



Homeopathy Training Course Prospectus 2015- 16

Empowered Learning

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Welcome

I am delighted to welcome you to this relatively new college, The Homeopathy College in Scotland, currently the only homeopathy college in Scotland.

As College Principal I am excited to introduce this comprehensive 3 year part-time homeopathy training course based in Peebles, in the beautiful Scottish Borders. This prospectus gives detailed information on the training course provided, which started in September 2011.

The aims of this course are to support and encourage the trainee on their own healing path, facilitating a holistic understanding of health and disease so that graduates become empowered, confident professional practitioners. The curriculum covers all the tools a homeopath needs on a knowledge and practical level but also facilitates your own development and growth as a healer. We will also cover various methods of using homeopathy, including recent advancements.

The course runs one weekend a month for 10 weekends of the year, for 3 years. Assuming all the relevant criteria are met students will gain a homeopathic qualification after 3 years.

There are no formal exams but instead you will be expected to record your self development and progress in your own Learning Journal throughout the course, as continual self assessment, with regular feedback sessions.

Professional training, by dynamic enthusiastic and experienced tutors, is provided to the highest standards, which complies with the recent guidelines set by the Homeopathy Course Providers Forum.

The first year can be done as a stand-alone foundation course gaining a Diploma in Basic Homeopathy at the end of the first year. You may continue to study for the further two years to gain, on successful completion of the course, the full Practitioner Diploma and Licentiate.

I look forward to meeting you and embarking on this new exciting journey.

Sheelagh Milne

Tutors



Sheelagh Milne, the College Principal, is passionate about homeopathy. She has busy practices in Peebles and Edinburgh. She also treats clients from all over the country and abroad by phone.

Sheelagh came to homeopathy having exhausted the NHS possibilities for chronic sinusitis when she was in her 20s. She found homeopathy to be “utterly amazing” and has been using it ever since.

She has been working full-time as a homeopath and flower essence practitioner since 2005, having graduated from The Lakeland College of Homeopathy in 2003. Following graduation, she did a further year at the Integrative College, in Lancaster.

Sheelagh has studied with many eminent homeopaths from home and abroad and is always keen to learn new remedies and techniques. She writes articles for international homeopathic publications and has run many courses for beginners to experienced homeopaths. Sheelagh also has an interest in and studies astrology and uses Shamanic work as a personal development tool.

“I love the magic of homeopathy, the potential of transforming dis-ease and supporting people through their personal journey. I feel truly honoured and privileged every day to have clients share their individual stories with me.”

Sheelagh teaches Materia Medica, Therapeutics, Essences, Methodologies, Practice Skills, Energy, Homeopathic Principles and Learning Journals.



Ishbel Bertram studied at the Lakeland College of Homeopathy, and graduated in 2002.

Ishbel teaches Anatomy and Physiology.



Jenny Livingstone is very inspired by the whole spiritual aspect of homeopathy and how it can be used as a tool for spiritual development. "I teach the ayurvedic energy system of chakras, elements, prana and sheaths of the body in yoga breath work. There is a cross over between breathing and meditation and I use a lot of visualisation, which can encourage access to intuition.

I studied meditative proving with

Madeline Evans in York for 2 years and use these remedies a lot. Also I work with children with ADHD or autistic spectrum."

Jenny is an experienced homeopath having graduated in 2002 and has been working as a homeopath since then. Jenny teaches Materia Medica, Meditation, Breath work, Homeopathic Principles and Chakra sessions. She is also a regional tutor group leader.



Jayne Birkett graduated as a homeopath in 2003 from the Lakeland College of Homeopathy and continued training at the Integrative College whilst opening and practicing at a Holistic Centre in Ambleside.

During this time her interest and passion for shamanism grew alongside her homeopathic work.

She has recently gained her Shamanic Practitioner Qualification with The Three Ravens College of Therapeutic Shamanism, in Lancaster.

'A love of life, people, nature and exploration marked out my path and now my fear and uncertainty have been replaced with understanding.' Jayne leads Shamanic Journeys, Energy, Personal Development sessions and Learning Journals.



Lyssa Clayton-Milne first started learning homoeopathy around 26 years ago. "I was immediately fascinated and hooked by the philosophy and ways of looking at every aspect of life. Excited by what I saw homoeopathy's potential for enhancing and supporting health, I have been using it personally and with my family ever since.

I completed a 4 year training in 1998 in Edinburgh, and continue learning through attending a wide range of seminars, courses and study days and with personal study and endless reading, and of course through my clients.

I love hearing people's stories and then seeing what can unfold as they respond to a dynamic remedy stimulus – always exciting and often surprising and moving." Lyssa is a very experienced homeopath. She is a regional tutor group leader and occasionally teaches Materia Medica and Therapeutics.



Liz Mc Watt is a Nutritional Therapist, Homeopath, Flower Essence Practitioner and Aromatherapist and has a thriving practice established in 1996, with clinics in Kendal, Carlisle and Clitheroe.

Passionate in encouraging people to nourish themselves physically through eating a nutritious diet,

Liz believes that it is important to acknowledge that health is also the result of how we feel too. Our bodies respond to the way we think, feel and act, so emotionally we need to nourish our minds with positive thoughts and feelings as well.

Liz is convinced that Homeopathy & Nutrition form the perfect partners working together on both physical and emotional levels to encourage health, happiness & vitality. Liz teaches Nutrition, Therapeutics, Materia Medica and Essences.



Tracy teaches Chi Gong.

Tracy Owens has been practising Chi Gong for almost 20 years, and the Hua Gong style developed by Master Zhixing Wang and taught to her by Daverick Legget since 1996.

"I use chi gong to ground and balance physical and emotional energy, to enhance creativity and to engage more deeply with the natural world. It underpins my interest in health, healing and shamanism and is the basis of my spiritual practice. It is also a really good way to start the day!"

Guest tutors

Clare Willocks

Niki Clappison

Robyn Theobald

The Homeopathy College in Scotland Approach

Inner and outer work

In order to heal others it is important to look inwards and heal ourselves, as well as learning new information. There will, therefore, be a balance between the knowledge necessary to learn about homeopathy and self development work.

Holistic approach

The human body is one body – everything is inter-connected. Consequently, we will study the physiological and energy systems of the body and how it works together; focusing on the mental, emotional, spiritual and physical aspects.

Individualisation of homeopathy

Homeopathy treats the individual. We will be learning about the various different elements of homeopathy, such as materia medica, therapeutics, philosophy, case analysis, etc. We will also learn about the various different techniques, including recent developments so that students can truly treat patients in an individual way using the best approach and method for the individual.

Homeopathy is an energy medicine

Homeopathy is a dynamic form of energy medicine. We will explore energy in different ways so that students have a deep understanding of energy. We will also learn different tools to develop intuition such as meditation, breath work and shamanic journeying so that students can keep their own energy healthy.

Flower, Animal and Crystal Essences

Flower essences were initially developed by Dr Edward Bach, in the 1930s. They are fantastic for helping support emotional issues in a powerful but gentle way and complement homeopathic remedies really well. Over the past decades more essence ranges have been developed using crystals and animals (through meditation or shamanic journeying). We will explore many ranges, including the Bach and other newer ranges, and understand the various different energies of the individual ranges.

No homework but non stressful self assessment

We want you to become, and maintain, enthused by homeopathy rather than insisting on homework and sitting exams. By following your own interests your learning will be effortless. We will encourage you to develop your own learning style and follow your own path by compiling your own Learning Journal throughout the course as ongoing self assessment.

Learning through experience

We will encourage and support you in applying what you have learned as soon as you feel ready as we believe that people learn best through personal experience.

Self empowerment

We want to prepare confident and self-empowered practitioners so our course is designed to support each student in learning in their individual way. Students are encouraged and supported throughout the course.

Open-minded and flexible

Homeopathy was developed by pioneers who were open-minded, so we encourage an open-minded and flexible approach in our students.

Nutrition

Nutrition is an important aspect in healthy living. We will cover a basic understanding of nutrition as well as looking at how we can use this in specific ailments and diseases.

Practice skills

Healing with homeopathy is three-fold; the client, the remedy and the homeopath all work together to stimulate the vital force. We will concentrate on the development of good interpersonal skills and also provide business development skills which are necessary to set up a successful practice.

Foundation Course

The option of doing a foundation one year course is now offered to students who are interested in learning more about the basics of homeopathy but who may not wish to become practitioners.

This one year course provides a comprehensive introduction to homeopathy. The experienced and dynamic teaching team cover the principles of homeopathy, most of the main (polychrest) remedies, the physiological and energetic aspects of the major organs of the body, basic homeopathic methodologies, an introduction to working with energy, basic case taking, an introduction to Flower and Animal Essences and personal development.

On successful completion of the foundation course students will be awarded a Diploma in Basic Homeopathy. They will then have an option of continuing with a further two years of study for the full Practitioner Diploma and Licentiate, which is recommended if they wish to become professional homeopaths.

Qualification – Diploma in Basic Homeopathy

To complete the Diploma in Basic Homeopathy 1 year course, students should meet the following criteria:

- Maintain a comprehensive individual reflective and creative Learning Journal.
- Regular attendance, minimum 80%, at the 10 college weekends per year and monthly tutor groups.
- Obtain a positive recommendation from tutors.

It is also recommended that students have homeopathic treatment during their studies from their personally chosen homeopath.

Assessment

There are no formal exams in The Homeopathy College in Scotland; however, we do expect you to maintain a comprehensive Learning Journal to monitor your own progress as ongoing self assessment. We will help you to develop your individual Learning Journal as part of the timetable.

At the end of each year individual feedback sessions will be held to discuss the progress made. Peer group and tutor assessment will also be offered to gain a balanced overview.

Qualification – Practitioner Diploma and Licentiate

To complete the Practitioner Diploma and Licentiate 3 year course, students should meet the following criteria:

- Maintain a comprehensive individual reflective and creative Learning Journal.
- Regular attendance, minimum 80%, at the 10 college weekends per year and monthly tutor groups.
- Obtain a positive recommendation from tutors.
- Completion of at least 150 hours of verified clinical training from student clinics and observing experienced homeopaths. Receipt of a satisfactory clinical supervisor's report.
- Submission of 5 detailed case histories of patients treated, with at least 2 follow-up reports.

It is also recommended that students have homeopathic treatment during their studies from their personally chosen homeopath.

On successful completion of the 3 year course graduates will be awarded a Practitioner Diploma and Licentiate and be entitled to use M Hom CS (Member of The Homeopathy College in Scotland).

Student Clinics

Students may participate in training clinics from the second year onwards, providing opportunities for students to learn and practice clinical skills in a supervised environment. They also allow for low cost treatment to be offered to the general public. Students will be charged a nominal fee to cover costs.

Registration

On graduating from the 3 year course students will be able to apply to either the Alliance of Registered Homeopaths (ARH) or the Homeopathic Medical Association (HMA). The course will comply with the recent guidelines set by the Homeopathy Course Providers Forum so that registration should be straight forward.

Training Dates (2015 - 16)

College starts at 10 am on Saturdays until 6pm and 9.30 am until 5.30 pm on Sundays on the following weekends:

Saturday 26th & Sunday 27th September

Saturday 24th & Sunday 25th October

Saturday 28th & Sunday 29th November

Saturday 19th & Sunday 20th December

Saturday 30th & Sunday 31st January

Saturday 27th & Sunday 28th February

Saturday 26th & Sunday 27th March

Saturday 16th & Sunday 17th April

Saturday 28th & Sunday 29th May

Saturday 25th & Sunday 26th June

Course Fees

Fees are £1850 per annum. A non-refundable deposit of £150 is payable upon acceptance of a course place.

Various course payment options are available, including monthly payments. Please contact the office to advise your choice of payment options.

All course fees include attendance at a regional monthly tutor group meeting in addition to college weekends. They do not include books, remedies or additional clinical training (student clinics).

Entry Criteria

Applicants should have an open mind, be interested in people and be willing to explore and expand yourself. We prefer applicants to be over 18 years old; there is no upper age limit.

No formal academic qualifications are required; however, an ability to study is necessary.

An application will be enclosed with this prospectus. Please complete and return the application form to **The Homeopathy College in Scotland, 16 Edinburgh Road, Peebles, EH45 8DZ**. Entry is by interview, arranged upon receipt of your application.

Course Venue

Silver Tree Studio, Pennel's Close, High Street, Peebles, EH45 8AG



The venue for The Homeopathy College in Scotland training is Silver Tree Studio, Pennel's Close, just off the High Street in the centre of beautiful Peebles, Scottish Borders.

Peebles is accessible from Edinburgh on the A701 and from Galashiels and Biggar on the A72. Regular buses run from Edinburgh and Galashiels to Peebles; First Bus No 62.

Once in Peebles head along the High Street to the pedestrian crossing. Pennel's Close is in between the Royal Bank of Scotland and The Keg. On entering Pennel's Close you come into a small courtyard, Silver Tree Studio is on the right hand side.

There is free on-site parking. The River Tweed is close by as are forest walks. Silver Tree Studio is situated in the town centre.

The nearest rail access is in Edinburgh Waverley station, with connections from all over Scotland.

YEAR ONE SYLLABUS (Foundation Course)

Energy

Understanding the human energy system
Five elements (earth, water, fire, air and ether)
Working with the seven chakras

Constitutional remedies

Aesculus, Agaricus, Apis Mel, Arg Nit, Arsenicum, Aurum Met, Calc Carb, Calc Phos, Causticum, China, Cocculus, Graphites, Ignatia, Kali Carb, Lachesis, Lycopodium, Mercurius, Mezereum, Natrum Mur, Natrum Sulph, Nux Vomica, Phosphorus, Pulsatilla, Sepia, Silica, Staphisagria, Sulphur, Thuja, Vernix

Self Development

Introduction to the Learning Journal
Shamanic Journey work
Meditation and breath work
Developing intuition and awareness of energy

Major organs – Energetic and Physiological

Lungs and Respiration
Kidneys and Bladder
Heart and Circulation
Liver and Gallbladder
Stomach and Spleen
Small and Large Intestine
Female Reproductive
Male Reproductive
Skin
Musculo-skeletal system

Methodologies

Organ support remedies
Tissue Salts
Constitutional prescribing
Aetiologies
Layer prescribing

Homeopathic Principles

Principles of Similars
Individualisation
Minimal intervention
Potencies
Susceptibility and germ theory
Direction of cure
The Organon

Flower and Animal Essences

Introduction to Flower and Animal Essences
Understanding the use of Essences
Australian Bush Flower Essences
Wild Earth Animal Essences
Integrative Animal Essences

Therapeutics

Treating acute and chronic disease states
Using organ and system support remedies of organs and systems covered
The use of remedies to treat diseases related to organs covered
Using colour remedies

Practice skills

Interpersonal and counselling skills
Case taking for acute and chronic disease states
Case understanding and analysis
Repertorisation
Pharmacy
Responses to treatment and case management
Maintaining healthy boundaries
Ethics
Basic accounts and tax

Nutrition

Understanding of nutrition basics

YEAR TWO SYLLABUS

Energy

Exploring the energy body and emotions
Working with the endocrine system
Awareness of the emotions related to chakras
Higher chakras

Materia Medica

Alumina, Anacardium, Baryta Carb, Buddlia, Cannabis Indica, Carbo Veg, Carcinosa, Cicuta, Cimicifuga, Coffea, Crot-h, Cyclamen, Folliculinum, Hyoscyamus, Lac Caninum, Lac Humanum, Lac Maternum, Medorrhinum, Natrum Carb, Nitric Acid, Oak, Opium, Phos Ac, Platina, Psorinum, Sacharum, Sea Salt, Sol, Stramonium, Syphilinum, Thymus Gland, Tuberculinum, Veratrum, Zinc

Self Development

Awareness of emotional states
Shamanic Journey work
Meditation
Breath work
Chi Gung
Provings – participating/running

Major Systems – Energetic and Physiological Functions

Ear, nose and throat
Eyes
Nervous system
Brain
Lymphatic system
Endocrine system
Immune system

Methodologies

Major Miasms
Isopathy
Tautopathy
Sarcodes
Scholten mineral and element remedies
Provings

Flower Essences

Bach Flower Essences
Bailey Flower Essences
Alaskan Flower and Environmental Essences

Therapeutics

Developing further the use of clinical remedies relevant to the organs and systems covered
Developing further the knowledge of support remedies relevant to areas studied
Hormonal imbalances
Dealing with toxicity
Addiction

Practice skills

Case work, including repertorisation
Follow up prescriptions
Chronic case management
Providing support during times of transformation and change
Projection and transference
Setting up a clinic

Nutrition

Developing nutrition and supplements knowledge in respect of therapeutics studied
Using Amino Acids homeopathically

YEAR THREE SYLLABUS

Energy

Energy and thought patterns
Limiting beliefs

Materia Medica

Almond Tree, Amber, Amniotic Fluid,
Amethyst, Apple Tree, Ayahuasca,
Bacillinum, Black Obsidian,
Chocolate, Diamond, Dys Co,
Earthworm, Emerald, Fire (Ignis),
Gaertner, Goldfish, Helium,
Hydrogen, Ipecac, Lotus, Luna,
Medorrhinum Americana, Moldavite,
Morgan Bach and Pure, Organic
Brown Rice, Placenta, Proteus,
Rhodochrosite, Rose Quartz, Ruby,
Salmon, Sandalwood, Scorpion,
Silver Birch, Sycamore Seed, Syc Co,
Tarantula, Umbilical Cord, Vacuum

Self Development

Awareness of thought patterns
Family and social conditioning
Developing your intuition
Shamanic Journey work
Provings – participating/running

Stages of Life – challenges and health problems

Pregnancy and birth
Childhood
Adolescence
Family relationships
Mid life transition and menopause
Old age, death and dying

Nutrition

Developing nutrition and
supplements knowledge in respect of
therapeutics studied

Numerology

Using Numerology as a case
understanding tool

Methodologies

Recently acknowledged Miasms
Bowel Nosodes
Scholten Element remedies and
Lanthanides
Sankaran's sensation method
Using the Realms as
Transformational Remedies – lacs,
trees, birds, etc
New Vista combination remedies
Integrative combination remedies

Flower and Crystal Essences

Alaskan Gem Essences
Indigo Essences
Integrative Flower and Crystal
Essences
Masters Essences

Therapeutics

Clinical remedies to support the
stages of life diseases studied
Working with allopathic drugs

Practice skills

Goal setting
Marketing and advertising your
practice
Clinic space, including Feng Shui
Promoting your practice – talks,
workshops
Regulatory compliance
Pharmacy management
Drama Triangles
Transactional analysis – Parent,
Adult, Child

BOOKLIST

There are many many homeopathic and holistic health books; we recommend the following as those that will be used as part of your training.

Pre course reading

Gibson Homeopathy in Accidents and Ailments

First year

Two absolutely essential reference books that you will need are a homeopathic repertory and a comprehensive materia medica; they are expensive but should be seen as investments that will last for many years. We recommend:

Murphy Homeopathic Medical or Clinical Repertory

Murphy Homeopathic Remedy Guide or Nature's Materia Medica

First year reading

Bailey Homeopathic Psychology

Dorling Kindersley Human Body

Judith Wheels of Life – A User's Guide to the Chakra System

Judith Eastern Body/Western Mind

Page Frontiers of Health

O'Reilly Organon of the Medical Art

Sankaran The Soul of Remedies

Murray & Pizzorno Encyclopaedia of Natural Medicine

Watson Musculo-skeletal Therapeutics

Watson A Guide to the Methodologies of Homeopathy

Wauters Homeopathic Colour Remedies

White The Australian Bush Flower Essences

White Bush Flower Healing

Ballentine Radical Healing

A medical dictionary is also advisable

Second year

Bailey	The Bailey Flower Essences Handbook
Evans	Meditative Provings – Volumes 1 and 2
Gascoigne	The Clinical Medicine Guide – A Holistic Perspective
Holford	The Optimum Nutrition Bible
Johnson	The Essence of Healing
Leszczuk & Main	A Contemporary Repertory Meditative Provings
Scholten	Homeopathy and Minerals
Scholten	Homeopathy and the Elements
Scheffer	Bach Flower Therapy

Third year

Borland	Children's Types
Fraser	Birds – Seeking the Freedom of the Sky
Fraser	Insects – Escaping the Earth
Fraser	Snakes – Drawing Power from the Underworld
Fraser	Spiders – Suspended between Earth and Sky
Grandgeorge	Homeopathic Remedies for the Stages of Life
Sankaran	Schema
Scholten	Secret Lanthanides
Shore	Birds – Homeopathic Remedies from the Avian Realm

...and finally

I hope that you are excited by this prospectus, as I am in preparing it. If you would like any further information or to discuss any aspect of the course, please don't hesitate to contact me.

In the meantime, I look forward to working with you on this new adventure.

Sheelagh

Contact details for The Homeopathy College in Scotland

Correspondence should be addressed to:

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