



The Irish School
of Homeopathy
Inspiring, nurturing, empowering



Prospectus



Index

Welcome and introduction to the School	01
Professional body and government regulation	03
Workshops	04
Professional Training Course	08
Students, Assessments, School Resources	10
Staff, Clinical Training, Supervision	12
Personal Development, Nutrition, CPD	13
Post Graduate Training, Application Procedures	16
Testimonials and contact us	17



"The physician's highest and only calling is to restore the sick to health, to cure as it is called"

Samuel Hahnemann, founder of Homeopathy
(1755-1843)

Welcome & Introduction

Thank you for your interest in The Irish School of Homeopathy. Much more than an academic training course our school is a community of people dedicated to our values of being inspiring, nurturing and empowering. These values are embodied in our educational ethos which is to work with each student in a collaborative way in order to bring the best out in them as they work toward professional qualification. As a first step this is designed to provide you with information about our training courses, the School itself, staff and students and also answers to some of the most commonly asked questions by prospective students.

The science and art of homeopathy embody what many envision as a truly twenty first century medicine. Homeopathy is a healing system that respects the wisdom of the body and recognises that symptoms of ill health are expressions of imbalance in the whole person. It is a system that uses remedies in minute doses to stimulate the patient's own healing response and individualises these according to the totality of the patient's physical, emotional and mental symptoms. Homeopathy is a truly holistic medicine and seeks to restore the patient to health in the gentlest, most effective and permanent way possible. The restoration of a patient's health is realised according to clearly established and proven homeopathic principles.

On a more personal level, as you embark on this course of homeopathic studies you will find that it is not just a professional course leading to a caring career but it is also a process which will change you deeply as you become a homeopathic practitioner. You will find this process both very rewarding and also challenging. You will be faced with many new ideas and concepts along the way. You will be inspired and hopefully find a sense of fulfillment which is not possible in many other areas of life. You will also meet new like-minded friends and future colleagues during this four year programme.





Venue

The venue for all courses is Griffith College, South Circular Road, Dublin 8, D08 V04N. The college has ample free parking and is well serviced by numerous Dublin Bus routes passing the main gates. There is a large free car-park an onsite café as well as a variety of other food options within easy walking distance.

For students who can't attend in person classes will also be live-streamed and fully interactive to provide a proper classroom experience. All classes are also recorded and can be viewed by class members at any time, this hybrid-model continues throughout both the Foundation and the Professional training course.

Established

The Irish School of Homeopathy was established in 1988. It is now one of the longest established homeopathic course providers in the world and enjoys an excellent international reputation. We have an intake on our Foundation and Professional Training Courses every September.

Holistic Healing

Homeopathy is essentially an holistic therapy which means it treats the whole person rather than diagnosed diseases, and it recognises that individual people function on several levels: Mental; Emotional, Physical and Spiritual. The primary focus of a patient's disorder may be on any of these levels and all of these levels are taken into account when prescribing during the homeopathic consultation. Therefore, the Homeopath will treat a person as a whole with every aspect of their person being taken into account when selecting a homeopathic remedy with the aim of restoring health.



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www.irishhomeopathy.ie

The Irish Society of Homeopaths is the sole regulating body for homeopathy in Ireland and its role is to both set and maintain the standards for the professional practice of homeopathy. Our professional training course was the first to be accredited by the Irish Society of Homeopaths and meets the very highest standards in the quality of our education and training.

The Irish Society of Homeopaths is a member of the ECCH (European Central Council for Homeopathy) which is the regulating body for homeopathy in Europe. Our syllabus is based closely on the European Education Guidelines and there is particular emphasis on clinical training and supervision. More information on the work of the ECCH can be found at www.homeopathy-ecch.org

The fact that our course is fully accredited means that on successful completion of the course, graduates will be automatically accepted onto the Society's professional register. As registered homeopaths they will enjoy all of the attendant benefits of full membership of the Society. Also, a number of health insurance companies will reimburse patients if they visit a registered homoeopath and subscribe to the relevant medical plan.

Homeopathy is one of the primary care systems of complementary medicine. This means that it is a comprehensive system of medicine in its own right. For this reason, all accredited homoeopathic training courses are four years long and provide intensive practical and clinical training.

Government Regulation

A number of years ago The Minister for Health and Children set up a National Working Group to make recommendations for the regulation of complementary therapy in Ireland. The report concluded that the best way forward was for a system of voluntary self-regulation for each therapy group. Homeopathy was cited as a model for how this system should work. This is because The Irish Society of Homeopaths is the sole regulating body overseeing the profession. It has a robust accreditation system of courses, professional indemnity insurance, a strict Code of Ethics and Practice, an internationally approved CPD process and holds a professional register with over 300 members. Homeopathy has all of the recommended mechanisms in place for the required system of regulation.

"Diseases are not limited to organs. Diseases affect human beings as a whole, with all that implies, starting with the concept of the human being as an integrated unit of body, mind and spirit."

F.X Eizayaga, Treatise on Homoeopathic Medicine



Types of Courses

Study Options with Irish School of Homeopathy

Start with our One Day Introductory Workshop (Online only)

The best way to find more about homeopathy is to start with our One Day Workshop which is held on a regular basis, online via Zoom. You can find more information and book on our website: <https://ish.ie/courses/homeopathy-workshop/>

These workshops are designed for the general public who have an interest in health and nutrition and wish to understand how homeopathy works and how to select and administer remedies safely and competently. This is a beginner's course which is suitable for the total novice who has never used a homoeopathic remedy and the more learned individual who has been reading and researching about the subject on their own.

We also recommend that students wishing to enroll on our professional training course should do an introductory workshop in homeopathy. The workshop not only introduces students to the principles of homeopathy, it is also an introduction to the School itself. For many of our graduates, attendance at the workshop confirmed their decision to pursue homeopathy as a career.

The beauty of Homeopathy is its potential for empowerment – it puts you in control of your own health, as it is based on the principle that the body is self-healing. At the end of our workshops, you will have a sound knowledge many commonly used remedies, and feel confident to self-prescribe, while mindful of your own limitations as a non- practitioner. The course is interactive and student participation is encouraged at all times. There will be plenty of opportunity to put newly acquired skills to use, with lots of case-taking activities.

Next Step

After the One Day Introductory Workshop, some students naturally progress to the Home Prescriber Course whereas others decide that the One Year Foundation Course is their ideal path.

Home Prescriber Course (Online course with one day Hybrid option)

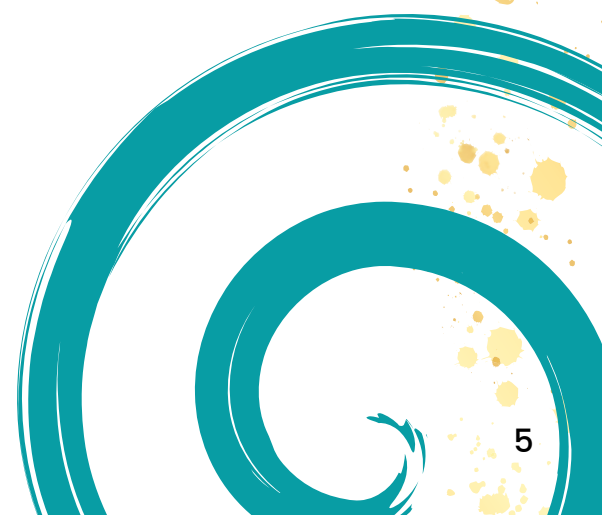
This is a skills based, information packed series of 5 one-day workshops on various topics to take your Homeopathy knowledge and home prescribing skills to the next level. On each of the days you will revisit case taking to hone your prescribing skills and to increase your confidence and ability. There is an in-depth description of the course and course content on our website: The course is a follow-on option from the One Day Introductory Workshop outlined above. The HPC is primarily an online course and will be held via Zoom. However, many students who attend the HPC will wish to continue to the Foundation/Professional Training Course therefore one of the HPC days will be a hybrid class. This means that students who wish to get a feeling for the college experience can attend in person, the class will also be live-streamed via Zoom.

If you attend the full course, you will receive a Home Prescriber Certificate. This will also entitle you to a discount on the first year of the four year course should you decide to enrol.

One Year Foundation Course in Homeopathy (Hybrid option available)

If you would like to read more or apply for a place on our One Year Foundation Course you will find all the details about the course and enrolment by clicking this link to the website here

The One Year Foundation Course syllabus covers everything from Homeopathic Philosophy and Methodology, Materia Medica, Anatomy and Physiology to Nutrition, Personal Development and a foundation in Counselling Skills. This course is suitable for people 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 second year of the Professional Course for continuing education in Homeopathy if they wish.



Professional Practitioner Training Course in Homeopathy (Hybrid option available)

If you would like to read more or apply for a place on our Professional Practitioner Training Course you will find all the details about the course and enrolment by clicking this link to the website here

While our One Year Foundation Course is a stand-alone course, it is essentially the first year of the Professional Practitioner Training Course. At the end of year one, students will have the opportunity to continue their studies with the School and enter second year of the Professional Practitioner's Training Course. The Professional Practitioner's Training Course will give you the knowledge, skills and competence to practice professionally and also provide you with all of the essential tools to set up a professional clinical practice. The school year takes place over 11 weekends from September to June. The course is an in-person course with Zoom and Hybrid options available, this allows for great flexibility in your study options. As an added resource classes are also recorded for class participants.

The course is fully accredited by The Irish Society of Homeopaths which means graduates of the Professional Training Course are automatically eligible to become professionally registered Homeopaths and enjoy all of the privileges of full membership in the Society.



Treating Like with Like – Concept of Similarars

Hahnemann's Discovery

The German Doctor Samuel Hahnemann (1755- 1843) is the founder of Homeopathy. It was Hahnemann's contribution to take the concept of similars and organise it into a workable methodical system of medicine. Using the Concept of Similarars, in other words treating 'like cures like' can also be observed using the homeopathic remedy Coffea, which is made from the coffee bean. For many people the caffeine contained in coffee can affect sleep patterns, and cause headaches and similarly the homeopathically prepared remedy made from coffee can assist insomnia where an overactive mind, palpitations and headache occur as part of the symptom picture concurrent with lack of sleep. Where insomnia is accompanied by other characteristics, a different remedy may be prescribed.

Homeopathy: - Similar Suffering

Hahnemann's discovery was to be of great importance in the development of homoeopathic theory and practice. By observing the symptoms of any substance produced when given to a healthy person, Hahnemann would discover the healing properties of that substance. Hahnemann called this phenomenon similia similibus curentur, or 'let likes be cured with like' and this system of healing he called Homeopathy. To achieve a gentle, rapid, certain and lasting cure, always choose a drug capable of provoking a disease similar to the one it is to cure" – Hahnemann Organon of Practical Medicine, Introduction.

The law of Opposites is well-known to all of us from conventional medicine: If you have a pain you are given a painkiller, if you have constipation you are given laxatives, and so on. The Concept of Similarars is rather different: a substance is given which, in a healthy person, would produce the same set of symptoms as those of which the patient complains. Based on this premise, the first homeopathic principle states that any substance that can make you ill can also cure you – anything that is capable of producing symptoms of disease in a healthy person can cure those symptoms in a sick person.

Provings of the Homoeopathic Remedy

Homoeopathic remedies are non-toxic, are made from various substances with the most common sources being flowers, plants, minerals, metals, insects, animal milks and venom. Hahnemann tested many other substances in the same way as Peruvian bark (Cinchona), in a process known as 'proving'. He proved more than 100 homoeopathic remedies in his lifetime publishing his findings in *The Chronic Diseases and Materia Medica Pura*. Proving - is the process associated with the homoeopathic method of testing substances in order to establish their 'symptom pictures'. Only healthy volunteers prove remedies and all symptoms physical, emotional and mental are noted in detail, then gathered in a systematic way, common themes noted collated and published in the *Homoeopathic Materia Medica*.

Apis Mellifica is a remedy made from honeybee venom, and the well-known effects of a bee's sting: burning, stinging, sharp pains with excessive swelling, are leading indications for its use homeopathically in a great variety of conditions. Apis Regina a remedy made from the queen bee is used for many complaints of the female and male reproductive systems including infertility.



Professional Training Course

Course Structure

Lectures in Homeopathy - Eleven weekend seminars from September to June each year

Mentoring - Tutorial support in weekly study groups assisted by a School Tutor

Medical Modules – Lectures in Anatomy and Physiology in Year 1; Lectures in Pathology and Disease in Year 2 and 3

Counselling Modules - Lectures in Year 1; Two residential training weekends during Years 2 and 3

Clinical Practice – Live Clinic practice in Year 3 and 4 along with Supervised clinical practice

Course content

Years 1 to 4

Homoeopathic Philosophy
Homoeopathic Methodology
Homoeopathic Materia Medica

Clinical Practice Years 3 and 4

Intensive clinical training with live case-taking and case management
Treatment of chronic illness
Case-taking and case management
Supervision of student's cases by a registered Homoeopath
Application of skills in supervised practice and clinic

Human Sciences

Year 1 Anatomy and Physiology

Year 2 and 3 Pathology and Disease

Counselling and Personal Development

Year 1 Foundation in counselling skills; Counselling Development models and ethics

Year 2 Personal development residential weekend I Year 2

Year 3 Personal development residential weekend II: Ongoing self-reflection and personal assessments

Year 4 Application of skills in supervised practice and clinic

Nutrition

Bulk Nutrients and their functions/ sources

Food Groups and Healthy eating

Minerals – and their functions, sources and imbalances

Vitamins – and their functions, sources and imbalances

Toxins and Anti-nutrients their sources and effects;

Detoxification and limiting exposure to toxins and anti-nutrients

“In the healthy human state, the spirit-like force that enlivens the material organism as dynamis, governs without restriction and keeps all parts of the organism in admirable, harmonious, vital operation, as regards both feeling and functions, so that our indwelling, rational spirit can freely avail itself of this living, healthy instrument for the higher purpose of our existence”.

Samuel Hahnemann, Organon of the Medical Art



Our students

This course was designed primarily with mature students in mind, who come from all walks of life and have varying backgrounds. Many of our students work fulltime and many are also managing busy households and rearing children at the same time. The course is specifically designed with these conditions in mind. They are strongly committed to the study of homeopathy and are all highly motivated. All of our students are mature students.

The course is designed for those people who wish to become professional homeopaths. Selection for the course is dependent on a completed application and an informal interview. We would also like applicants to have completed an introductory workshop. The workshops introduce potential students to the School and give them an idea of what the weekend seminars will be like. They also provide a comprehensive introduction to the philosophies and methodologies of homeopathy as well as a practical introduction to the use of homeopathy in acute situations.

Our entry requirements are that students should have completed the Leaving Certificate or equivalent. Mature students without these qualifications are strongly encouraged to apply and will be considered on their work and life experience. The commitment required for attendance, participation, assessments and study is considerable. The recommended study time required is 10 to 15 hours per week. This time comprises reading, case studies, written assignments and research. In order to support students with their study, students should attend weekly study groups. These groups meet and are arranged with the students and times are flexible depending on the student's availability. A tutor from the School will attend once a month to help and assist students in their learning.

Assessments

Course evaluation is based on continual assessment. This comprises of monthly assignments, case studies and an end of year project in the first three years. In fourth year students will be concentrating on preparing their own supervised cases for presentation at final assessments and graduation. Students also have an informal bi-annual assessment every year with their year tutor to discuss progress. The School respects the individual student's learning style and encourages creativity in assignments. The programme given to students at the start of the year will show all of the assignments and homework for that year. This means that students can plan their study time and work on projects over a period of time.

School Resources

At the Irish School of Homeopathy, we believe that our job is to support each successful applicant in their process of becoming a successful practicing homoeopath. We have constantly invested in the resources needed to promote the level of skill and competence required by students in their treatment of patients and in the management of their practice. Our belief is that students should be supported and guided at an appropriate level for each year of the course. Below is a brief outline of these support systems.

Year Tutor

Each year is assigned their own class tutor. The tutor is there to help and support students throughout the school year. The tutor organises and co-ordinates the study groups, corrects homework, deals with problems and also provides feedback and support. The tutor gets to know each student very well and can be contacted outside of school hours should the need arise.

Study Groups

In order to provide a high-quality level of support to all students, classes are sub-divided into study groups. These groups meet weekly and are a forum for homoeopathic study and mutual support. Our school is unique in providing student group tutorials all over Ireland as a support in the first- and second-year programme. Each group is assigned a tutor and their role is to support, encourage, answer questions and help deepen the learning process for students. This process lays the foundation for the one to one supervision of third and fourth year. All tutors are professional registered homoeopaths.

Most tutors are graduates of our school and are all in practice, and therefore are easily able to relate to students during the course. They have been through the same learning process and have had to deal with all of the issues that students go through on their way to practice. They are therefore able to normalise the process for sometimes anxious students and can provide insights into difficulties experienced. They also provide valuable feedback to the School so that the School can provide relevant extra support when needed.

Teaching Staff

All of our teachers are highly qualified Homoeopaths with busy clinical practices. We have a wide variety of both national and international lecturers and they have a love and passion for sharing their knowledge and experience with students. Their teaching embodies our core values of being inspiring, nurturing and empowering. Teaching from their daily practice they impart the knowledge and skills necessary to work effectively with patients in professional practice. Our lecturers are all committed to their own continuing personal and professional development.

Clinical Training

Supervised clinical training is one of the core aspects of the course. It is an opportunity to put into practice what has been learned in theory and also to gain confidence and experience before commencing practice. Clinical experience in first and second year begins with observation of experienced practitioners in a class room setting. There are video cases and also live case taking sessions in class.

In years three and four there is a dedicated teaching clinic where students have an opportunity to hone their case taking, observation, case analysis, prescribing and case management skills. Patients are seen by two or three students under the supervision of the clinic tutor. The clinic provides the time and space for each student to gain and develop the skills necessary to practice effectively and confidently after graduation.

Supervision

Supervision is essential element of any profession which works in a therapeutic setting. At the Irish School of Homeopathy we have long prided ourselves on the provision of high quality clinical supervision. This provides the overview, mentoring and professional experience needed to help guide students into practice. In third and fourth year students will have a personal supervisor and it is where they can bring their own cases. Here they can discuss all aspects of their patient management and care and develop the skills necessary to run their own practice.



Zinc, frequently used in industry, is one of the common metal remedies used in homeopathy. These are used with patients suffering from a wide range of deep, degenerative pathology. The remedy *Zincum metallicum* has a strong affinity for the central nervous system. Typically the patient needing this remedy is weak, oversensitive and presents with symptoms brought on by overwork or stress.



Counselling & Personal Development

Becoming a homeopath is far more than academic study and assessment-it is a life changing process. Working with patients, dealing with health and disease, exploring energy medicine and engaging on deep levels with others, brings students into deeper aspects of life and deeper areas of themselves. Students on this journey discover many new and life changing things. They discover resources that they did not know they possessed. They find their belief systems challenged and enlarged. They encounter many paradigm shifts in their nature. They find a new meaning to their purpose in life. All in all they find that after four years they are in a place in their lives which is beyond what they imagined when they made their first contact with the school.

In order to facilitate this process the school teaches students basic counselling and communication skills. There are also two residential weekends for students, one in second year and one in third year where they can explore issues related to practice as well as personal themes in a facilitated and safe environment.

Students are also expected to see a homeopath during the course of their training if they haven't already done so and experience the depth of homeopathic treatment for themselves.



Nutrition

Being able to understand how food and diet can support a patient's health is another vital skill which homeopaths need. There are nutrition modules built into each of the four years in order to help provide our students with this information.

Library

The Irish School of Homeopathy Library in Dublin is the biggest in Ireland and currently holds over 1,500 books for borrowing and reference purposes. The library is open to students at each teaching weekend.

Accreditation and CPD (Continuing Professional Development)

On successful completion of the course graduates are awarded a licence to practice homeopathy from the School and may use the letters Lic. ISH. The course is fully accredited by the Irish Society of Homeopaths and the competence of graduates to practice professionally is therefore recognised. Graduates are immediately eligible to become fully registered professional homeopaths and enter the Mentorship programme of the Society.

Provings continued

Since Hahnemann first made the proving thousands of provings have been carried out by Homeopaths and volunteers. All remedies are tested on humans. Poisonings (or accidental provings) have provided another source of valuable information to homeopathy, substances such as deadly nightshade (Belladonna) and snake venoms and many others are of tremendous value. Homeopathy is a dynamic medicine and volunteers continue to 'prove' new remedies on a regular basis.

Constitutional Treatment

Hahnemann found that particular 'types' of people manifested different symptoms to the same disease and so required treatment with different remedies in accordance with their 'type'. Dr. James Tyler

Kent (1849-1916) furthered Hahnemann's work on the different 'types' of people and the matching of a remedy to their emotional and physical characteristics; this became known as constitutional prescribing. Many people come to a Homeopath for 'constitutional treatment' to improve their overall health without having a particular health complaint. The value of constitutional treatment is that it boosts the weak constitution and decreases its susceptibility to disease.

Metallic gold (Aurum) is one of the most powerfully acting remedies in the homeopathic material medica and has brought patients out of deep depressions and even suicidal states. It is suited to intense, idealistic persons who set themselves extremely high standards. Treatment with this remedy lifts the darkness and brings back joy and happiness to their lives.

International Reputation

The School has established a fine reputation both in Ireland and abroad for the excellence of our core team of highly experienced lecturers. They are continually in demand as guest lecturers and seminar speakers throughout Europe. The School also continues to enjoy regular contributions from guest lecturers from the most eminent schools in the U.K. and Europe.





Post Graduate Professional Training

Our post-graduate programme varies each year and the information for the course is available on our website. The aim of the course is to deepen knowledge and provide more skills to deal with difficult pathologies. The course is always very practical and inspiring and is facilitated by highly skilled and well known homeopaths from Ireland and abroad. The days are very interactive and there is plenty of opportunity to address individual questions and also to have difficult cases supervised. The post-graduate course also provides practical support and the opportunity to network with other homeopaths.

The course is open to all graduates of recognised homeopathy courses.

Application Procedures

For our introductory workshops and short courses, you may book online on our website. www.ish.ie

To apply for our Professional Homeopathy Practitioner Training you should make your application on our **official form**. When we receive a completed application form you will be invited to a personal interview. Interviews commence April each year and held regularly through the summer months with final interviews occurring in late August. Places on the professional course are limited, so do apply early to secure a place. The School may also accept students who have previously studied homeopathy for entry into our 2nd and 3rd year programme, subject to meeting the Schools' standards and the availability of places.

Facebook: www.facebook.com/IrishSchoolofHomeopathy

Instagram @irishschoolofhomeopathy

Testimonials

"I have completed both the one-day introduction and HPC course with ISH. I'm hooked! I have learned so much in such a short time frame, that I'm far more confident in-home prescribing for myself and my family. I'm so much happier reaching for my homeopathy kit than before. The lecturers are friendly and approachable, have a wealth of knowledge, their willingness to share, and Ability to assist with prescribing while learning has been a great experience. I've signed up for the Foundation year course and I'm beyond excited to start a structured study of homeopathy".

Lisa C

"Signing up to the one-year foundation year with ISH was the best decision ever... 4 years on I couldn't be happier with the knowledge I've gained, my improved health, friends I've made, and new path in life I have. Would highly recommend to anyone thinking about it, to go for it!"

Ciara M

"Speaking from my experience in first year I can absolutely say it is a four-course meal for the soul, carefully delivered with unfathomable kindness. In its own wonderful way, it is helping me re-evaluate how I live my life and get to know myself again. I am so excited to continue on this amazing odyssey with my fellow lovely classmates".

Amanda O S

"I was quite nervous to start – it meant adding study, reading and homework time to full-time job, three kids, a busy house and a sport I love. I hadn't envisaged that I would love it so much that I wanted to do all these things. Good planning is essential of course, but the longer the year went on, the more calm things got. Even though I am making the journey to Dublin from Galway once a month, I take this as time for myself and don't see it as stressful. I feel now a quiet confidence to prescribe for acutes, always supported by my amazing study group and tutor. I can't wait for second year to start to continue this journey to myself".

SJ, Galway



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