



Inspiring health
and wellbeing

Training in Homeopathic Medicine

Academic Department of Homeopathic Medicine

Advanced and Basic Courses

Portland Centre for Integrative Medicine



The plant kingdom
Ranunculus bulbosus (Buttercup) in the *Ranunculaceae* family

Used for vesicular eruptions with
burning and intense itching

We are delighted you would like to learn more about the courses run from the Academic Department at the Portland Centre for Integrative Medicine



The Portland Centre for Integrative Medicine (PCIM) is committed to practising and teaching integrative medicine. The practice of Homeopathy has advanced enormously in the last five years and here in Bristol we are leading the way in medical, veterinary and dental homeopathy, teaching how homeopathy can be successfully prescribed for animals and humans. Homeopathic skills can be incorporated into general practice both to improve your observation and communication with clients and to increase the range of therapeutic tools in the day to day management of acute and chronic disease. You will find a significant minority of people would like complementary therapies offered within the environment of their conventional care and in veterinary care there is a demand from clients for first opinion practices to provide homeopathic treatment. For the dentists homeopathy can offer a valuable tool in dental practice and you will learn how to manage conditions such as acute anxiety and periodontal disease.



The Course Venue (above)
The Penny Brohn Cancer
Care Centre.

We have a core team of enthusiastic teachers who teach regionally, nationally and internationally. For the vets we will teach you that animals are not biological machines in need of drugs, but individuals whose bodies and immune systems can stop making the mistakes that make them ill. The excitement of learning something new and this new found knowledge will continue to increase every year you practise homeopathy. The team have watched homeopathy work in practice and want you to be able to prescribe successfully by the end of the course. If you are ready for a challenge professionally and philosophically then we would be delighted to help you on that path.

Homeopathy is a big subject, takes hard work and needs a change of mindset. The six teaching days a year will inspire and guide you but working in between modules and using the online Learning Management System (LMS) is essential if you are to work towards passing basic and advanced homeopathic exams. These exams will get you on the road to successful prescribing. Whether you are a busy dentist or dental technician or nurse, a vet, a pharmacist or a GP or hospital doctor or a practice nurse you may find that homeopathy helps you transform your relationship with the caring professions and widens the clinical options that you can offer to your clients. Beware! Homeopathy is sometimes too compelling to give up.

About the course

The course is accredited by the Faculty of Homeopathy which promotes academic and scientific thinking and ensures the highest standards in teaching. Five core areas of knowledge include:

- Core principles and concepts of homeopathy
- The historical and philosophical background to the development of homeopathy
- Current scientific thinking
- Homeopathic pharmacy and materia medica
- Consultation and case analysis skills

Teaching methods

We are committed to offering a range of teaching methods to help learning to be fun and exciting. Your participation in homework and assignments is essential as you build your Course Based Assessment (CBA) port-folio. Some of your assignments will build towards passing the Membership of the Faculty of Homeopathy (MFHom) exam making the final exam less of a hurdle. Within each session we will give you the objectives of that session and how they relate to the vertical themes below.

Vertical Themes

Vertical themes are ideas that serve as a framework for the whole of the Academic Programme, from years one to the Advanced Study Group. If you continue with homeopathic study you will meet them repeatedly – here the seven vertical themes are briefly introduced:

Discerning the Case

This is the process whereby the practitioner understands the nature of the patient's predicament. Though case-taking is in some ways similar to conventional medicine, it is also very different as it seeks to paint a broader and deeper picture that reflects the challenge to match the medicine to the individual.

Materia Medica

This is the study of the medicinal properties of homeopathic remedies. Throughout the programme emphasis is placed on "locating" medicines within their natural context. The primary distinction is into mineral, plant and animal kingdoms. Within kingdoms we follow natural groupings such as plant families. Knowledge of Materia Medica is based on provings, toxicology and the *Doctrine of Signatures*.

Philosophy of Homeopathic Care

Homeopathy comprises the matching of remedies to the individual according to principles which are studied under this banner, drawing on sources such as Hahnemann's *Organon of Medicine*. This theme also includes the history of homeopathy.

Pattern Matching Strategies

There are many different ways of matching the patient and the remedy, you will come to know these as: totality, keynote, constitutional, Scholten method, Sankaran's System and aetiological prescribing. The skill is to have a repertoire of matching strategies and to know when to use which one.

Homeopathy in Practice

We can develop our knowledge of remedies and strategies but how do we actually use homeopathy in practice? This is something that takes a lot of experience to do well and at each stage of the training you will get a chance to share your own cases and see other cases being managed.

Research in Homeopathy

It is vital that homeopaths engage with interpretation (and creation) of the evidence base for homeopathy – it is a much richer store than most imagine. Because homeopathic medicine is quite outside the box in terms of conventional science it is an intrinsically fascinating field bringing in such delights as quantum theory and chaos theory.

Practitioner Development

People often come to homeopathy at a point in their careers when they are seeking a more meaningful way to engage with patients. We seek to actively support any course members making these transitions. We also encourage case-logs and clinical audit.

Year one Foundation training

Foundation training is appropriate for healthcare practitioners who want to understand the basic principles of homeopathy. The course is organised in five modules over six Fridays and sets out to answer questions such as; *What is homeopathic medicine? What makes homeopathy a holistic approach? How can viewing health and illness within a complex system enhance our relationship with clients?*

Year 1 will cover a syllabus of fifty medicines which can be incorporated into day-to-day practice and the curriculum specifies the core knowledge required for the Primary Health Care Examination (PHCE) and you will learn about clinical applications and key characteristics of these medicines. Successful candidates are then eligible to become Licensed Associates of the Faculty and the exam prepares for entry into a more expansive programme of study at intermediate level, which in turn eventually leads to preparation for the Diploma & MFHom examinations for those who wish to use homeopathy as a specialist skill. All students are strongly encouraged to sit the PHCE which is considered to be an essential component of their training in homeopathic medicine. Success in the examination marks achievement of basic level skills within clearly defined standards of safety, quality of practice and professional competence. Successful candidates may apply to the Faculty to become elected as a Licenced Associate and may use the initials LFHom, followed by a suffix denoting their profession.

Modules are held at the Penny Brohn Centre. Prior to Module 1 you will be sent textbooks to aid your learning and on the first day you will be issued with an introductory pack of medicines.

Primary Health Care Certificate in Homeopathic Medicine

This multiple choice examination, for which there is a separate fee, is administered directly by the Faculty of Homeopathy.

Preliminary Certificate in Veterinary Homeopathy Examination

This examination, for which there is a separate fee, is administered directly by the Faculty of Homeopathy. The vets, with a larger syllabus, usually take this exam at the end of year 2.

Homeopathic medicine - an integrative approach

We will be running two afternoons in the coming academic year offering a brief introduction to homeopathy and its position in the field of integrative medicine. If you are a health care professional who is curious about these issues but not ready to plunge into homeopathic training, this could be a stimulating and enlightening session where you can meet like minded colleagues and get a feel for some of the key principles that underpin homeopathic thinking. These sessions are free.



Study rooms at the Penny Brohn Cancer Care Centre (above and right)

Year 2 and Onwards

This is where the fun begins and we hope many of you will continue to year 2 and onwards.

For many it is more challenging to incorporate a more thorough homeopathic assessment into every day practice but much of homeopathy's success is matching the medicine accurately to the individual and we would like you to see the best of homeopathy and become more confident as the years progress. Years 2, 3 & 4 provide teaching which will lead students towards the DFHom & MFHom examinations. We will work with the syllabus for the MFHom but also want to deepen your awareness and understanding of the art of medicine finding what is 'strange rare and peculiar' in each patient's story, and acquiring skills in computerised software programmes which will help with matching the remedy to the individual.

Year 5, or the Consolidation Year, presently helps prepare students for the MFHom qualification and also provides continuing education and support for newly qualified MFHom's. MFHom training expands substantially on the introductory training and prepares doctors, nurses, vets, dentists, podiatrists and pharmacists for the Membership Examination. The Faculty of Homeopathy has now moved to Course Based Assessment (CBA), therefore lessening the burden of a detailed examination. The examination at the end of training will be brief but very relevant to showcase the knowledge and skills you will have acquired.

Further information about MFHom is available via the Faculty of Homeopathy.

At the end of the course we hope you will have built on learning from Year 1. Opposite are the goals from the Faculty of Homeopathy Core curriculum document.



Teaching in action (above)

Summary of professional attribute goals

- Core principles and concepts of homeopathy
- Understanding of reflective practice and its benefits for patients care and lifelong learning
- Reflective practice becomes an integral part of practitioner's clinical care
- Renewed and broadened interest in clinical medicine
- Improved clinical and communication skills
- A clearer perception of the patient as a whole, and as an individual
- A well developed understanding of the importance of the therapeutic encounter itself
- Increased quality of patient care and vocational satisfaction

Summary of educational goals

- Awareness of the scope and value of homeopathy for their patients or the community in which they work, how to gain access to services which provide it and how to understand and integrate its contribution to patient care
- Broad understanding of the dynamics of illness and a wider perspective of the nature and evolution of chronic disease in both its biographical and pathological aspects
- Improved case taking; more active and attentive listening to the details of the patient history and more careful study of the 'march of events' in the development of the disease
- Greater awareness of the capacity for self-regulation and self-healing, and the possibility of stimulating these processes
- Awareness of the scientific implications of the subject, its evidence base, and the arguments that surround it
- An enhanced therapeutic repertoire



The mineral kingdom
Silicium oxide (Quartz)

Reflects the theme of clarity and loss of clarity



The animal kingdom

Aquila chrysaetos (Golden Eagle) in the *Accipitridae* family

Focus and freedom and bridging the gap between
responsibility and the world of dreams



Gradually Evolving and Mastering Sensation (GEMS)

The GEMS Group provides a teaching programme for those who wish to study methodology, philosophies, materia medica and case studies in greater depth, to follow on from the fifth year. The GEMS Group provides an opportunity for an ongoing training programme.

We believe that, for those who are inspired by homeopathy, the learning process never ends, but learning in isolation is not half as much fun as in a supportive environment with like-minded people. We consolidate knowledge of basic MFHom remedies as well as introducing new remedies and improve your use of the homeopathic software programmes. Most importantly, we would like to teach you how to feel confident about choosing a new remedy that you have never prescribed before by improving your case taking and case analysis skills.

Case based information is drawn from teachers across the world, including Massimo Mangialavori, Jonathon Shore and others. The style of case taking is influenced by Rajan Sankaran's System, which we have been studying and using for several years now in our own practices. Our experience has been that this has made the case taking process much more therapeutic for the patient, case analysis easier and more interesting, and has improved our results. Using paper, video and live cases from the animal, plant and mineral kingdoms we demonstrate how this way of case taking has brought success in complex clinical conditions. You will have the opportunity to discuss your problem cases and help to analyse how the information fits together. Homeopathy no longer becomes a pure symptom-gathering exercise: we start to see the patterns behind the symptoms and so the analysis of the case becomes clearer and less overwhelming.

GEMS hopes to meet your needs in daily practice and will be flexible with other sources of learning material that you or others may have gathered along the way. We hope you will be inspired by this new opportunity to take your own homeopathic learning forward, and look forward to meeting you on the course at whatever stage you feel you are at. We hope you will feel like us that the learning never ends.



Teaching in action (above)
and the Penny Brohn
Cancer Care Centre (right)

About the tutors



Geoff Johnson MA VetMB MRCVS VetMFHom RSHom PCH

I worked in many veterinary practices before becoming the owner of a mixed Exmoor practice in 1993 and started homeopathy in 1995 and quickly became passionate about its exploration and practise in all species. In 2003 I opened a homeopathy only surgery for animals and people, being the first person to be qualified as a veterinary and human homeopath. I enjoy teaching nationally and internationally, but am particularly pleased to be part of the Bristol team, one of the leading forces in the evolution of homeopathy in the UK.



Helen Beaumont MB ChB MRCGP DRCOG MFHom

Homeopathy has been in my blood since 1995 having trained with HPTG in Oxford and gained my specialist registration in 2006. I have a private homeopathic practice as well as a hospital practitioner post at Bristol Homeopathic Hospital interspersed with the occasional GP locum to keep my hand in. I have studied with Sankaran in India on several occasions and continue my own professional development with a mixture of seminars and peer group supervision. I have always been passionate about medical education and have completed a three year teacher training course in medical homeopathy. Having taught in Oxford for several years I have now been teaching in Bristol for over three years and am also examiner for the Faculty. Teaching medical students at Birmingham University has been an exciting opportunity to expand knowledge of homeopathy to a wider audience of potential doctors. Enthusiasm, energy and a real love of homeopathy are fundamental to teaching and I hope to inspire and motivate students in their journey of learning.



Julie Geraghty MB ChB DCH FFHom

I qualified in Medicine in South Africa in 1984, did my Post Graduate training as a General Practitioner in the UK and gained the MFHom in 1994 while training at Glasgow Homeopathic Hospital. I started teaching on the Glasgow course before moving to Bristol in 2002, where I joined the teaching team. I work one day a week at Bristol Homeopathic Hospital and have a busy Private Practice in the city. I have studied extensively with Jan Scholten, Massimo Mangialavori, Rajan Sankaran and Divya Chhabra. I teach homeopathy widely in the UK and Europe, basing my teaching on the Bombay Method of case taking and case analysis. I am Vice President of the Faculty of Homeopathy, member of the Examination Board and supervise colleagues towards Specialist Registration.



Andrew Morrice BSc MBBS MRCGP MD MFHom

I started medical school in 1985 already very interested in ‘alternative’ and holistic medicine. I spent 3 years on the History of Medicine (a BSc and an MD) which has turned out to be very relevant to all my work. I am now a GP in the Mendips looking after a truly diverse group of patients and I work a day a week at the Homeopathic Hospital, and see patients privately for homeopathy. I love my family, my garden, music, being out in the country and the challenge of TaeKwonDo. And teaching whole person care, homeopathy and history.
My gravestone may read: Andrew Morrice – Holist.



Liz Thompson BAOxon MBBS MRCP FFHom DM

I took over as director of the teaching course in 2005 having worked towards offering high quality homeopathy within the National Health Service within my role as Lead Clinician for the BHH. I qualified in Homeopathy in 1995 and gained my CCST in Palliative Care enabling me to take up an NHS Consultant post at BHH in 2000. I have studied with many of the great homeopathic teachers and get much joy from watching the daily miracles that we begin to take for granted in homeopathic practice. I am an MFHom examiner and sit on the academic board of the Faculty of Homeopathy and have research and clinical publications



Louise Nash BDS MFHom(Dent)

I am fortunate to enjoy a very varied working week, dividing my time between my dental practice, teaching undergraduates at Bristol Dental School and running the vocational training programme for newly qualified dentists in Bristol. I was inspired by the late, great John Hughes Games. After studying at the foundation level I gained my DFHom in 2003 and was awarded MFHom in 2007. I use Homeopathy in my practice routinely, both to treat oral conditions and, hopefully, to make visiting the surgery a more pleasant experience. I find it enhances my working life and brings a fascination to everyday practice. I enjoy the theatre, skiing, and growing produce on my allotment, and I am learning Italian to help with my interest in Art History.

Visiting tutors

Jonathan Hardy BScHons MA BM MFHom

I Studied Zoology at Oxford University and obtained an Honours Degree in 1978. I then qualified in Medicine at Southampton University, began training in Homeopathy and have been in full-time practice in Hampshire as a Homeopathic doctor since 1986. I help teach the Faculty of Homeopathy's Training Syllabus for doctors in several European countries and give seminars, both in the UK and abroad. I am on the Specialist Register of the Faculty of Homeopathy and am Wessex Regional Tutor for the Faculty. I held a Hospital Practitioner post at Bristol Homeopathic Hospital for a period until June 2007 and represent independent practitioners on Faculty Council.

Tim Robinson MB BS MRCCP DRCOG MFHom

I am a full time GP in West Dorset and have been in practice for almost 20 years and provided Homeopathic treatment over the last 13 years. I have been part of the Bristol modular teaching team since 2000 and arrange student attachments in my practice to observe the integration of homeopathy with everyday general practice consultations. I am convener of the Members' Committee for the Faculty of Homeopathy and have a number of journal publications.

Trevor Thompson MA MSc MB BS PhD DRCOG MRCCP MFHom

My main job is as Consultant Senior Lecturer in the University of Bristol medical school where I am responsible for a range of educational adventures which cluster around the idea of holism and which include a very popular course in Homeopathy. I also work one day a week each as Clinical Assistant at Bristol Homeopathic Hospital and Salaried GP in an inner city Bristol practice. I am passionate about education that engages head and heart and that challenges and inspires. My other loves include biking, sailing, and reading.

David Williams MB BS BDS DRCOG FFHom DipAc (Nanjing)

I trained as a dental surgeon before qualifying as a doctor and obtained my MFHom in 1984 and Fellowship in 1991. Whilst working in General Medical Practice I continued the practice of dentistry, part time, until 1999. My experience of homeopathy is based on use in NHS and private practice in both disciplines. I have for many years been part of the teaching teams of the Bristol, London, and the former Tunbridge Wells Centres and am a member of the examining panel of the Faculty of Homeopathy.

Geoff Woodin MBChB MFHom

I was born and raised in South Africa where I studied medicine. I quickly became aware that there is more to the human story of health and illness than can easily be explained by a reductionist view of the world and so began my journey of curiosity and investigation that continues today. I was fortunate enough to work at the Glasgow Homeopathic Hospital for two years full time and since then I have continued my explorations of how my skills and knowledge can best be integrated for the benefit of my patients. I have settled on Psychiatry as my specialist area and I am doing my best to bring the homeopathic approach into the mainstream as I continue to witness its effectiveness and safety outstrip my wildest expectations. I rejoice in the opportunity to share my experiences with students of homeopathy and learn from theirs. I also enjoy playing in nature - on foot, on my bike, on my surfboard!

Further information

Course administrator

The Academic Administrator is an integral part of the team. She is your first contact for any enquiries regarding the courses, your training pathway, and examinations. She is responsible for the production of all lecture notes, administration of all aspects of the courses, and maintains the library facilities, as well as providing a small homeopathic bookshop. She is normally available during normal office hours for any questions you may have.

About the clinical team at PCIM

We have an enthusiastic team of six physicians working from PCIM. Some are in full time homeopathic practice whilst others combine general practice and homeopathy. They will all welcome you into clinic and the reception staff who keep the show on the road are always grateful if you could arrive a little before the clinic is due to start. We look forward to seeing you in clinic soon!

Diploma in Integrative Medicine (IM)

We hope that some of you may be interested in undertaking a Diploma course in Integrative Medicine beginning October 2016. Integrative Medicine (IM) is defined as an approach that seeks to deliver the best of conventional and complementary care while maximising patient choice and individualising care to improve health, wellbeing and quality of life. The PCIM education team will be developing a new diploma course with the Crossfields Institute (www.crossfieldsinstitute.com) over 2015. Please get in touch with our education administrator if you are interested to sign up to this exciting educational offer.

Thanks to the *William
Kadleigh Memorial Fund*
whose generosity
supported the development
and printing
of this brochure.

For more information on courses including costs and how to apply, please contact our Education Administrator on education@portlandcentrehealthcare.co.uk or visit portlandcentrehealthcare.co.uk



A dark purple circle containing the text "Portland Centre for Integrative Medicine".

**Portland
Centre**

for Integrative
Medicine

Inspiring health
and wellbeing