Family therapy & homeopathy

A systemic view of clinical cases

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Human structure 3D/professional focus

- from the homeopathic point of view 3D
- Physical body
- Mental
- Emotional

- From psychology point
- Emotional
- Mental
- Physical body
Still we talk of one person

In clinical practice and under the storm that strikes the family structure in Crisis.

- Any help is well come.
- Rules are not certain
- Communication protocol is not certain
- Homeopaths are not psychologists.
- Psychotherapists are not trained homeopaths.
Case 1

- Female age 31Y. W:58kg/H:165 single.
- Medical history:
  - Main complain: Condylomata-HPV
  - Unable to drive alone, use public transport, walk in narrow places.
  - weekly consultations with two psychologists to this point. (started 9 years ago)
First remedy - Open a case

- Repertory
  - Homeopathic software
  - Complex devices
First consultation 17th January 2013 - symptoms login

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Degree</th>
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<tr>
<td>1. MIND - INSECURITY, mental</td>
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<td>2. MIND - ANXIETY - health, about</td>
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<tr>
<td>3. MIND - MANIPULATIVE</td>
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<td>4. MIND - FEAR - alone, of being</td>
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<tr>
<td>5. MIND - FEAR - alone, of being - night</td>
<td>2</td>
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<td>6. MIND - FEAR - high places</td>
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<td>7. MIND - FEAR - insanity, of</td>
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<td>8. MIND - FEAR - death, of</td>
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<tr>
<td>9. MIND - FEAR - undertaking anything</td>
<td>2</td>
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<tr>
<td>10. MIND - CLEANNESS - mania for</td>
<td>2</td>
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<tr>
<td>11. MIND - WASHING - desire to - always washing her hands</td>
<td>2</td>
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<tr>
<td>12. MIND - DISGUST</td>
<td>2</td>
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<tr>
<td>13. MIND - CENSORIOUS, critical</td>
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<td>14. MIND - THEORIZING</td>
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<td>15. MIND - FORGETFUL</td>
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<tr>
<td>16. GENITALIA-FEMALE - SEXUAL desire - increased</td>
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<td>17. GENITALIA-FEMALE - CONDYLOMATA</td>
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<td>18. GENITALIA-FEMALE - PAIN - Vagina - coition, during</td>
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<td>19. GENERALITIES - SEA SHORE, at the - amel.</td>
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<td>20. HEARING - ILLUSIONS</td>
<td>2</td>
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<td>21. MIND - FEAR - robbers, of</td>
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<tr>
<td>22. RESPIRATION - SIGHING</td>
<td>3</td>
</tr>
<tr>
<td>23. GENERALITIES - FOOD and DRINKS - meat - desire</td>
<td>2</td>
</tr>
</tbody>
</table>
17-1-2013 Medorhinum 200ch /4 times

crisis 26-1-13

• prior to crisis high stress levels felling helpless++ Desire
to cut her veins+

• Numbness right head++, chest palpitation+++ difficulty in
breathing air +

• wet nose ++ dry mouth +,

• eminent ideas ++ (and if I wanted..) Trapped sense++
feeling warm+ desire to run+

• New Data: visited 9Y ago in Mental health hospital
prescribed with antidepressants - Bromazepam
7-2-2013 Revaluation

Proposed Remedies:
- Sulphur
- Phosphorus
- Arsenicum album
- Pulsatilla (nigricans) pratensis
- Natrum muriaticum
- Calcarea carbonica
- Nux vomica
- Platinum metallicum
- Veratrum album
- Aurum metallicum
- Lycopodium clavatum
- Argentum nitricum
- Causticum
- Stramonium
- Graphites
- Cannabis indica
- Lachesis

Proposed Large Remedies:
1. Sulphur
2. Phosphorus
3. Arsenicum album
4. Pulsatilla (nigricans) pratensis
5. Natrum muriaticum

Proposed Small Remedies:
1. Abies canadensis
2. Kali bromatum

The case is highly dependent on the following rubrics:
STOMACH - APPETITE - increased (Abies-c.)
Case one-outcome

• Panic attacks, fears and condylomata were the main issues finally pointed out by the patient.

• Treating first the physical symptoms aggravated the Mental load, the panic attacks.

• As should be expected soon afterwards second remedy was prescribed to relieve the mental unbalance (normally > month).

• One month later (8-3-12) third Remedy focused on fears and panics, psychotherapy helped her to move beyond...

• Homeopathic Treatment completed in April 2013 and psychotherapy is still required for this patient.
8-3-2013
Case two

• Male 42 Y, married W: 70kg/H: 180
• Medical history: Main complain Recurrent Migraines accompanied with nausea, vomiting, Diarrhea following weakness since 2002 with intensity and frequency rising to a pick at 2011 to 3 times a week non responding to homeopathy treatment.
• Many injuries
• 9-2011 Brainstem MRI report....
Vascular Dysplasia, 0.5cm in brain stem
2011-2013 symptoms

• Monthly prescribing - non responding
• 6-7-2012 Tuberculinum
• 27-9-12 Arg-Nitricum 200/1M
• 20-12-12 Ignatia 1M
• 26-3-13 Bryonia 200ch/1M (cough)
• 3-5-13 sulph 1M/10M
• 2-8-13 phosp 200ch/1M (cough)
• 29-9-13 sulph.200/1M/10M
Case two - outcome

- Systemic group treatment/weekly since September 2011 to this point.
- A year later he responds well to homeopathic remedies, reduced frequency of sessions.
- Improved all main complains to a point of mild intensity headache / once per month
- Enjoys better quality of life and needs a few years of systemic support to maintain present condition
- Blockage schema follows..
Science of homeopathy

mental

emotional

physical

environment
Homeopathic remedy has the ability to reproduce the same symptoms as the ones the individual suffers from. Through this it releases the pressure that the patient feels. But there are obstacles and blockages to homeopathic treatment like constant dissatisfaction on emotional life.

Systemic psychology helps the individual to regulate emotions, to express them, finally harmonize this flow as a fully conscious being.
Systemic Family Therapy

Has the experience and the tools to carry this task successfully,
Systemic therapy consultation together with Homeopathic treatment

Clinical adjustments

- The patient has the opportunity to navigate into deeper issues.
- Shortens the duration of treatment.
- Better Sleep and Energy
- Brake patient defenses to treatment

Improvement in serious mental health cases
- Less depression
- Reduced medication
- Decreased suicidality

Personality improvements

- Positive thinking
- Centered and 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
Το μεγαλύτερο λάθος στην αντιμετώπιση των ασθενειών είναι ότι υπάρχουν γιατροί για το σώμα και γιατροί για την ψυχή.. ...γιατί αυτά τα δύο δεν μπορούν να διαχωριστούν. Πλάτων

- mind-emotions-Body acting as one in health and disease
Conclusions

Homeopathy interacting with Systemic therapy:

• Stimulates modifications in the family model
• The released somatic elm triggers the necessity for psychology support
• Plays a significant role in enhancing the psychotherapeutic process
• Reduces the duration of treatment and required medication.
• Sensual and emotional cases seems to respond well when a homeopath collaborates with a systemic therapist.
• To link homeopathy with systemic therapy there is a need for further training in this field so the homeopath can comprehend and insight profound during the case taking.
• Further research would be a step towards an integrated therapeutic potential.
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14. The effect of psychosocial factors on breast cancer outcome: a systematic review Matthew E Falagas123*, Effie A Zarkadoula1, Eleni N Ioannidou1, George Peppas14, Christos Christodoulou15 and Petros I Ralladilis13 Alfa Institute of Biomedical Sciences (AIBS), Athens, Greece, 2 Department of Medicine, Tufts University School of Medicine, Boston, Massachusetts, USA