should we Treat Mental and Emotional Diseases

Not any different from somatic diseases - the similimum [§ 214].

Prescribe on the "Totality" of the case, therefor considering the whole symptom complex, including Mental, Emotional, as well as Physical symptoms [§ 217 & 220].

Pay particular attention to the changed Mental and Emotional state, a concomitant of every disease [§ 210], for this is often the deciding factor in choosing the similimum [§ 211].

Confirm the Materia Medica picture of the chosen remedy with the former somatic disease picture, prior to the onset of the psychiatric illness [§ 218].

Treat acute psychiatric episodes and relapses with apsoric remedies first [§ 221]. Follow this with the appropriate anti-psoric remedy to treat the causative chronic and latent psoric miasm [§ 222], to prevent relapse [§ 227].

What about Psychological approaches and Psychotherapy

Hahnemann differentiated between Mental and Emotional diseases [§224] stemming from:

- Somatic disease (Miasmatic) Deteriorate with Psychotherapy.
- Environmental influences Respond to Advice / Improved living habits.
- Emotional Mind (Soul) Respond to Psychotherapy [§ 225].

He refers to Ideogenic diseases, as being the "Highest" diseases, arising from the:

- Spirit Imagination
- Soul -Grief, Shock

This 'Mistunement through Imagination' could be translated into modern terms such as Cognitive approaches and Neuro-Linguistic Programming.

Psychotherapeutic intervention, for example: Advice, Trust, Consolation, Friendly exhortations and even 'well camouflaged deception', will only be effective in very recent emotional illnesses, without much derangement of the soma [§ 226].

Treat Psychiatric patients with an appropriate manner as an assisting 'Diet for the Soul' The approach should be calm but firm, without reproach [§ 225j. Corporal punishments and torments should be thoroughly abolished. Always credit the patients with reason, and remove all external disturbances to their senses. Hahnemann felt that Psychiatric hospitals have their place for certain patients.

The highest and only goal of the Physician is to help, not engage in learned-sounding prattle.

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