



What to expect at your first Consultation?

Your initial consultation with a classical homeopath involves extensive and in-depth questioning that covers everything about your health. The initial interview will last between 1.5-2 hours. Homeopaths act like detectives and to form a case, we will ask for specific descriptions of your symptoms. Again, these very detailed questions are critical in a homeopathic evaluation. So be ready to answer as much as possible.

Remember to bring any information on any diagnosis, medications including herbal and supplements as these are important for our treatment planning and case progress.

To explain the importance of giving as much information as possible, let's imagine you have ear pain before it can be treated homeopathically, we will need the following information:

Location:

Where exactly does it hurt? - left, right, inside or outside the ear, etc.

Concomitants or Accompanying Symptoms:

Are there other symptoms that occur with ear pain? – fever, sore throat, stuffy nose, changes in mood, food craving, or changes in thirst level?

Modalities:

Things that make the chief complaint (ear pain) better or worse: heat, cold, lying down, sitting, moving, drinking, eating, etc.

Onset:

Was it triggered by anything specifically? –emotional upset, exposure to cold air, stress, lack of sleep? Etc.

Sensation:

What does the pain feel like? – throbbing, aching, burning, stabbing, pressure, etc.

Extension:

Is the pain travelling, moving, or changing in a different part of your body? etc.

In more complex cases the Homeopath may ask more elaborate questions such as:

The character of Sensation:

The experience of pain is characterized by tremendous individual variability. Your homeopath needs to understand the qualities that individualized the sensation of your pain or discomfort, for instance, you can expect questions like: How does it feel like? Describe more about the sensation of...? Examples: Burning like a ball of fire, like ants crawling on my skin, pulling sensation, a band-like sensation, etc.

Mental/Emotional Traits:

What are your emotional characteristics?

What are your most common emotional patterns under different life stressors?

What is your adaptability to changes?

Creativity level?

Ability to learn new things?

Memory how well do you communicate your feelings or ideas?

Dreams are often helpful and pay attention if you have any significant dreams before your consultation

Personality:

It is important to know if there were any changes in your personality since the onset of your problem, for instance, is important to note any overly extreme reaction towards a specific situation Here are some examples: overcontrolling or compulsive behaviour. Overly clean or completely messy, extrovert or introvert, etc.

Anxieties, Fears, Phobias:

Fears of dark, animals, heights, poverty, tunnels bridges, something happening to friends or family members, diseases, thunderstorms, fire, and anything that stops you from living a balanced life.

Other areas the Homeopath will prospect could be past incidents, traumas, learned responses from early life and experiencing long-term stress. The Homeopath will look at your phobias, fears, and anxieties as a unique experience

Working with Children:

If the patient is an infant or a child, the homeopath will include questions about the mother's physical and emotional state before and during pregnancy as well as the birthing experience We

also ask about vaccines and medications given and possible reactions. The time it took for the infant to reach developmental “milestones”.

For children, it is helpful for us to have both parents present for the consultation if possible as things can seem different for both parents and caregivers. Bringing copies of your child’s artwork to the consultation will be helpful to the Homeopath as this can lead to more questions about understanding the child’s behaviours.

Additional Information:

Your homeopath will ask about your family medical history, predispositions for particular patterns of diseases in your family lines such as cancer, tuberculosis, diabetes, heart disease, strokes, skin problems, venereal diseases, and any mental problems Your homeopath will also take into consideration different factors that might contribute to your condition such as environmental stressors, poor sleep hygiene, diet, and nutrition.

In certain situations where the condition does not improve the Homeopath may ask you to initiate a further investigation with your family doctor or other healthcare providers while undergoing homeopathic treatment

You might wonder how Your Unique Homeopathic remedy is chosen?

After your homeopathic consultation, your homeopath will review your case looking for unique symptoms and patterns of your condition. These will guide the homeopath to a remedy with a similar symptoms pattern that will help stimulate a response from your body.

Why does the Homeopath need to know all these details?

We ONLY have about 7, 000 different types of remedies to choose from! So, the more unique symptoms we can collect, the more precise we could be with our homeopathic remedy selection.