

Lakeland College, UK

Homeopathic Training Courses in Cairo, Egypt

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Is this training for you?

Our training course will most likely be suitable for you:

- If you are interested in homeopathy and natural healing
- If you have studied some homeopathy already and would like to expand your knowledge and increase your confidence in applying it practically
- If you prefer to learn by experience and not just in theory
- If you wish to train as a homeopathic and holistic health practitioner in a friendly and supportive environment

N.B. Attendance at an introductory 'grassroots' or equivalent beginner's class is a pre-requisite before starting this course. This beginner's course is available on 8 DVDs. Please contact me for details.

The Lakeland Approach

Goals and objectives

Our goal is to provide you with an environment that fosters ongoing learning and growth, in an atmosphere of mutual support and encouragement. We aim to provide you with the highest quality training available in homeopathy and related topics.

We also aim to encourage and facilitate: education about homeopathy and holistic healthcare in the community; the widespread use of homeopathy in the home; educating the medical profession about the advantages of homeopathic health care.

This prospectus intends to provide detailed information about the full homeopathic training course.

Principles

- **A balance of 'inner' and 'outer'.** To become a good healer requires inner work as well as learning external information. Therefore, we encourage self-awareness and personal growth alongside academic study.
- **Non-traumatic self-assessment.** We want your training to be a pleasurable and empowering experience. Therefore, we do not set exams on our courses, but instead we encourage you to develop your own learning style supported by a friendly, ongoing, self-assessment process.
- **Friendly atmosphere.** People learn best in an environment where the interpersonal relationships are good. We strive to create a supportive environment between the tutors and the students. We also aim to facilitate this between students on our courses.
- **Open feedback channels.** We firmly believe in listening to our students, getting regular feedback from them, and responding positively to the feedback we get.
- **Practitioner skills.** Healing is as much about the relationship between ourselves and our clients as it is about any remedies we give, so we emphasise the development of good interpersonal skills.
- **Good support system.** Our tutors offer excellent support to our students, and we encourage peer-support between students too.



*The natural healing force
within each one of us is
the greatest force in
getting well.
Hippocrates*

- **Open-minded and non-dogmatic.** Homeopathy was developed by people who were open-minded and willing to learn from their experiences. We continue to develop the course to meet the needs of an ever-changing world. Similarly, we encourage an open-minded and flexible approach in our students.
- **Holistic understanding.** True health involves more than just the physical mechanics of the body. To this end we look in detail at the underlying energy systems of the body, and the inter-relationships between mind, emotions, and body.
- **Learning through experience.** We believe people learn best through hands-on personal experience, so we encourage and support you in applying what you have learned as soon as you feel ready to do so.
- **Self-empowerment.** We have noticed that the less we impose rules and restrictions the more self-responsibility our students show. This is reflected in an increased self-confidence, and an enhanced ability to work with clients in an empowering way.

What we teach

Our training course is designed to enable you to see and to think holistically, so that you will understand how and why alternative therapies are effective where orthodox medicine fails. This means taking into account the mental, emotional and spiritual factors involved as well as the chemical and physiological. It also means becoming aware of the human energy system, and the ways in which it may be disturbed to produce disease, and restored to produce health.

Throughout the course we aim to strike a balance between providing you with information and skills (the outer work), and facilitating your own development and growth as a healer (the inner work). Below is an outline of the main areas that will be covered, with more detailed information below. Some components may vary to suit the needs of the group, and as the course itself continues to grow and evolve.

Homeopathy is taught as the primary, but by no means the only technique to enhance your abilities to heal. The main reasons for this are that it is inherently safe to use, widely available, extraordinarily effective and endlessly fascinating to learn. It is effective in treating most health problems, be they physical or psychological. The remedies are carefully matched to the individual being treated in order to stimulate the body to heal itself and to restore the whole person to a state of well-being.

Herbal medicines have been used in every age and culture and are still the most widely used medicines on the planet. We will teach you how to use a selection of herbal tinctures that are readily obtainable, highly effective and entirely safe.

Flower essences were first developed in the U.K. in the 1930's by Dr. Edward Bach, whose vision was to create a simple, gentle method of healing that anyone could use without needing a complicated medical training. We will teach you how to use the Bach essences and also some of the newer flower essences that have been discovered in recent years, which we have found to be powerfully effective as tools for psychological and emotional healing and growth.

Nutrition plays a crucial role in health maintenance, and many modern diseases are caused or aggravated by nutritional factors. We will provide you with a basic understanding of the nutritional requirements for healthy living and tissue repair.



*If we do not find the
key to open us,
nothing will open to
us.*

Sh. Nazim al Haqqani

Organisational information

The full training programme contains a unique blend of components which combines group work with individual practitioner development. The bulk of the training takes place over ten full weekends a year for three years. The group size is limited to 25 people to ensure adequate individual attention is given. There will be additional home study, and attendance at a monthly evening tutor group.



“My estimate is that conventional medicine is appropriate for maybe fifteen to twenty percent of cases for which it is now being used. If we restricted it to those instances in which it was appropriate, we wouldn’t have the health-care crisis that we have today.”
Andrew Weil, M.D.

Personal tutors. We have found that students benefit enormously from having regular contact with their own personal tutor, so we will have a personal tutor network of practitioners. A small group of students are allocated to each practitioner, with whom they can meet on a regular basis between the course weekends for help, support, and guidance. Our tutors encourage each student to put into practice what they have learned, and to develop trust in their own individual way of working. This is an invaluable part of the training and is included in the course fee.

Assessment. Formal examinations will not be carried out as our desire is for you to enjoy learning by experience without the pressure of having to perform academically. We will, however, expect you to maintain a comprehensive learning journal to monitor your own progress by means of ongoing self-assessment, and we will support you in this process by giving you feedback. Twice a year these journals will be read by your personal tutor and one other staff member who will give you individual feedback. There will also be space on the timetable for you to develop your learning journal. At the end of each year, all students will take part in a three-way process involving self-assessment, peer-group assessment, and tutor assessment in order to gain a balanced overview of the level of progress made. A further expectation of you during the course is that you will experience receiving homeopathic treatment.

Some components of our syllabus may vary slightly to reflect the changing needs of each student group and the evolution of the course as a whole. To help reinforce learning we will make use of live case sessions. You will also be encouraged to practice the techniques and prescribe remedies you have learnt, and to share your experiences in a supportive environment.

Qualification

On successful completion of the course you will be awarded an *Licentiate*ship of the Lakeland College (L.L.C. Hom.) and we expect you to have gained the following:

- A greater understanding and awareness of yourself
- A holistic understanding of the processes of health and disease
- Confidence in your abilities to help others to heal themselves
- Knowledge and experience of using homeopathy, herbs, flower essences, and other naturopathic means to restore and maintain health both for yourself and others
- A supportive network to help and encourage you to put what you have learned into practice.



All the money, schools and degrees of the outer world cannot provide inner certainty. It comes only from a true calling, dutifully followed through many storms and problems. Along the way an inner sense of competence develops. When a certain level of genuine assuredness is reached the healer is entitled to receive what I call the 'inner medical licence'.

**Mathew Wood
Seven Herbs: Plants as
Teachers.**

Our full practitioner qualification, Member of the Lakeland College (M.L.C. Hom.), will be awarded to those students who, in addition to completing the course, also satisfy all of the following criteria:

- Maintenance of a comprehensive learning journal
- Regular attendance (minimum 80%), including the monthly tutor group, and obtaining a satisfactory tutor's report
- Attainment of at least 150 clinical training points, and receipt of a satisfactory clinical supervisor's report
- Submission of five detailed case histories of patients treated with at least two follow-up reports.

Course Registration and Fees

The Training courses will be held at the Swiss Club in Imbaba once a month on a weekend, for a total of about 12 hours per weekend.

The course fees will be U.S.\$ 150.- per month for the duration of the course. Payments will have to be 3 months in advance. The course fees include attendance at an area tutor group meeting and a clinical training meeting at least once a month, in addition to the training course weekends. These fees do not include books or remedies which you may wish to purchase for yourself. You will also be required to register for an online clinical training program which will cost about \$15 a month.

To register for this course contact Abdul Hayy Holdijk at

010 1793 803

or

email: holdijk@aucegypt.edu

Teachers

Most of the course will be taught by Abdul Hayy Holdijk. Abdul Hayy is the Associate Director of the Writing Program at the American University in Cairo. In his other life, he has been practicing homeopathy for 13 years and has two diplomas in homeopathy from the U.K. and the U.S. respectively. He has been active in promoting homeopathic training in Egypt and the Middle East and has taught numerous Emergency and First Aid courses in Egypt, Lebanon, Bahrain and Saudi Arabia. He has worked as a homeopathic consultant at the Sabri Ghaly Medical Center in Maadi, and is one of the founding members of the Egyptian Society of Homeopathy, which also endorses this course. He has had 25 years of educational experience at the university level and brings his expertise in the educational field to his teaching of homeopathy using the latest technology and methods. Abdul Hayy has had a lifetime interest in spirituality, Sufism, and holistic healing. "My main interest in promoting homeopathy in Egypt is not, as the famous saying goes, to fish but to teach people how to fish, so these graduates may provide safe, cheap and effective treatment for the people of the Middle East. At the same time, they will be able to reconnect to a truly spiritual medical practice."

Certain subjects, like the flower essences and the chakras, will be taught by instructors from the Lakeland College, or by guest lecturers in homeopathy. These weekends will be announced ahead of time so that other Egyptian homeopaths will be able to participate and exchange their experience with the newer students.

For more information about the Lakeland College and its teachers, you may visit the Lakeland College, UK website at:

www.thelakelandcollege.co.uk

Syllabi and Readings

(2002 – 2003)

Syllabi & Readings

Syllabi and Readings for 3-Year Lakeland Course

First Year

2nd Year

3rd Year

Required readings

First Year

2nd Year

3rd Year



The natural healing force within each one of us is the greatest force in getting well.
Hippocrates

Year One — Outline Syllabus

Understanding Energy

Healing and wholeness in a larger context
Understanding the human energy system
Energy as matter
How energy manifests: Introduction to the elements, chakras

Major Organs – Energetic and Physiological Functions

Lungs and Respiration
Kidneys and Bladder
Heart and Circulation
Liver and Gall Bladder
Stomach and Digestion
Small and Large Intestine
Female Reproductive
Male Reproductive

Homeopathic Principles and Methodologies

Review principles of similars, individualisation, minimum intervention
Pharmacy and potentisation
Susceptibility and the germ theory
Aetiologies
Layers, Sanakaran and Herscu prescribing
Organ remedies

Practice Skills

Interpersonal and counselling skills
Casetaking in acute and chronic disease
Case understanding and analysis
Repertorisation (stage one)

Self Development

Awareness of energy through chi-kung exercises

Remedies to be Studied

Apis-mel.; Arg-nit.; Ars-alb.; Aur-met.; Baryta-carb.; Calc-carb.;
Causticum; China; Ignatia; Kali-carb.; Lachesis; Lycopodium; Mercurius;
Natrum-mur.; Natrum-sulph.; Nux vomica; Opium; Phosphorus; Pulsatilla;
Sepia; Silica; Staphysagria; Sulphur; Stramonium; Tarentula; Thuja
Remedy Families according to Sankaran and Scholten

Therapeutics and Clinical Remedies

A wide range of clinical remedies will be taught for both acute and chronic disease states relevant to the organs and systems covered

Flower Essences

Introduction to the Flower Essences. How they differ from the homeopathic remedies. Bach

Nutrition

Understanding nutrition basics and metabolic typing

Second Year Syllabus



*Remember that health
is contagious as well
as disease.*

Ralph Waldo Trine

Understanding Energy

The energy body and the emotions. Seven chakras in depth, with corresponding endocrine glands. The emotion centers — where we store emotional trauma in the body

Major Organs — Energetic and Physiological Functions

Endocrine system
Nervous system
Musculo-skeletal system
Skin and Lymphatic system
Immune system and Spleen

Homeopathic Principles and Methodologies

Miasms and their relation to acute and chronic disease
Direction of cure
Isopathy and tautopathy
Provings — with an opportunity to participate in a group proving project

Practice Skills

Advanced case-taking and analysis
Responses to treatment
Follow-up prescription
Chronic case management
Repertorisation (stage two)

Self Development

Awareness of emotional states

Awareness of energy through chi-kung exercises
Voice Dialogue and the Selves

Remedies to be Studied

Agaricus; Alumina; Anacardium; Berlin Wall; Cannabis Indica; Chocolate; Cimicifuga; Coffea; Cyclamen; Folliculinum; Granite; Hydrogen; Hyoscyamus; Lac caninum; Luna; Natrum carb.; Nitric acid; Phos-ac.; Platina; Saccharum; Scorpion; Sol; Thea; Veratrum album; Zincum.

Major Miasmatic Nosodes

Carcinosin; Medorrhinum, Psorinum; Syphilinum; Tuberculinum

Sarcodes

Endocrine sarcodes

Therapeutics and Clinical Remedies

A further range of clinical remedies will be taught for both acute and chronic disease states relevant to the organs and systems covered

Flower Essences

Australian Bush flower essences developed by Ian White

Herbal Tinctures and Tonics

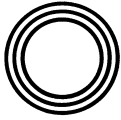
Further herbal tinctures for the endocrine glands and systems covered

Nutrition

Nutritional support for specific conditions

[\(return to top\)](#)

Third Year Syllabus



Creation is under the aspect of three, the beginning, middle, and end.

The Tao begets One, One begets Two, Two begets Three – and Three is the mother of all things.

Tao te Ching

Understanding Energy

Energy as thought

Functions of the higher chakras

Understanding projection

Stages of Life – Related Challenges & Health Problems

Pregnancy and childbirth

Childhood

Adolescence

Family relationships

Personal relationships

Work and creativity

Menopause and mid-life transition

Old age, death and dying

Practice Skills

Providing support during times of transformation and change

Maintaining boundaries

Making appropriate referrals

Drug withdrawal and detoxification

Patient education

Practice Building

Goal-setting – creating your ideal practice

Working out costs and fees

Marketing and advertising your services

Creating a suitable practice environment

Attracting clients and obtaining referrals

Maintaining healthy boundaries

Appointment, pharmacy and telephone management

Setting up talks and classes

Self Development

Awareness of thought patterns

Family and social conditioning and limiting beliefs

Developing your intuition

Advanced Materia Medica (to include:)

Recent Hahnemannian provings, e.g. Amber; Diamond; Fire;

Haliaeetus; Lakeland Slate; Limestone; Marble; Plutonium; Neon;

Sequoia; Tungsten

Other new remedies introduced as a result of meditative provings, e.g.

Buddleia, Clay, Earthworm, Holly and Oak

Bowel nosodes of Patterson/Bach

Sarcodes

Jan Scholten and Rajan Sankaran mineral and plant themes, the

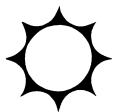
Sensation and Herscu Segment prescribing refined

Therapeutics and Clinical Remedies

Relevant to the stages of life and diseases covered

Flower Essences

Bailey Flower Essences developed by Arthur Bailey



Nutrition

Nutritional support for specific body types

You don't need to read every book, or study every remedy in order to practice successfully. Your own direct, personal experience will teach you more than any book. Learn to listen, to observe, and to be fully present. Read only the things that interest you, and your learning will be effortless.

Ian Watson

Required Readings

Students will be required to purchase the following essential reference books. We will arrange for the books to be delivered to Egypt. They are essential to the practice of homeopathy and you will use them throughout your years of study and of practice beyond the course.

R. Murphy ***Homeopathic Medical Repertory II***

R. Murphy ***Materia Medica***

Vermeulen ***Prisma***

The other books below will be photocopied and bound at Nagah photocopiers and you will pay for the cost of copying and binding only. This will make it cheaper for us to run the course here in Egypt.

Pre-course reading

A. Lansky ***Impossible Cure***

If you have no prior knowledge of anatomy, physiology, and pathology, we recommend:

Gascoigne ***Manual of Conventional Medicine for Alternative Practitioners***

Ross and Wilson ***Anatomy and Physiology***

First Year Readings

Bailey ***Homeopathic Psychology***

Gerber ***Vibrational Medicine***

Stone, Hal ***Embracing Our Selves***

Slim ***What about Potency?***

Scheffer ***Bach Flower Therapy***

Watson ***A Guide to the Methodologies of Homeopathy***

Second Year Readings

Borland ***Children's Types***

Bhanja ***Homeopathic Prescriber***

Morrison ***Desktop Companion to Physical Pathology***

Judith ***Eastern Body/Western Mind***

Vermeulen ***Synoptic Materia Medica II***

White ***Australian Bush Flower Essences***

Wood ***The Book of Herbal Wisdom***

Third Year Readings

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|----------|--|
| Bailey | <i>The Bailey Flower Essences Handbook</i> |
| Holford | <i>The Optimum Nutrition Bible</i> |
| D'Adamo | <i>Eat Right 4 Your Type</i> |
| Scholten | <i>Homeopathy and Minerals</i> |
| Sankaran | <i>An Insight into Plants</i> |

Additional

Since much of the world is now connected by computers, we will be providing each participant with a free CD copy of Kent's Repertory, the 3 volumes of Clarke's Materia Medica and three works on Homeopathic Philosophy, and a special remedy analysis of the spider remedies, all searchable as databases.

In addition, we hope to be able to communicate with all our students via email, and via a course website which will have downloadable material for the monthly assignments. More sophisticated users may also be able to use video-conferencing with the tutors.