

Dear Readers,

August was a hectic month with Anna Hazare movement touching almost each and every Indian in some or the other way. This was one event which is said to have been covered by the media in an unprejudiced way where media did not create a positive or negative figure out of it. The media solely covered the event and what came out was a joining of forces from all over with positivity. It made people realize what they need to do at their level to remove corruption from the system and this realization is important for bringing any change. I was at Pune International Workshop on "Interrogating the Core" at that time which I felt was on a somewhat similar platform, where the discussion was to bring out a change or add a new thing to the way we practice. It was a new knowledge brought to the homeopathic field and the purpose was to absorb it in an unprejudiced way and learn from it. One fact was confirmed again that reading the Organon is something like reading an epic which will give you new information and insight every time you read it. It is like walking on a road full of flowers grown on both sides and it is up to you how much you can gather in your basket.

Dr Brian discussed few aphorisms and explained how Hahnemann suggests the use of counselling and such aspects along with the homeopathic medicine (226). Such exercises of discussing aphorisms bring out the beautiful information which is hidden between the lines in the Organon. Therefore, going into the intricate details reading aphorisms or Organon on a daily basis is something I feel is to be imbibed and will go along way for all of us even if we do not believe in the new aspects which were brought out.

Dr Brian and Hephzibah Kaplan discussed about two new therapies – 'The Art Therapy' and 'Provocative Therapy' which they use in cases where case taking is not giving the true picture of the patients. It is also useful in cases

where the remedy alone is not completely healing the cases, for e.g. where the maintaining cause is obesity or addiction and unless the patient does not take steps for that, a homeopathic remedy alone cannot bring the cure. Therefore, in such cases he uses 'Provocative Therapy' where the idea is to initiate the thought process of the patient and bring a realization that he or she has to take the effort to come out of it. This therapy is useful because deep down all people know what they are intended to do and whole world keep telling them what is to be done and still they are not doing it, so unless there is a self realization, the maintaining cause, here the emotional block, cannot be removed. Use of this therapy can be a supplement to such cases where we get stuck.

Many times we see patients getting dependent on the doctor and asking for every little advice for their life from the doctor. There are patients who consider you as a person, with whom they can share all their problems and you become an agony aunt for them. I do not deny that we do that in our practice and I personally also do counsel many patients. The kind of cases we take, the case history we take and we hear their stories in an uninhibited way do play an important role, but what is important is that after a certain stage of counselling, we have to let go the patient and let him handle his life on his own and for preparing him/her for these things, such therapies are useful. Share your thoughts and ideas for role of psychotherapy you have used in your practice.

From January 2012, we are starting an open discussion forum page where we will take and discuss a thought, take views from readers and doctors and will award the best answer. Let us see how this interaction goes to initiate a dialogue among homeopaths.

Dr Geeta Rani Arora
Editor



Unbolt yourself ...		
MONTH	TOPIC	LAST DATE OF SUBMISSION
December, 2011	Sycotic Miasm	October 20, 2011
January, 2012	Metal Group	November 20, 2011
February, 2012	Vaccination & Homeopathy	December 20, 2011

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