

## “Inspiring and Dynamic!” - Congress 2021

The theme of this year’s Congress was *Making Positive Waves: the intention ‘to generate sufficient positive waves of inspiration amongst our delegates for them to reverberate out to our patients and communities.’*

The event consisted of several excellent presentations, including the latest research, case studies, and philosophical insights from many senior homeopaths. Dr Gary Smyth and Dr Patricia Ridsdale hosted the event and led the discussion, interjecting at intervals, with observations and comments on the lectures. Special thanks were given to many people who had helped to make the event happen, notably to the IT team and Alison Davies for their fantastic achievement in coordination. Our Patron, Prince Charles was also acknowledged for his continuing, invaluable support. Dr Gary Smyth hoped that Congress would inspire, encourage

and motivate us to redouble our efforts to promote homeopathy.

Dr Gary Smyth went on to introduce the proceedings. It was a poignant address, pointing out that the last time everyone got together, was in Liverpool three years ago, with last year’s scheduled event in Bournemouth being cancelled due to COVID. Three years ago, no one had any concept of how life would be changed, a salutary lesson in how not to take precious moments for granted. He went on to outline details of The Congress, thanking everyone for their support and attendance, hoping it would be an informative, positive day. He welcomed delegates of all backgrounds celebrating our ‘Unity in Diversity’, referring to the ‘Broad Church’ of The Faculty, and reflecting that despite our differences, there is a ‘Unity of Purpose’ amongst us. He pointed out that the limitations of conventional medicine alone during COVID, together with at times, flawed approaches, has paved the way for homeopathy to break through, as evidenced by the inspiring data collection projects being undertaken throughout the world.

All the excellent presentations cannot be covered in this report, due to constraints of space, however, the first and the last (Dr Bob Leckridge and



99th Faculty of  
Homeopathy  
Congress

*Making Positive Waves*

Dr Brian Kaplan) are outlined. Hopefully many of the others will be covered in subsequent issues of *Simile*.

**Dr Bob Leckridge** was the first presenter, speaking about ‘Lessons for the pandemic and our community.’ At the beginning of COVID, Bob started a daily blog, (which I have followed faithfully, a much-needed source of inspiration at this time!) Every day he has added his thoughts and observations, I can imagine, in the future this will be a wonderful resource to look back on, detailing the events, progressions and hopefully, one day some sort of positive conclusion. The blog can be accessed here: [www.heroesnotzombies.com](http://www.heroesnotzombies.com)

Much valuable information was covered in this presentation, including Bob’s unique vision and understanding, however, he specifically highlighted three lessons from the pandemic and the treatment of COVID:

### ISSUE HIGHLIGHTS ...

- Congress Report
- COP26 Glasgow
- Why homeopathy matters
- Letters to the Editor - COVID vaccination debate
- Treasures of the earth case series
- Holiday reading - Love, passion and murder!

- The importance of the individualisation of symptoms; what is unique to a case and a patient, including what is strange, rare and peculiar.
- The significance and context of the environment one lives in, i.e.: is there poverty, any suffering. Is the patient in a care home?
- The importance of self-healing. It is suggested that there is no healing but self-healing, a journey from sickness to health. He explained the meaning of the word 'épanouissement' a beautiful evocative word, meaning 'flourishing' and 'blossoming'.

He left us pondering how best could we create these conditions and concluded the presentation, with these perfect words:

*"Healthcare is about understanding who you are and what ails you and then figuring out how best to move forward."*

Victor Montori

Three prominent researchers went on to present: **Professor Michael Frass**, Professor of Medicine and specialist in Internal Medicine in Homeopathy at University of Vienna, Austria, focussed on 'Harmonising oncology through the use of homeopathy'. **Professor Aaron To Ka Lun**, President and Founder of the Hong Kong Association of Homeopathy, covered 'Clinical and Research Experience of homeopathy in the pandemic' and **Dr Alex Tournier presented**, 'A fresh look at the concept of Genus Epidemicus: Findings from the Clifical project.'

**Dr Jonathan Hardy** presented a fascinating look at 'Sensation in Sea Animals' followed by a colourful presentation by **Dr David Lilley** 'COVID-19, a Positive Corvid Cosmic Wave.' Dr Lilley also described his own recent battle with COVID, and outlined how an integrative approach, using both homeopathy and conventional medicine, was responsible for his return to health, vibrancy and vitality.

After lunch a 'Wellbeing Tai Chi and Qigong' demonstration session with **James Drewe** took place, encouraging participation 'to raise our energy and keep us refreshed throughout the day.'

Our 'flow' was apparently restored, before entering into the thought-provoking afternoon session with vet, **Sue Armstrong's** presentation, 'Radiating Ripples.'

As ever, these were all stimulating, interesting presentations which we would love to cover in more depth in future editions of *Simile*. Following each presentation, there was a chance for delegates to ask questions of the speakers, all of which engendered thought-provoking discussion capably facilitated by the hosts. It is impossible to list all the comments, suffice to say many people complimented the inspiring nature of the lectures.

Congress then switched to interactive zoom format for a fun presentation by **Dr Brian Kaplan**, who also discussed and promoted his new book 'Almost Happy' which is available on Amazon. The Amazon review states: 'Almost Happy introduces the reader to a practical and accessible way to use humour to effect change. Reverse psychology can provoke us to discover, own, and enact authentic solutions to many of our issues. The 114 original buttons were designed as stirring visual communications to enhance the provocative process--which is based on three core ideas:

1. People don't like being told what to do.
2. Reverse Psychology, a technique known to most parents, also works brilliantly on adults.
3. Irony, satire and parody--when used warmly and responsibly--can provoke the emergence of conscience and common sense.

Are you ready to read a book that will gently tease you about your issues? The buttons and provocative suggestions are offered with a 'twinkle in the eye and affection in the heart!' It sounds like a very positive investment to me, particularly at this time, when many are exhausted and low due to COVID fatigue, in every sense of the words.

Dr Kaplan started his presentation with a quote from Eric Karl Lederman (1908-2005) who has been very influential throughout his life, summing up the true nature of psychotherapy:

*"The goal of psychotherapy is to make the unconscious conscience, conscious."*

He goes on to say that 'psychiatry disappoints as:

- Paucity of evidence-based literature
- No highly effective gold standards for most common problems
- Many approaches used for similar neuroses; yield questionable results
- Outcomes remain disappointing - especially for chronic conditions'

Given the above, Dr Kaplan was led to Frank Farrelly who was the founder of 'Provocative therapy' advocating a fun, different approach, stressing that in adopting a lighter stance to therapy, the emotional release can be powerful and healing.

He described the clinical application of reverse psychology within 'Provocative Therapy', its underlying philosophical premise, guidelines and tools for its use in practice. He addressed the physiological benefits of laughter by using a memorable mnemonic, particularly relevant during this COVID era:

**Kaplans mnemonic SMILE (E)**

- S** Stress release
- M** Muscular relaxation
- I** Immunity enhanced
- L** Lung residual volume clearance
- E** Exercise
- E** Endorphins and Enkephalins released (also cardio protective.)

Aphorism § 225 had earlier been discussed, which sums up the importance of treating mental/emotional symptoms and that failure to do so can result in chronic destruction of health:

There are, however, as has just been stated, certainly a few emotional diseases which have not merely been developed into that form out of corporeal diseases, but which, in an inverse manner, the body being but slightly indisposed, originate and are kept up by emotional causes, such as continued anxiety, worry, vexation, wrongs and the frequent occurrence of great fear and fright. This kind of emotional disease in time destroys the corporeal health, often to a great degree.

(The Organon: § 225)

My thoughts are that any approach which enables and ensures emotional balance and health, should be embraced; 'Provocative Therapy' certainly sounds like a novel, fun, yet compassionate stimulus for healing!

### Closing words

What was evident and typical of the Faculty's 99th Congress, was the professionalism of all the speakers. The content was uplifting, and the warm inclusion of non-Faculty members reminds us that we are a close community, as homeopaths first, with common goals and interests. I would love to have reported on friendships made, dinners shared and as Dr Gary Smyth mentioned, Margaret from Homeopathy UK teaching us how to appreciate the best whiskies, but that will be for a future occasion, no doubt!

Congress this year remained as international and dynamic as ever, with doctors

and homeopaths throughout the world sharing their research, cases and experiences. It maintained its high standards of presentations and was driven by a determined technical team and a committee that ensured its success. Lacking only was the physical touch and presence, but hopefully this will be restored in future years and maybe we will be further motivated by the realisation that we have remained connected and strong in these most challenging of years, have made it through and remain as steadfastly committed to our profession as ever, if not more.

It is impossible to list all the comments, but one particularly resonated after such an inspiring day. Dr Anthony D Fox stated:

*"The title of this zoom conference reminds me of 'The Super Radiance Effect' as published by The Health Research Trust. A unified determination*

*of purpose even by a small group does have a remarkable effect on the World around them. So, keep on with your determination everybody-we shall succeed."*

It is true, in my opinion that the efforts of a small group of people can have a ripple effect; the passion that accompanies many of us in our homeopathic journey has influenced others and, in many cases, through our teaching and consultations, has changed lives.

Dr Gary Smyth and Dr Patricia Ridsdale, the hosts were delighted with the feedback, huge attendance and enthusiastic support. We echo their words in extensively thanking all the participants, delegates, sponsors and many people in the Faculty that helped to make this extraordinary event happen. Here's to the next Faculty Congress!

**Gill Graham**

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The presentations from the 99th Congress have just been released to rent or buy on Vimeo and stream on-demand:  
<https://vimeo.com/ondemand/99thfohcongress>



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