

**The Use of Homeopathy as an Adjunct to Ericksonian Hypnosis and Psychotherapy**  
**Short Course December 7, 2007**  
*Tenth International Congress on Ericksonian Approaches to Hypnosis and  
Psychotherapy*

**Approximate Times:**

**Sarah Daniel**, *Homeopathic Perspective*: 20 min.

**Michael Mullally**, *Clinical Perspective Using Single Remedies*: 20 min.

**Harvey Wasserman**, *Combination Remedies, Trance Following, Clinical Notes*: 50 min.

**Harvey R Wasserman, MD**

For a long time I have known that the easily used homeopathic remedies developed by my wife, Sarah Daniel, would sometimes not only produce remedial healing, but when the remedy resonated on a profound level, the patient would spontaneously enter a trance state.

I considered this a positive indicator that the remedy was effective and would help produce the therapeutic results I desired. I would let the patient sit in their trance, sensing that the positive result was still progressing. (neuroplasticity?)

After being inspired by Dr. Rossi's two hand technique, I now utilize the trance state with a modified technique that I have developed. I call it "Trance Following".

Participants in the workshop will be given the opportunity to experience the "Trance Following" process.

In conclusion, I will present clinical experiences with patients where Sarah's remedies produced a positive clinical response as well as a trance state. The results of their "Trance Following" experience will be presented.

**Michael Mullally, MA**

*Clinical Perspective Using Single Remedies.*

In the mid 1990s I met Harvey and Sarah. At about the same time I came across the work of Leon Hammer, who was an American psychiatrist and psychotherapist who had studied Chinese medicine and who was using acupuncture as an adjunct to psychotherapy and finding that it significantly assisted the process of healing in his patients. Harvey and Sarah were both studying homeopathy at the time so I began to study some aspects of homeopathy and we began to explore the use of homeopathy as an adjunct to psychotherapy. As part of this process we began to observe the reactions of clients in the minutes after they had taken remedies and to get their subjective reports of their experiences. Later on Harvey will be telling you about that aspect of our exploration and how it has developed, but before that I would like to describe for you three cases in which I found homeopathy to be an extremely useful adjunct to psychotherapy.

## First case

The first case I would like to talk about involved the 28-year-old businesswoman who was suffering from symptoms of severe anxiety and panic attacks following a road traffic accident. This is a young lady who had her own business and prior to the road traffic accident had been a very confident young woman. The accident had occurred coming up to Christmas the previous year when she was travelling home from shopping trip with her mother. She was travelling on a main road and she pulled up in order to take a right hand exit. While she was stopped in the middle of the road waiting to turn right, her car was struck from behind by another car. She was very shocked by the accident and in the weeks following the accident she found herself being very anxious in social situations and she developed panic attacks. She was extremely embarrassed by her condition, particularly the panic attacks. She was trying to conceal the panic attacks from her friends and of course this added to her anxiety and fuelled the panic. I had been seeing her for a number of weeks, teaching her relaxation and breathing techniques to deal with the anxiety and panic attacks and also trying to help her to understand what was happening to her and she had been making very good progress. Then one morning she arrived for her appointment in a state of high anxiety. She explained to me that she had just landed a small part in an amateur dramatic production. What had happened was that she had been out with friends who were involved in the local drama society and they were discussing an upcoming production and in the course of the discussion she had been offered a small part in the play. She didn't see that she could say no without explaining that she was suffering from panic attacks and she didn't want to do that, so she ended up accepting the part. Securing a part in an amateur dramatic production is not the sort of thing that a therapist would recommend to a client recovering from anxiety and panic attacks, but there was my client facing the prospect of appearing on stage in about 4 or 5 weeks and she was terrified. The most obvious solution would have been for her to make some excuse and withdraw from the play but she didn't want to embarrass herself in this way in front of her friends. I was also concerned that if she did have to embarrass herself in this way it would erode to some extent her self-confidence, which had been increasing slowly.

Through my interest in homoeopathy I was aware that there were quite a number of remedies which had proved to be effective with symptoms of fear and anxiety so I began to look to the materia medica to see if I could find a remedy which would help. In looking at the remedy "Arsenicum Album" I found that it was helpful with people who were extremely nervous, restless and anxious. The following symptoms were listed in the mind section in the materia medica: many fears, agonising fear of death, tremendous restlessness, anxiety when something is expected of him, does not want to meet his acquaintances. All of these symptoms were present in my client whose anxiety was now bordering on terror, so I decided to give her Arsenicum Album. During the next session I had with her I gave her some in my office and it significantly reduced her acute anxiety symptoms. She herself noticed that she was more relaxed and I gave her some of the remedy so that she could take it prior to the performances. When I saw her a week after her performances she explained that on the opening night of the play she was so nervous that she took two of the pills that I had given her. She said that while she was waiting to

go on stage, she found that she was mildly concerned that she was not at all anxious at the prospect of performing. The taking of the two pills rather than just one would have had no additional effect as it is the potency of the remedy not the quantity which is important in terms of results. She continued to take one remedy before each performance and she had no difficulty with fear and anxiety throughout the run of the play. The remedy Arsenicum Album was extremely helpful to her and was instrumental in ensuring that what could have been a significant setback in her recovery turned out to be an extremely positive experience for her and contributed very significantly to her growing self-confidence.

### Second case.

The second case I would like to share with you involves the same remedy, “Arsenicum Album”. It is a very different case and this illustrates the fact that the same remedy can be used for different presentations. This case involved a young lady of 14 who was in Galway on holidays with her family and presented with symptoms of anorexia nervosa. She was the oldest of three children in a single-parent family and her mother brought her to see me because she had stopped eating and had lost a lot of weight. The mother had brought her to a general practitioner who had weighed the girl and expressed serious concern about her weight loss. On the first occasion I saw her I met her with her mother and spoke to her by herself. She presented as a quiet, withdrawn young woman and initially she seemed quite anxious in the interview situation. I discovered that she and her mother were in Ireland for the summer; they arrived at the beginning of June and were due to go home at the beginning of September. The girl's mother was an artist and she was spending the summer painting and attending arts events and the 14-year-old girl had spent most of the summer minding and looking after her two younger siblings. At the end of the first session I had with her she was adamant that she would be able to begin eating again. I decided to allow her two days in which to do this but clearly expressed my own view that this would prove too difficult for her. I made an appointment to see them two days later and when they returned the situation had not changed; the young lady had been unable to resume eating. I saw them both together for the entire session and I focused on getting her mother to take charge of the situation. I stated to her very clearly that I felt that her daughter's health was a very serious issue, that despite her best efforts she had been unable to resume eating and that realistically she needed to be hospitalised. I said that the choice her mother faced was to hospitalise her in Galway and then take her out of hospital at the beginning of September and hospitalise her again when she got home. Her other option was to change her plans and return home immediately and put her daughter in hospital there. It was a difficult session but in the end the mother decided that it would be best to return home at that point and put her daughter in hospital there. I saw them about the end of July and there was about a month of their holidays left at that point.

Following my initial meeting with them I had searched to see if there was a homoeopathic remedy which would be helpful to her. I discovered that Arsenicum Album was a significant remedy for lost appetite. The following stomach symptoms were listed in the materia medica: cannot bear the sight, smell or thought of food, loss of

appetite; with thirst, with nausea, retching and vomiting after eating and drinking. After the mother had made her decision to take the girl home early and put her in hospital I raised the subject of homoeopathy and suggested that Arsenicum Album might help, stressing that if it didn't that the mother should proceed with her plan. I gave the girl the remedy to take and on the following morning her mother rang me to say that the girl had gone home and had eaten the evening before. She said that her daughter had also eaten that morning and that they had postponed going home for the moment. She said that her daughter did not want come back to see me but she assured me that she would proceed with her plan to go home early if her daughter's symptoms returned. A number of days later I met her daughter in the street. She looked much healthier and happier and she stopped to talk to me. She said that she was now eating and that she was feeling much better. She also said that she was getting more time to herself as her mother was looking after the younger children more. It's difficult to attribute credit for the success in this case solely to the homoeopathic remedy. As a trained family therapist I am aware that the change in the family structure; i.e., the mother taking charge of the situation, may have been a significant contributory factor, however I do feel that the situation would not have improved as quickly and as dramatically without the use of the homoeopathic remedy.

### Third case

The third case I would like to share with you involves a 43-year-old woman who was referred by her family doctor, presenting with severe depression. She presented as extremely withdrawn, listless and lacking in energy and said that she had been like this since her mother had died two years previously. She had been extremely close to her mother, whom she had nursed for about five years prior to her death from cancer. She said she had been totally devastated by her mother's death and that she had been unable to go into to her mother's room since the funeral and that all of her mother's clothes and belongings were still there. I was aware from my studies in homoeopathy that "Ignatia" was a remedy that could be helpful with grief reactions so I looked it up in the materia medica. The list of mental symptoms in the materia medica include: highly emotional, moody, brooding grief, silent and sad. I gave her some "Ignatia" and arranged an appointment to see her the following week. When she came in the next week she was in much better form and her energy levels were much higher. She explained that she had not thought much about the session which we had had the previous Thursday until the Sunday morning when she attended mass. She said that after she had received communion she knelt down and began praying to her mother, which she had never done before. She said that she said goodbye to her mother and that she was very sad and tearful and she cried in the church about 10 minutes or so. She said that she then went home and felt much better and that on the following morning she had been able to go into her mother's room and clear out her things. She said that she was feeling much better and she felt that her depression had lifted and that she did not need another appointment. I think that the session the previous week in which she had been able to discuss her mother and her sadness was helpful to her but I feel that the homoeopathic remedy enabled her to make a much speedier recovery than psychotherapy would have by itself.

These are just three examples to illustrate the value of homeopathy is an adjunct of psychotherapy. Needless to say one does not always get such dramatic results, but I find that the more I learn about particular remedies the better I get at matching them to clients and at times remedies can contribute in a very positive and a very powerful way to the healing process.

**Sarah Daniel, MEd, DIHom, FBIH**  
*The Homeopathic Point of View*

For more than a decade, we have been using homeopathic remedies and other potentised substances in Ireland as adjunct to several kinds of psychotherapy, including Ericksonian hypnotherapy. We have found that well chosen remedies, whether single remedies, 'newly invented' potentised substances and imponderables, or combination remedies targeted specifically toward emotional/spiritual issues, produce an acceleration of therapeutic effect which is commonly long lasting.

Homeopaths don't talk much about trances. In fact, I would guess them to be averse to speaking of trances or hypnotherapy in the same breath as homeopathy, simply because homeopathy itself is seen so often as suspiciously 'unscientific' that they have enough to do to defend their own legitimacy without adding other seemingly exotic subjects to the discussion.

In fact, however, anyone who studies homeopathy for any length of time, especially if they also either take remedies or give them to other people, will discover how close the homeopathic remedy is to all intuitive and subtle energy systems of the human being. This closeness to subtle systems carries over into prescribing itself, which is occasionally done wholly intuitively, and in fact is never consistently successful unless the intuition is involved somewhere in the process.

The person who taught me the most about practicing homeopathy was Jonathan Stallick, who used to travel to Ireland with his laptop, his radionic remedy maker, a couple of reference books, and the blank pills. He would borrow somebody's office and his Irish patients would come see him. Jonathan 'took the case', meaning he listened to the person's story and asked a lot of questions. Then he worked a bit with the computer program he used, possibly checked in one of his reference books. When he had chosen a remedy to try, he made it on the spot with the radionic machine, and the patient took it. Then the patient observed any changes of sensation or mental images, while Jonathan watched. If he was satisfied with what the person said and with what he saw, that was the end of the consultation. He would give another dose to take later, according to whatever schedule he felt was right. If he was not satisfied, he would ask more questions, consult the computer and the books, make another remedy and give that.

Jonathan's boldness in administering the remedy on the spot, and changing it immediately when he didn't think he had chosen it correctly, were liberating things to witness. It was not long before Harvey and I bought our own remedy maker, and not long after that, I began using homeopathic remedies with his patients.

But for the purposes of this workshop, the question that pops into mind about Jonathan's method is, 'When he was watching after he gave the remedy, what was he looking for?'

Harvey and I never asked ourselves that question. We simply assumed the effect of a remedy was observable in some way, and found when we began using remedies in psychotherapy that such was the case. When you have given a remedy, it is possible to see whether it has begun to work, and it is possible to see whether its effect is strong or weak. On that basis, you can sense whether it is the correct remedy for this patient at this time, or not.

All remedies that act on the client cause a shift in the subtle energy system which is perceivable by anyone who is accustomed to close observation of human moods. Sometimes there are also changes in skin colour which indicate autonomic nervous system involvement. There can also be other changes -- a shift in posture, for instance -- which indicate that something has begun to alter. Sometimes the client will hold their breath as soon as the pill has dissolved. I have come to see this as a very good sign of the impact of the remedy. Once I have reminded the person to breathe, the changes begin, and they are usually significant.

Every one of these changes comes about because there is a shift in consciousness in the person who took the remedy. It is these shifts in consciousness which allow homeopathic remedies to facilitate the healing in a person, be it physical, spiritual, or emotional. The differences between the effect of a well chosen remedy and a placebo are that the changes facilitated by a remedy will be longer lasting and will have a more stable identity or structure, whereas a placebo effect will normally be general and of shorter duration.

In a psychotherapeutic setting, the shift in consciousness from a well chosen remedy seems to us to be the same as a kind of light trance. Occasionally, the client's response is more dramatic and can easily be identified as trance. Either the light trance or the more dramatic shift can be the opening for the use of Ericksonian hypnotherapy. The remedy and the hypnotherapy can then work together to manifest deep, effective healing for the client.

The beauty of the radionic remedy maker is that it allows you to make a potentised remedy from anything at all. We started out using standard single homeopathic remedies first, and then we branched out. We began using radionically made remedies that came from what would be called 'imponderables' in homeopathic lore -- blessed water from Jane Day Chief, president of the Buffalo Women's Healing Society of the Blackfoot Nation, for instance. Harvey has a particular affinity for inventing/discovering this kind of remedy, and after I ceased my daily attendance at the office while I took the British Institute diploma course, he amplified and developed the use of that sort of remedy. One of his remedies is in the kit we have brought to the conference.

Once I was not readily available for office consultations, Harvey asked me repeatedly, 'What do you give for ...' (fill in the blank!) What do you give for anxiety? What do you give for despair? What do you give for pain? This is not the kind of question a homeopath wants to hear because homeopaths are trained to prescribe for the specific person who is responding in specific ways to a specific situation.

But he kept asking, kept asking, so I decided to give it a try with some combination remedies. I put them together, we tried them, and they work. There is one for anxiety and panic. There is one for deep despair. There is one for the feeling of not having been mothered. There is one for the effects of anger. There is one for that time in

the consultation when no matter how much the client tries to communicate, no matter how long the person talks or how many questions you ask, you still can't figure out what's going on. We selected five combination remedies and one of Harvey's special remedies for the sample kits we have brought to the conference. Some kit details are at the end of the handout.

### **More About Homeopathy**

**The “well chosen” remedy:** To be effective, a remedy needs to resonate with the specific state of the client. If you are using single remedies, you need to become familiar with the emotional, spiritual and physical qualities associated with each remedy. Help in learning about remedies can be found at most health food shops, as well as book stores and online. Look for local resources in your own community also.

**Remedy potency:** It is generally accepted that remedy potencies of 200C, 1M or higher are particularly effective in reaching emotional and spiritual levels in the client, although there are reports of highly effective use of lower potencies such as 6C or 30C in these areas. In the beginning I usually used 1M or possibly 10M, but after I learned about using “chords” of different potencies in one pill, I began using multiple potencies, which I found to be slightly slower in initial impact, but gentler and more thorough in healing effect. The remedies in the kits we have brought were made with the eLybra8 radionic remedy maker (by Victor Sims, wds-global). Each pill has Victor's “Buffered Interface Matrix” of 800 potencies.

**‘Aggravations’:** Occasionally, as a remedy resonates with the client's system, there can be a temporary increase in either physical or emotional symptoms. When this happens, it gives a golden opportunity to help the client explore the nature of the trouble they are attempting to heal. In case of **either** physical or emotional aggravations, the most effective amelioration comes about through identification and discharge of emotions which the client has been holding inside.

**The kit remedies:** Remedies in the kit, and in the selection we offer online, are designed to be used by practitioners who do not, for whatever reason, wish to use specific single remedies. The descriptions in the kit explain how to use the remedies and in what circumstances. Remedies in this kit are: Anger Tonic, Deep Despair, No Mothering, Panic Stop, Unclear Picture, and one more which Harvey will describe.

**Helpful websites: Homeopathy** -- [www.nationalcenterforhomeopathy.org](http://www.nationalcenterforhomeopathy.org);  
[www.wholehealthnow.com](http://www.wholehealthnow.com); [www.homeopathic.com](http://www.homeopathic.com); [www.britinsthom.com](http://www.britinsthom.com);  
[www.ianwatsonseminars.com](http://www.ianwatsonseminars.com) **Radionics** -- [www.mcgurk-electrical.co.uk](http://www.mcgurk-electrical.co.uk) ; [www.wds-global.com](http://www.wds-global.com) **Harvey's work** -- [www.harveywasserman.net](http://www.harveywasserman.net)

[www.harveywasserman.net](http://www.harveywasserman.net)