

What Every Homeopath Wants Their Patient to Know

By Amy Rothenberg, ND, DHANP, 50 minute CD, \$10.00 (USD). Produced by the Foundation for Homeopathic Education, Inc.

Reviewed by Richa Eland, RSHom (NA), CCH

I've heard Dr. Rothenberg speak on several occasions and this lecture CD is as informative as the live version. Both her voice and thoughts are clear, calming and measured so the listener can easily absorb the fifty minutes of information. As the title implies, this is aimed at a prospective homeopathic client in Dr. Rothenberg's practice.

The Introduction contains the basic philosophy of and approach to homeopathic medicine. She reassures the listener saying, "I want this (lecture) to inspire you to seek it (homeopathy) for yourself and use homeopathy for your family... (to come to my office) arriving better informed and better able to participate in your own healing. For those seeing a homeopath, it will answer questions regarding the treatment of children and adults." She dives right into how homeopathy works. The more experienced we become in any skill, and homeopathy is no different, the more challenging it can be to make it simple. Dr. Rothenberg does this in such a pleasing manner that no one feels talked down to and no one is left behind. I appreciate Dr. Rothenberg's acknowledgement that each practitioner may differ somewhat in scope of practice, approach to treatment and posology. These are common issues for clients previously treated elsewhere.

Her practice includes a preliminary phone interview before an intake is scheduled. I love the clarity of her first question: "What can homeopathy do for you?" She gives a peek into that preliminary interview through her discussion of the vital force and homeostasis; how a symptom is viewed; and what information is important to bring to the interview from modalities to *understanding* the individual who feels these symptoms.

This is followed by a look into why people choose homeopathy, how they get referred, followed by a comprehensive list of the problems that bring one to homeopathy. She goes on to introduce *Similia Similibus Curentur* and the individuation of remedy selection. This she does while introducing the ideas behind the importance of good hygiene and lifestyle so that the

vital force might be better able to rally a response to improve one's health.

Three levels of homeopathic treatment are clarified and briefly discussed in the whole of constitutional/chronic treatment. This sets up nicely the discussion of the lengthy intake, guidelines for watching symptoms progress toward cure, repetition of the substance and that trust is the vital ingredient between practitioner and the individual needing the remedy.

Again Dr. Rothenberg's honest style is skillfully employed as she voices the intensity of sharing individual stories and traumas in a healing environment. She addresses the necessity of questions for differential diagnosis with respect and empathy, reinforcing confidentiality as a "given" in our profession.

"WHAT CAN HOMEOPATHY DO FOR YOU?"

As promised, she discusses the treatment of children and women of all ages. She talks about the importance of the child's participation and she addresses compensation. She confidently assures pregnant or lactating women about the safety and efficacy of homeopathy for them and their baby.

I was delighted with how she took on issues of trust, acute care, less is better, aggravations and the return of old symptoms. She lends integrity to the fact that no homeopath is without shortcomings and that this, along with other factors, may lead to referring a client to someone else.

She goes on to talk about follow-ups, both conceptually and also very specifically to her own practice: the intervals, how long it will take to get better, how quickly a phone call will be responded to. Guidelines for her patients are clearly stated from substances to be avoided, the timing of dental work and the antidote question. Be sure your expectations and guidelines match hers before employing this CD. There is a lot of detail in this lecture.

My closing thoughts are what a great tool this could be for a homeopath just out of training. There is a lot of “gold” here in terms of how to set up shop and run it. The CD can also be extremely useful for a less experienced homeopath preparing a public lecture. If nothing else, it could help you anticipate the most frequently asked questions and have a line or two of something well chosen to utter.

One word of caution: listen carefully to it before having it represent your practice or making it available to prospective intakes. Be sure it matches your practice, philosophy and expectations. As a classical homeopath in practice for over fifteen years, I would have difficulty using it for my new clients because my

practice is not set up exactly like hers. I do, however, see the CD has great potential for giving homeopathic vocabulary to a client wanting to talk about their homeopathic treatment experiences in an intelligent and rational manner. Certainly, it would make a great gift for someone you want to introduce to homeopathy. I’ve donated a copy to my local public library for just that purpose. This CD is available at www.nesh.com

Richa Christine Eland, RSHom (NA), CCH, is the Chief Editor of The American Homeopath. Her homeopathic practice for women and children rests in the foothills of the Appalachian Mountains. She can be contacted at nashjournal@msn.com.