

Homeopathic Care – What to Expect

The Initial Consultation

Some clients are surprised by the length and depth of an initial consultation, particularly when they are asked so many questions about matters that are seeming unrelated to the main complaint for which they have sought help. This is done because it is important to identify a full picture of health and disturbance / symptoms that could affect the choice of therapeutics. Additionally, you will be invited to speak about anything that is troubling you, regardless of its relationship to your main complaint. The consulting room is a safe place to bring forward any concerns or difficulties you have, feeling confident that you will be listened to in a careful and respectful way.

The initial interview for a constitutional consultation for a chronic condition usually takes about 1 ½ - 2 hours, can be ½ hour less for children. We go over your health history, family history, your current issues and details important to your overall patterns, including dietary likes and dislikes, sleep and dreams, your individual responses to things and events which have affected you strongly, especially those which have led to a lessening of your health or preceded any illnesses, including griefs, shocks and significant acute illnesses. The conversation will often have a broad scope; rest in confidence that all of the topics investigated are relevant for your health. It may help if you can spend time before the appointment gathering your thoughts and possibly making notes about how you feel you are limited in your life by your health or experience and bring that information with you to the consult.

During the interview, it is helpful if you can articulately describe the specific conditions which are limiting you in your life, and the pain or discomfort you are experiencing. You will be invited to share all of the minor details that may not have been of interest to other health care practitioners in the past. For example, instead of just noting that you have recurrent head pain, you will be asked where exactly you feel it, the sensation of pain such as throbbing, stabbing, etc., the times when it comes on, what makes it better or worse, when you first started getting this pain, what other symptoms or conditions occur at the same time, and any other details that fully explain how you experience it.

If you have a diagnosis from your primary care practitioner or other specialist, it will be helpful if you can bring records from tests you may have done that can document a baseline for our work together, which can be used for comparison as we progress.

Follow Up Consultations

Unlike the initial consult, follow up appointments involve checking in to identify how any symptoms are responding to the remedy, if any old symptoms from the past are returning briefly (usually a good sign for healing), and whether anything new has come up. Often people come in to the follow up and say that nothing has happened; it is only through careful review that they realize that many of their symptoms have been relieved or disappeared. Symptoms call our attention, but health is unremarkable, so it is easy to have it escape our notice that something is gone. For this reason, it is important to have follow up appointments even if you are not sure the remedy has acted – it is hard to be an objective observer of your own state of health.

During this follow up, you will be asked about each symptom, and have an opportunity to quantify its frequency and intensity, any changes, etc., so that there is a comparison that makes progress clear to everyone involved. Follow up consultations are usually scheduled 45 – 60 minutes, and are generally 6-8 weeks apart. As you improve, the appointments will be scheduled further apart.

If you have any questions about your homeopathic care, please be in touch!