

As homeopaths we know that the success of homeopathic treatment depends on the quality and efficiency of case taking and repertorisation, depth of analysis and precision in prescription. When meeting our patients for the first time, we are expected, within the allowed time constraints, to gain the patient's trust and gather all relevant details of a life-long story, and select one correct remedy. This massive undertaking requires skill and knowledge, as it paves the way towards healing. In *The Celle Seminars*, Professor George Vithoukas demonstrates the practical application of science and art of homeopathy.

Renowned for his experience, both as a homeopath and an educator, Vithoukas takes every opportunity to improve homeopathic practice, teaching by example. Between the years 1989 and 1991, he delivered seminars in Celle, Germany. There, the students, many already established practitioners, came to observe Vithoukas taking cases, later inviting them to participate in analysis. Eighteen of the recorded cases were transcribed into the book, allowing the seminars to become a valuable resource for homeopaths in the years to come.

Word by word, the reader gets an opportunity to follow initial consultation and analysis of cases where the main complaints include: epilepsy and asthma; insanity; syringomyelia; neurodermatitis, neurotic fear and alopecia; myelogenous leukemia; bronchitis; Fabry-Anderson syndrome; psoriasis; lymphoma; neurodermatitis; Cervical Spine syndrome; muscular dystrophy; chorioretinitis; chronic vomiting; forgetfulness and depression; rheumatoid arthritis; chronic gastritis; and epilepsy.

In every case, Vithoukas demonstrates how to maintain balance between allowing the patient to share what they think is important and carrying out the detective work of investigation by asking relevant questions with effective precision. Often he would ask how the patient feels during the interview in order to witness an emotional experience of the patient and just hear it being described as part of the story. Later, in discussion, he emphasises the usefulness of that observation. In the course of the seminar, Vithoukas repeatedly returns to the importance of studying the patient's facial expressions, body language, and emotional reaction to what has been discussed. He points out valuable clues for the homeopaths that come from what has not been said.

In some cases, where family members of the patient are also present, Vithoukas shows how to make use of them. Not only can they contribute by sharing their observations, but also, interaction between the patient and their family during the consultation can be very telling. Any perceived tension reveals the sensitivities of the individual organism and that can serve as a signpost in direction of the required remedy.

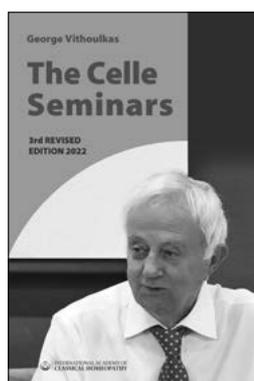
As homeopaths, we aim to find the correct remedy that will help to stimulate the organism's natural defense system

The Celle Seminars

George Vithoukas

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Reviewer: Elka Leibovitch



“The homeopathic system is a scientific discipline based upon sound and verifiable laws, principles, and techniques. In its application to the patient, however, it is also an art. Nowhere is this artistic aspect of homeopathy seen so clearly as in the process of taking the homeopathic case.”

George Vithoukas in The Science of Homeopathy.

and ultimately restore its balance. However, as the cases in the book illustrate, often we are faced with situations when the patient has undergone, or continues with allopathic treatment. In the book, Vithoukias addresses that issue, both from the point of view of how it affects the accuracy of the symptomatology picture, and what needs to be considered as we proceed with the homeopathic treatment.

Detailed analysis and discussions with participants at the seminars not only show the rules applied in practice when it comes to remedy selection, but they also help the reader to expand on their knowledge of *Materia Medica*. Vithoukias invites seminar participants to make remedy suggestions and he uses this as an opportunity to share his own observations about the remedies. From the very beginning, it becomes obvious that he does not use the wealth of his experience to make himself an exclusive master. Vithoukias generously shares insights that can help fellow homeopaths to become better at what they do.

Unfortunately, we as readers, do not find out the outcome of treatment for the cases presented in the book. However, it is possible that the purpose of the teachings is not to impress us with outstanding successes and show what homeopathy can do. Instead, it focuses on what homeopaths must do when it comes to handling the cases with the care they deserve.

Aside from discussing well-known remedies, Vithoukias takes time to discuss in detail two small remedies – *Allium cepa* and *Adonis vernalis*, as well as *Medorrhinum*. He explains how we come to discover the use of small remedies, usually after we've tried the remedies we are more familiar with and failed. Due to the limited information, particularly about the mental-emotional symptoms of the remedy, a small remedy is typically prescribed based on pathology alone. However, Vithoukias encourages homeopaths to observe the overall picture and make notes for the future. Such an approach helps us to get to know the remedies, which when prescribed correctly can produce impressive outcomes.

The teaching shared over thirty years ago has not grown old or outdated. In the most practical sense, Vithoukias shows that the fundamental principles, and the effort it requires to see them in action, are forever relevant. While often people look for some innovative approach, *The Celle Seminars* demonstrate that all growth and development rests on solid foundation, which must be treated with respect it deserves, because "truth is, of course, incompatible with compromise, for even the slightest compromise invalidates the real truth." M.M. Schneerson.

The unique format of the book – the transcripts of seminars, allows Vithoukias to speak to the readers. Anyone who has ever attended the Vithoukias's lectures would be familiar with his down-to-earth approach, despite the complexity of the issues discussed. For those who are new to his teachings, the thorough explanations illustrated with numerous examples,

delivered with a healthy mix of humour and seriousness, provide a great insight into subject matter.

In reading the book, both beginner and experienced homeopaths can gain a wealth of knowledge, greater clarity, and encouragement to continue to work to a high standard in order to attain good results.

About the reviewer



Elka Leibovitch is a registered homeopath based in Melbourne, Australia. In 2010, Elka was introduced to homeopathy through the illness of her daughter. Ten years later she became a Diploma Holder of the International Academy of Classical Homeopathy. Elka is inspired by the depth of inquiry and respect for the divine order, both fundamental to homeopathic treatment. She finds it rewarding to see her patients in better health when the acquired knowledge from studying with Professor Vithoukias is put into action.