
CASE ANALYSIS AND METHODOLOGY FOR MODERN PRACTITIONERS

- 1) There are many ways to 'read' a patient's clinical picture. Still, as we analyse our patient's needs from a modern perspective, the right therapeutic strategy to follow becomes clear.
- 2) During the consultation, we should be able to understand the relative importance of certain aspects of a patient's life and ascertain the exact way these have affected his/her vital force. In order to treat we must not only understand the ORIGINAL cause of imbalance but also (and sometimes more importantly) the obstacles that may be in the way to reach that cause.
- 3) The vital force is our essence of living, it operates always towards reestablishing balance, biologically towards survival, and homoeopathically (or according to Hahnemann) towards our highest potential.
- 4) When a factor intervenes against the beneficial conditions, the vital force works towards rebalancing it. When, for some reason, it is not able to do it 100%, the body/mind adjusts so the impact is lessened. Emotionally a person develops a certain posture in life which helps him/her dealing with that imbalance. Example: loss of a loved one - unable to recover - inability to love again. Although this is done towards survival, because the vital force is not flowing (or is spending energy to deal with the unresolved factor) it cannot reach other areas which may also need rebalancing leading to the accumulation of factors which have not been dealt completely.
- 5) Symptoms are signs of imbalance which result of vital force's attempt to rebalance. It is easy to understand physical symptoms as messages. Mentally, we also have signs of that attempt: closeness, fear, suppression, blockages.
- 6) Sometimes, the original cause of imbalance is accessible and our vital force is able to recover completely once unblocked. In the cases we are able to deal with the cause directly we apply WHOLE-PATIENT METHODS.
- 7) Whenever the factors of imbalance have accumulated and the original cause of imbalance is 'covered' with many other 'strains' in its natural tendency to rebalance, we need to go by stages. Those other 'strains' are called OBSTACLES to cure and they need to be removed before we can address the original cause. Depending on the nature of the obstacles to cure, we apply different PART-PATIENT METHODS.
- 8) When taking the clinical case, homeopaths must try to answer these questions:
 - what is the original cause of imbalance
 - are there any obstacles to cure
 - can I cure this nowthen decide which of the WHOLE- or PART-PATIENT METHODS to apply.
- 9) In consultation, information given by patients may suffice to answer these questions. Yet, due to lack of awareness, knowledge, memory or expression, patient may not be able to provide with enough data and the

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homeopath must be able to identify the role of certain factors in blocking the vital force.

10) In cases when obstacles to cure are present and a whole-patient method is applied, the vital force is likely not to be able to rebalance completely and two resulting scenarios are possible:

- relief of symptoms is attained only temporarily and cure is not permanent.
- intensity of present symptoms and discomfort increases, i.e., there is AGGRAVATION.

11) Many patients seek the holistic assistance given by a natural therapist, hence often taking the appointment with us as an opportunity to express their concerns at an emotional level. Although we may relate to their essential needs, we must not be detracted from the cure path and avoid the temptation of dealing the emotional cause before we have ascertained vital force's ability to do so. This is the only way to avoid aggravation and attain total homeostasis.

12) Obstacles to cure add layers to the path of cure. The main types are:

- toxicity
- radiation
- bad nutrition
- physical injury
- stress
- added emotional traumas

13) Always check the presence of allopathic treatment in patient's time line. List their potential side-effects in detail (not just a general picture). Identify links between drugs side-effects and the appearance of symptoms. Make a note of the organs that are likely to be affected by each drug; this gives you an idea of the sensitivity developed in each physiological body system. The more time you dedicate to understand the danger of drugs, the better

you understand the effect they are having in your particular patient health, short and long-term. This is also a good studying investment for the future as nowadays we are likely to see patient's whose clinical picture results from allopathic drug treatments

14) List all obstacles to cure chronologically and establish a therapeutic approach to address each of them. You will complement and revise this strategy at each consequent follow-up consultation. You may want to share this information with your patient involving him/her actively in the therapy.

15) As your therapy develops and each obstacle is removed, the clinical picture becomes clearer and you get closer to the main cause of imbalance. You may also realise your patient is able to talk about his issues more openly as s/he un-suppresses. His response to the homeopathic treatment becomes higher and energy levels improve. When all obstacles to cure are addressed you will be able to identify which of the whole-patient methods is indicated to address the original cause.

16) More importantly,

- BE CLEAR, DO NOT GUESS. Do not speculate, do not exaggerate, do not minimise, do not underestimate. Take all hints you have to assess your patients needs and your therapeutic strategy.
- BE PATIENT, DO NOT RUSH. Respect vital force's ability to recover and allow healing time for each organ.
- TRUST THE PROCESS, DO NOT FIX. Support the body, support the mind. Be 'conservative' in your prescriptions and 'take it easy'. The vital force is very clear when it is ready to move on and by taking this cautious but methodic and thorough approach you are making sure the risk of aggravation is low and cure is finally attained.