



Hahnemann College for Heilkunst

This material was originally the Hahnemann College's Homeopathy at Home, Work and Play program.

The HCH is now offering a FREE, downloadable basic study course for all those who wish to know more about Heilkunst/Homeopathy and how to apply it to first-aid and basic emergency situations, pending expert evaluation and treatment where still necessary. The study material gives you all the tools you need to handle such situations as food poisonings, insect bites, burns, sprains, colds, earaches, coughs and other situations requiring immediate aid. Often, the need for further treatment is eliminated and recovery is speeded up considerably.

This is also an excellent introduction to the more intensive programs available for general study or to graduate with a practitioner diploma (see www.romantichealthcare.com for details). For more information and access contact the Registrar at registrar@homeopathy.com.

For those interested, there is a certificate option involving registration and a one-time registration fee. In addition to the core study material, you will also be given access to additional study materials to enhance your understanding. You will also be assigned a personal tutor to help you through the study material and to provide general guidance prior to the final assessment.

Once all the required study material and final assessment have been completed to the College's standards and expectations a certificate of completion will be awarded.

This program is an excellent introduction to the basics of Heilkunst/homeopathy and is a portal to the larger world of our [Romantic Science and Healthcare](#) program.

For more details on this please contact the Registrar of the College at registrar@homeopathy.com

HAHNEMANN COLLEGE FOR HEILKUNST



**HOMEOPATHY
AT HOME, WORK AND PLAY**

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**INTRODUCTION TO FUNDAMENTAL
PRINCIPLES AND PRESCRIBING**

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INTRODUCTION

Welcome to the Hahnemann College's unique basic course on homeopathy for beginners. This course is specifically aimed at providing parents, daycare workers, camp counselors and others responsible for the healthcare of individuals or groups of people, with the fundamental principles of homeopathic medicine and the ability to start using this gentle, yet highly effective approach to disease in clearly defined situations while seeking more expert advice where needed.

You have chosen to undertake this course by distance learning. There are several features that make **distance learning** through the HCH as interactive and stimulating as possible:

- " Lectures on iTunes University
- " Interaction with a personal tutor (Available only to those that formally register for the program and wish to obtain a certificate of completion)
- " Opportunity to attend Summer School each July in Ottawa, Canada (see our website, www.homeopathy.com for more details)

ABOUT THE COURSE

This course has been custom designed for individuals who have one or both of the following objectives:

- To know enough about homeopathy to be able understand any homeopathic prescriptions that anyone under your care may be taking.
- To be able to start using homeopathic medicine in clearly defined situations efficiently, effectively and safely.

The course is NOT intended to provide full training as a homeopathic physician. If, following this course, you wish to explore this system of medicine in its fullest extent, the HCH offers a more comprehensive diploma program, please contact the Registrar's office for more details or visit <http://www.romantichealthcare.com>

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STRUCTURE OF THE COURSE

You will receive a **core training** in:

- Fundamental Philosophy and Principles
- *Materia Medica* (study of medicinal substances and their therapeutic potentials)
- Therapeutic Applications in common, clearly defined conditions

This training and study will allow you to achieve basic competency regarding homeopathic medicine in the **three essential skills** of any system of medicine:

1. Identification of the disease or diseases in the patient – **knowledge of disease**
2. Identification of the substances that are curative – **knowledge of remedies**
3. Matching of substances to a given disease – **knowledge of therapeutics**

In addition, you will learn about:

1. Homeopathic Pharmacy: the nature, preparation and administration of medicines (generally termed remedies),
2. Clinical and other evidence as to its effectiveness
3. Sources of supply for homeopathic remedies.



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WHAT IS HOMEOPATHY? WHAT IS HEILKUNST?

Homeopathy is the term commonly used to refer to the system of medicine developed by Dr. Samuel Hahnemann, a German doctor, between 1790 and 1843. However, he actually called his entire new system, *Heilkunst*, which means roughly, the art and science of making a person whole in body, mind, spirit and soul.

Homeopathy more correctly refers to that one part of *Heilkunst* that deals with the giving of medicines using a very specific approach, that of symptom similarity or matching.

Within *Heilkunst*, there are three main areas of focus:

1. regimen (diet, nutrition, lifestyle choices, manipulation therapies, etc.),
2. medicine proper (application of the law of similars)
3. therapeutic education (a wholistic counseling and psychology).

In this course, you will be studying the part of *Heilkunst* that falls under the second part above, medicine proper. At the same time, you will learn more about three particular aspects:

- traumas (whether natural or iatrogenic),
- pathogenic (infectious) disease
- constitutional prescribing

RESOURCES FOR STUDY

REQUIRED READINGS



You are given, as part of the course, the core study material required, all of it developed at the Center. You may be assigned readings from other books as appropriate.

REQUIRED AND RECOMMENDED REFERENCE BOOKS

While the material in the course is essentially self-contained, there are a number of reference works that you may wish to have on hand that will be useful as you expand your practice. The following is a representative list of such books. These are the ones that are the minimum required to start

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practicing. In order to do some of the exercises, you will need to purchase at a minimum the combined *Materia Medica and Repertory* by Boericke.

MANUALS/REFERENCE TEXTS

" *The Homeopathic Emergency Guide*, Thomas Kruzel ND

" *Everybody's Guide to Homeopathic Medicines*, Stephen Cummings FNP and Dana Ullman MPH

" *Homeopathic Medicine for Children and Infants*, Ullman, D. MPH

" *Homeopathic Medicine: A Doctor's Guide to Remedies for Common Ailments*, Smith, T., MD

" *Homeopathy for Musculoskeletal Healing*, Hershoff, A, ND, DC

" *An Introduction to Homeopathic Medicine in Primary Care*, Skinner, S.E., MSN, FNP, RN, C

" [*Homeopathy at Home: Everything You Need to Get Started with Confidence \(Health at Home\)*](#) Verspoor, R

MATERIA MEDICAS (FOR DISEASE IMAGES AND INDICATIONS FOR EACH MEDICINE)

- *Encyclopaedia of Materia Medica*, Clarke, J., MD
- *Pocket Manual of Homeopathic [Materia Medica](#) with [Repertory](#)*, Boericke, W., MD
- *Desktop Guide to Keynotes and Confirmatory Symptoms*, Morrison, R., MD

All of the above books are available from internet book retailers (Amazon, Nature Reveals etc). Some are available at no charge online. The two that are recommended at a minimum to complete the exercises in this course are linked to above.

INTERNET RESOURCES



The Internet is expanding rapidly in terms of access to information that can be hard to obtain elsewhere. The Hahnemann College maintains its own site (<http://www.homeopathy.com>) containing articles and information that will be of use to you during your studies. You may also be guided to various other sites that provide supplemental information on certain topics during your study.

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STUDY EXERCISES



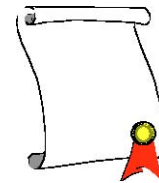
The study exercises available throughout the material are available for all who access the material but only those who register for the program to obtain a certificate of completion will have access to the tutor as described below.

You will find **Study Exercises** at various stages in the course. These are designed to help you assimilate and master the material provided.

You are asked to express what you have learned in your own words. This helps you and your tutor to identify areas for further study or work. You may always re-do an exercise on your own if you are not satisfied with your work when returned from the tutor.

The grading you will receive from your tutor is intended to indicate whether you have grasped the essential concepts and information in the study material. There are also levels of marking to indicate that you have gone beyond what is required to show understanding, either by adding new material and insights from further reading and/or from your life experience.

Each Study Exercise will give you feedback from your tutor on your understanding of the issues covered in that part of the course.



After completion of all of your Study Exercises, you will be asked to undertake a formal written assessment in order to demonstrate overall mastery of the material covered by the course. Successful completion of the Assessment leads to the award of a Certificate of Completion. The final assessment is open-book, but time limited (usually three hours) and you are required to sign that you have met the conditions set.

You should carefully read the *Statement of Commitment to Quality Education* as well as the policy on grading study material and final assessments included with your material.

All exercises (self-assessments) and more formal assessments of competence in a given area can be re-done at the student's request. Our objective is not memorization of the material but practical understanding that can be effectively used in a clinical setting.

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STUDYING TIPS

Studying by distance learning demands a certain discipline on your part. You should have acquired these skills in your previous education and experience.

The key to success is to organize your time so that you complete a certain amount of work on a regular schedule. Doing a small amount regularly gets you further than trying to find the time to do more. Life often gets in the way and we seldom find the needed quiet time for longer stretches of time. The result is that the work is postponed and you can then easily become discouraged. Doing a little each time you have a few free moments usually yields more and better results in the end.



SPECIAL INFORMATION

TECHNICAL TERMS

You may already have had some exposure to homeopathy, or have taken an earlier introductory course with us or elsewhere. However, even then many of the concepts you will be learning here will be new and some of the words will seem foreign. The foundation works in homeopathy were written originally in German and some of the terms used have no effective equivalent in English.

Words in any language have precise meanings and are not just synonyms for each other. It is important in a true scientific profession that we use the correct terms and in the correct context. Words are not just synonyms for each other. Words are born out of human life experiences and reflect our objective feelings and impressions of reality. This reality is holistic yet consists of distinct parts, each of which is different, yet not separate. It is like learning a new technical language, just as in economics or mathematics or computer science.

English is one of the most polyglot (mixed) languages, absorbing words from many other languages over the centuries, which is why it has become the de facto lingua franca (unofficial world language).

The original Anglo-Saxon words represent less than 1/3 of the total words in the English dictionary. Thus, what we accept today as being an English word was perhaps once foreign. And conversely, there are many words that are part of the English language that are not used today, but are linked to foreign words. The word “Wesen” is a good example. It exists in old English and in Hahnemann’s German readings.

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Translations of the original homeopathic works have been variable in accuracy. It is only most recently that we have access to a translation that has remained faithful to the full meaning of the texts, giving us the full nuance of terms. Previous translations erred in translating various terms in German into one term in English, hiding important distinctions and concepts. In order to ensure greatest accuracy in presenting the new concepts, and to allow the student to check concepts against the new interlinear translation, we have adopted the practice of using key German terms along with the English translation.

PRONUNCIATION GUIDE FOR CERTAIN GERMAN TERMS

- Heilkunst: Heil as in Nile; kunst with the "u" as in brunch [Hilekunst]
- Wesen: as in raisin [Vaizin]
- Leben: first "e" sounds like "ai" in aid and second is short as in "in" [Laibin]
- Kraft: "a" sounds like short u as in suffer [Kruft]
- Geist: as in heist
- Sinn: "s" is pronounced as a "z" [Zin]
- Gemüt: as in mute [Gemute]
- Leib: as in life [Libe]
- Seele: "s" is pronounced as a "z" and the final "e" is pronounced as a short "i" as in bird [Zeele]