



## **The homeopathic counsellor**

People most often choose homeopathy because they are seeking natural and safe alternatives to treat or manage their health conditions (Johannes, 2010; Johannes et al., 2009). However, many are unaware of the scope of homeopathy to support emotional wellbeing.

Homeopathic consultations often entail a deep analysis of the inner experience of the client (Donelli & Antonelli, 2021) through therapeutic processes that may result in psychological healing at an unconscious level (Davidson & Jonas, 2016; Donelli & Antonelli, 2021). Homeopaths are thus often engaged in psychodynamic work with clients as they explore the underlying cause of disease in each case. This process can be profoundly insightful and provide an unexpected therapeutic experience, with positive benefits to emotional wellbeing (Johannes, C., 2010).

In Aphorism 4 of the Organon, Hahnemann describes the advisory capacity of the physician as a 'preserver of health'. He emphasises the importance of helping people remove obstacles to cure and to adopt healthy lifestyle choices as an important part of healing (Hahnemann, 2001).

This presentation conceptualises the notion of the homeopathic counsellor, according to the literature and utilises examples of where homeopathic case taking has had deeper therapeutic value and where guidance has assisted people in the restoration of health.

Applications of the Thinking Environment will be shared as a tool to help build safe and empathic relationships that allows people to reach their own insights (Kline, 2011). This methodology helps to create the right environment for practitioners to 'listen so well and so carefully to give attention so respectfully that they can think for themselves in a new way' (Passmore & Sinclair, 2020, p. 122), which is very aligned with homeopathic case-taking.

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