The Irish School of Homeopathy

WORKSHOPS

Thank you for your interest in our workshop programme. This PDF is here to give you a clear idea of how our workshops run and some detailed information on what you will learn by attending.

One Day Workshop

The one day workshop provides a great introduction to homeopathy and is suitable for everyone; from people who know nothing about it but are interested in their health and using natural remedies; to people who have been attending a homeopath or have started a little home prescribing. It enables people to begin using homeopathic remedies themselves at home for everyday ailments such as colds, coughs, temperatures, vomiting bugs, respiratory complaints, etc. These workshops will give people the confidence to know how to choose a homeopathic remedy, when and how often to take it. The workshops are very interactive with lots of opportunity for questions and discussion. The fee for the One Day Workshop is €70 (online booking €50).

Who would this suit?

- For those interested in learning and using natural ways to support their health
- For those interested in taking more responsibility for their own health
- For those already using homeopathy themselves at homeor are attending a homeopath and want to know more and be more pro-active in their own healthcare
- No prior knowledge or experience of homeopathy is necessary to attend the course

What does the day cover?

- A brief introduction to homeopathy and the main principles.
- The holistic view of health and disease
- Looking at how to support and strengthen the immune system to keep it in balance
- Learning some essential remedies
- An introduction and basic overview of homeopathic tissue salts and how and when to use these
- How to differentiate between remedies, how to choose the right one
- How to find the appropriate remedy for illnesses that come on quickly e.g. flus, sore throats, temperatures etc. using the homeopathic repertory
- Guidelines for dosage (when to give and how often) and potency (strength) of remedy
- An overview of nutrition and its important contribution to a healthy lifestyle.

Workshops

Following our one day introductory workshop we will also be offering follow on workshops throughout the year. As well as a more detailed study of the topics outlined above, these workshops will look at more in depth case-taking and prescribing skills, nutritional information and advice to support good health. If there is the demand we will also organize workshops specifically for mothers with children looking at remedies that are important for children's health. There will also be some basic nutritional advice to support good health for you and your young family. We would love to hear what interests you so please just contact us and let us know. The fee for the One Day Follow-On Workshop is €70 (online booking €50).

Further Study

After you have completed your first introductory one day workshop you can either go directly to the Four Year Professional Training Course or choose to do the Home Prescriber's Certificate.

Home Prescriber's Certificate Programme

This 5 day long Certificate Programme enables you to build your homeopathic prescribing skills. It will allow you to become much more confident and skilled at prescribing remedies for yourself, your family and friends. It will develop your case taking skills and help you become much more familiar with a wide range of remedies and also how and when to use them. The programme consists of various themed day workshops, which include Women's Health, Seasonal Ailments and Nutrition plus a much more in-depth look at essential children's remedies. On each of those days you will revisit case taking to hone your prescribing skills and to increase your confidence and ability.

- Each day will be dedicated to building your homeopathic skills in the following areas:
- Case-taking master classes with examples and tutorials
- Differentiating between remedies
- Remedy prescription, a look at potency and dosage
- How to follow-up your cases and further treatment

Day 1-From Tots to Teens

This is a day looks at children's remedies in more detail and the following topics will be covered:

- Introduction to some key remedies to use for teething, colic, earache, tummy
- bugs, exam stress, acne, puberty etc
- Each child is different and we will look at how homeopathy recognises this uniqueness and provides individual support from tot to teens.
- Building and maintaining a strong immune system.
- Childhood illnesses.

Day 2-General Health with Homeopathy

- Seasonal Complaints
- A look at coughs, respiratory infections and Flu.
- Grief and anxiety remedies.
- Case taking skills.

Day 3-Health and Wellness

This workshop will give a good grounding in staying healthy which is very important to do in alongside Homeopathy.

- Schussler's Homeopathic Tissue Salts.
- Diet & Nutrition to support homeopathic treatment.
- Toxins & detoxification using homeopathy.
- Digestive complaints
- Maintaining causes

Day 4- Women's Health Day

This day will focus on all aspects of maintaining optimum health throughout your life.

- Key remedies for women's health.
- Learn about acute remedies for treating PMS, period pain, and urinary tract infections, menopause, Candida and other women's complaints.
- Female constitutional types.
- Case-taking, remedy differentiation, remedy prescription and follow-up.

Day 5- General Health with Homeopathy

- Key remedies for men's health
- Sports injuries
- Essential family remedies
- An overview of what has been learned
- Introduction to more complex homeopathic prescribing

The fee for the Home Prescriber's Programme is €460 (€360 if €100 deposit paid online before the agreed date.) @ **http://ish.ie/home-prescriber-certificate-application-form**)

Please note that the course outline above is a guide. The formula may change depending on the time of the year and the location in which the course is held (Dublin or Cork). A more detailed breakdown of the topics covered will be given before the day in question.

If a participant continues with further training with the school – 50% of the fees paid previously in respect of Home Prescriber's course will be deducted from the first year of the Foundation Course or the Professional course.

One Year Foundation Course

Suitable for those who are looking for a more in depth introduction to Homeopathy. The foundation course is essentially the first year of the four year course. Participants will learn alongside students pursuing the four year course and will benefit from all of the added support provided i.e. tutorials, library, study groups etc. There are eleven weekends a year from September to June and the course is designed to cater for students who have other work or home commitments. As well as intensive tuition on all aspects of homeopathy the School also includes many other vital aspects which make our course unique. On completion of the one year Foundation course students will be awarded a certificate and may also continue into the 2nd year of the Professional Course for continuing education in Homeopathy if they wish.

Course content

Homeopathic Philosophy, Methodology and Materia Medica

Human Sciences - Lectures and assignments in anatomy and physiology

Foundation in counselling skills. Counselling development, models, and ethics

Nutrition – An introduction to nutrition including food Groups and healthy eating, detoxification and limiting exposure to toxins & anti-nutrients

Assessments

Course evaluation is based on continual assessment. This comprises of monthly assignments, case studies, short tests and an end of year project.
To apply for our One Year Foundation in Homeopathy you should make your application using our official application form.
When we receive a completed application form you will be invited to a personal interview.
Interviews commence April each year with final interviews occurring early in September.

Fee per annum: €3,000 (€3,120 if paying in instalments)
Instalment rate: €120 booking fee plus 12 monthly instalments of €250.
This fee includes all the above modules; Continuous Assessments; Counselling Modules; Anatomy & Physiology; Mid-term personal interviews; and Regional monthly tutorials.

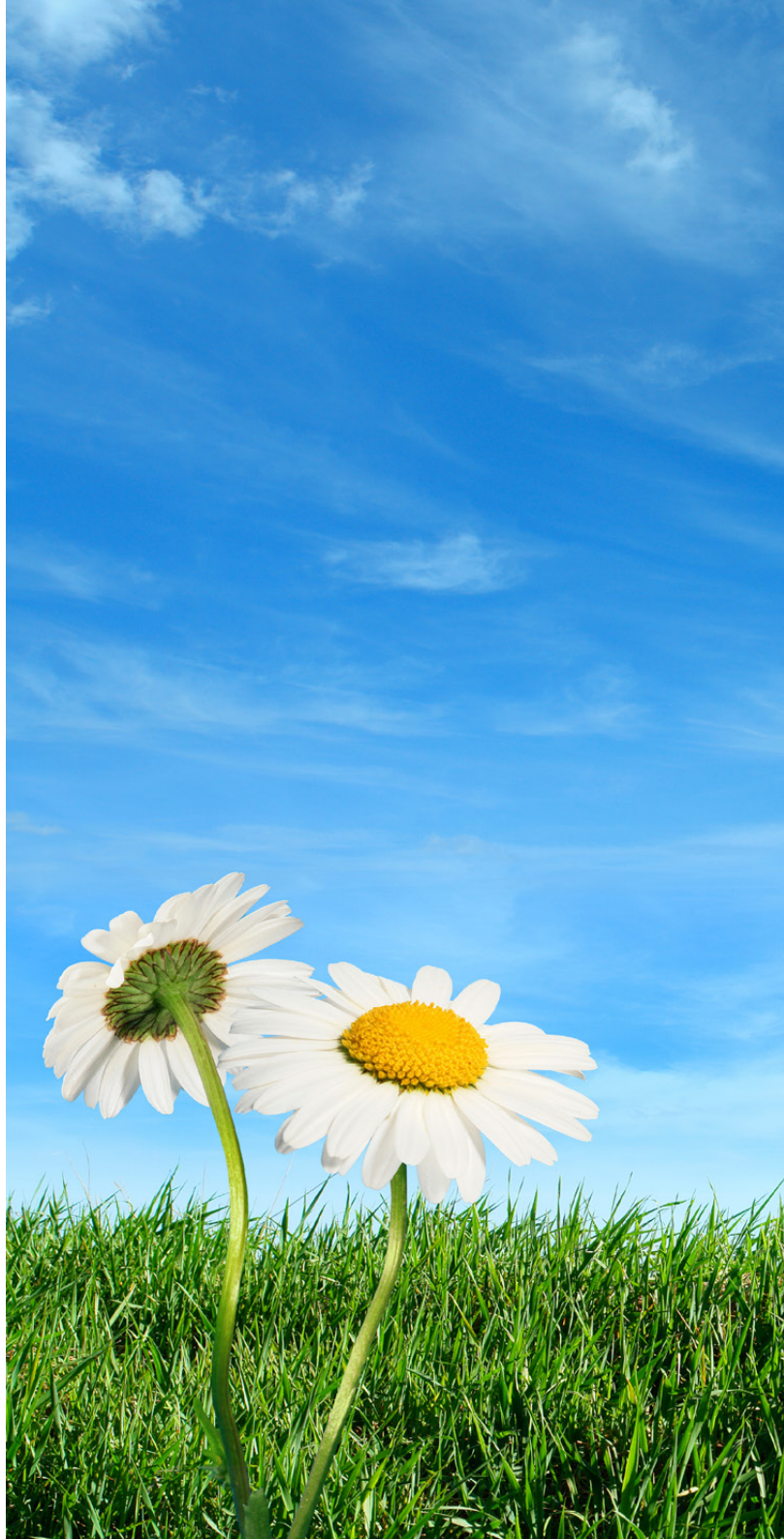
Course venue and directions:

Dublin: Our Lady's Hospice, Education and Research Centre, Harold's Cross, Dublin 6, D6W RY72
Transport details: The Education & Research Centre is located in the grounds of Our Lady's Hospice in Harold's Cross, Dublin 6W, minutes from Dublin's City Centre.
The Centre has ample free parking and is well serviced by numerous Dublin Bus routes passing the main gates. NO. 049, NO. 016, NO. 54A, NO. 009. The Green Luas Line Charlemont Stop is a 15 minute walk away.
You will find a map on our website.

Cork: Brú Columbanus Wilton, Cork Brú Columbanus, Cardinal Way, Wilton, Cork.
Transport details: Driving take the Sarsfield Road exit from the N40 and follow the signs for the Wilton Shopping Centre. By public transport there are a number of buses which stop at UCC Hospital which is a two minute walk from Brú Columbanus, they are 201, 208, 214, 216, 219. You will find a map on our website.

Facilities available: Lunch is from 1pm to 2pm and there is a short morning and afternoon break also. In Dublin there is an on-campus canteen with fresh hot and cold food, tea, coffee and herbal teas, hot chocolate and scones at subsidised prices.

In Cork tea/coffee scones and snacks available for purchase at the breaks. For lunch the venue is beside the Wilton Shopping Centre with its many places to eat or bring a packed lunch as there is a very spacious lounge area at Brú Columbanus where you can eat with fellow participants if you prefer.



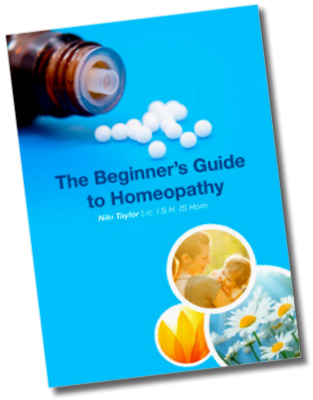
Time:
Workshops run from 10am to 5pm

Cost:
€70 (early bird rate €50)

Booking:
We now have an easy to use PayPal system on our website www.ish.ie This is the best way to secure a place and avail of our early bird rate. If you cannot pay online please forward a cheque or postal order to Angie Murphy at ISH ADMIN, 47 Rathoath Estate, Cabra, Dublin 7. Angie will confirm payment by email and closer to the day will contact you to let you know what room the workshop will be in. If you have any questions you can contact Angie at 01 8682581 from 9.30am to 5pm Monday to Friday (office closed between 12.30pm and 2pm)

What to bring:
All notes are provided together with a loan of Miranda Castro's book if required (see Recommended Reading below); please also bring a pen and paper.

Recommended Reading:
The School has also produced its own comprehensive guide to using homeopathy **"The Beginner's Guide to Homeopathy".** In it you are guided step by step to the effective use of homeopathy for you and your loved ones. The guide contains information on 30 remedies and how to use them for a whole range of common ailments ranging from bumps and bruises to coughs and colds. It will be your go-to resource as you become more and more confident using homeopathy for your everyday healthcare.



A copy will be available to purchase on the day for €10 or else it can be downloaded in PDF format here http://ish.ie/shop/beginners-guide-electronic/

We will also have 36 remedy kits available to purchase on the day for €55. Remedies retail for between €7-€12 singularly so this is very good value for 36 remedies.

For more extensive information we also recommend **Miranda Castro's Complete Guide to Homeopathy** and these will be provided at the School for you to use on the workshop days from our library. If you already have a copy please bring it with you. It is a book you may want to buy after the day as it is a comprehensive Introduction to Homeopathy, to homeopathic remedies and the tutor will also introduce you to how to prescribe the Castro way.

If you want to buy a copy check out Down to Earth Dublin **www.downtoearth.ie** , **www.homeopathysuppliesireland.ie** or **www.amazon.co.uk**.