

And social inclusion



Most people who are troubled for the rest of their life with the consequences of a brain injury or another acquired handicap are inclined, beside rehabilitation and medication, not to look further. But there are alternatives alongside the already existing activation programs, such as the Training

Options Initiative, in which the reorientation on life plays an important role. Amongst those alternatives homeopathy takes a prominent position. Homeopathy is a holistic medicine which means that for the cure of any mental, emotional or physical complaint the whole person, including his/her history and future perspective, needs to be addressed. The undivided attention of the homeopath for the patient during a consultation has an immediate liberating and refreshing effect. The homeopathic remedies are useful for the treatment of many ailments. The true alleviation from complaints goes together with an increased ability to accept life for what it is. The social inclusion of people with an acquired brain injury and/or handicap is best served by a person centred approach such as the Irish Congress of Trade Unions (ICTU) Training Options Initiative and homeopathy are providing.

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Enjoy this newsletter. Regards,
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Employment and life fulfilment

January 2014 saw the launch of the Irish Congress of Trade Unions (ICTU) successful Training Options program in Longford Town.



The person centred approach of the Training Options Project is realised by the training of peer support mentors in career guides, supporting the learner and assisting with goal setting and pathways to work or employment.

As soon people have the feeling that they are working in a purposeful way they are overcome with joy and a sense of independence. During the Training Options Course people may see new opportunities. The homeopathic interview invites people to become aware of the purposeful connections in one's life. When talking about those connections and health problems the patient offers information that the homeopath uses to prescribe an individual chosen remedy. The homeopath can avail of thousands of natural remedies which support the tendency of our body and mind to overcome health problems of their own accord. All healing takes time and also the homeopathic treatment requires some commitment and time from the patient. Unemployed people are very dependent on social welfare and many struggle to survive on a tight budget. This impairs their participation in economic and social life which disables unemployed even further to realise their dreams and ambitions. Isolation has a corrosive effect on individuals, their families and the communities in which they live. Social inclusion is a necessity for the survival of our society. The homeopathic interview and remedy stimulates self-awareness and with that the initiation of independent activities, one starts undertaking things, which will lead to more human connections, such as taking part in the training options course.

The principle of similarity

Homeopathy is a healing science founded by the German physician Samuel Hahnemann some 200 years ago. He discovered that thorough healing can be brought about when applying the principle of similarity consequently in all cases. The principle of similarity means that to relieve an individual from his symptoms one has to prescribe a remedy that causes a similar pattern of symptoms in healthy individuals. All homeopathic remedies are tested on healthy volunteers. Those homeopathic remedies are diluted to such an extent that only the curative properties remain. The homeopath matches the patients' individual expression of unwell being with the mental-, emotional- and physical remedy pictures derived from those trials. To a certain degree the Training Options course has a healing effect too. This healing effect depends on the extent to which there is a mutual trust among the participants and is only possible because it works according to the principle of similarity in a holistic way. To match the participant with a course or job not only acquired skills are taken into consideration. Hobbies, talents, skills, personality types, likes and dislikes are openly discussed and each individual matches them with their preferred path of development. As people break through their isolation by talking about their problematic past they may find out that there are other people worse off than themselves which opens up the possibility for empathic connection. The principle of similarity is actually an emphatic principle and empathy leads to healing of the individual and society. Homeopathic remedies are used for neurological complaints, female complaints, depression, backache, headache and many other conditions.

Please watch my video on:
www.homeopathy3fold.com

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