

# Winter Series Webinars with Karen Allen CCH



## Adjuncts In Constitutional Care Bach Flower: Introduction



200 x 900 - [drrbondafine.com](http://drrbondafine.com)





# Roadmap for Our Training Session

- Who started this rolling? Edward Bach
- The position of BFRs in the landscape
- “How To” of Bach Flowers
  - Identify category / subsets
  - Single or combo for emotional support
  - Implementation along with constitutional remedy
- Further resources for learning



# Dr. Edward Bach

(b 1886 d 1936)

- British Physician and Homeopath
- Developed and explored bowel nosode concepts with Patterson, Wheeler and Dishington in 1920s
- Severe illness at 31, malignant tumor of spleen
- Posited that disease arose from conflict between the soul's path and the personality's actions/outlook
- Looked for a therapeutic intervention to address this specific dilemma
- By repairing the conflict in the psyche, healing occurs



# It Starts With A Flower

- Bach believed that the dew resting on the flower contained the essence of the flower, more powerful for flowers growing in sunlight
- Impractical to collect dew... so came up with steeping method – spring water + brandy + flowers = BFR
- Balanced 4 element theory:
  - earth to nurture the plant...
  - the air from which it feeds...
  - sun or fire to enable it to impart its power...
  - water to collect and be enriched with its beneficent magnetic healing



# Simple / Self Reliant

- Bach wanted to develop something simple enough that a person could help him- or herself
- Also used for animals
- Each BFR (vibrational medicine)
  - Neutralize negative emotional energy patterns
  - Infuse positive emotional energy patterns
- Remarkable in concept – building capacity for health rather than just repairing disease



# Is It Homeopathy?

- Well, no, not really? Maybe? Sort of? Yes. HPUS
- BFRs sit between remedies and fler - herbs
  - Not potentized / used in “MT” >> 5x
  - No provings like homeopathic remedies
- Some BFRs are also remedies used in potency (e.g. rock rose BFR = cistus canadensis remedy)
- As with organ therapeutics, indicators for their use do not necessarily come out in the provings of the remedy
- Research shows = placebo



## And then...

- Several systems of flower essences
- Australian flower essences
- Alaska flower essences
- Greek flower essences
- Interesting opportunities to cross reference these
- How do we leverage the data from the same substance as a herb, flower essence, gemmo, remedy to learn the full spectrum of healing potential?



# 38 Flowers

- Bach developed 38 specific individual remedies, associated with emotional experience and persona
- Identified 7 groupings
- Encouraged combining appropriate elements
- Posited that disease arose from conflict between the soul's path and the personality's actions/outlook
- Looked for a therapeutic intervention to address this specific dilemma
- Most well known = Rescue Remedy





# Client Example

- Man in his 30s – clinic in Haiti
- Manic / raving / disruption
- Talking very loud/fast, intense
- Will not take a remedy, fear to be poisoned
- Stopped the whole clinical process
- Plan: Rescue remedy



# Client Example

- Grief arising in case taking
- Client discussing recent pregnancy loss
- Feels she cannot talk freely about her experience to her family or husband because of their experiences with the event
- Repeatedly begins to speak / stops / silent tears (wahs, rinse, repeat)
- Plan: Rescue Remedy and patience



# Implementation

- How to use BFRs: Individually or combined
- Identify PRIMARY CONSTRAINT in EMOTIONS
  - Negative emotion
  - Conflict internally – remember Bach's theory
- Select 1 – 3 – 5 flowers that apply
- Usually given in tincture form, 5-10 drops 3 times daily (stock eyedropper bottles in your office?)
- Consider overt discussion to support intervention goal



# Groups

- BFRs for Fear / Worry (e.g. Red Chestnut / Aspen)
- BFRs for Depression / Hope (e.g. Gorse / Willow)
- BFRs for Self Confidence (e.g. Larch / Pine)
- BFRs for Trauma / Tragic Events / Reaction
- BFRs for Relationship Issues (e.g. Beech / Chicory)
- BFRs for Action / Inaction (e.g. Walnut / Clematis)



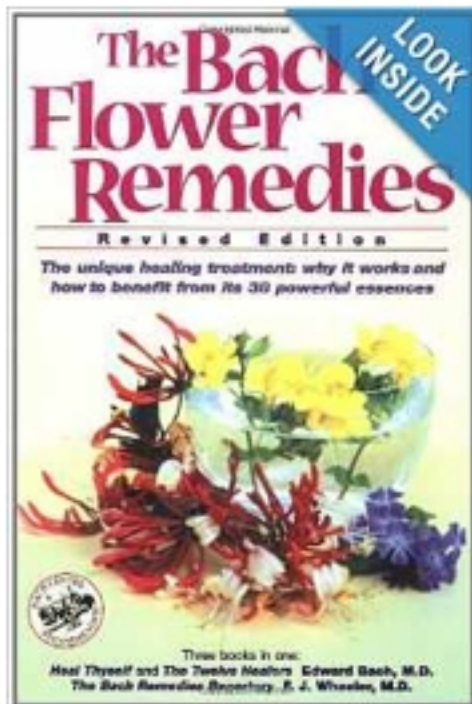
# Uses

- Client upset in consult impairs communication
- Impatient clients wants repeat / more remedy when practitioner knows best plan = wait
- Action of homeopathic is stirring up archaic emotional baggage and client needs support
- Acute trauma on the phone – trying to get accurate information from the client who is scrambled
- Positive reminder for self development and growth



# Resources

- Refer to Bach Flower Registered Practitioner – find out who is near you and contact him/her
- BFR Courses: [bachcentre.com](http://bachcentre.com)



## The Bach Flower Remedies Paperback

by Edward Bach (Author), E.J. Wheeler (Author)

★★★★★ ▾ 16 customer reviews

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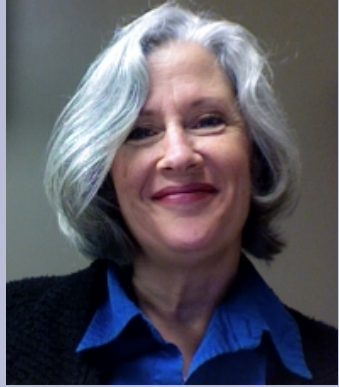
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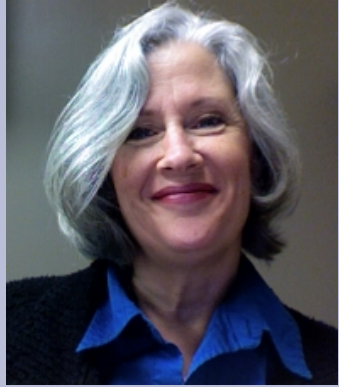
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**Learn how the essences of wildflowers can help your mental and spiritual health**



SO... let's change the world together...  
supporting one client at a time...

- Based on this description, do you feel ready to:
  - Recognize times in case work when BFR support could benefit the client / reduce distress?
  - Stock Rescue Remedy in your office to have available for your clients? Other individual BFRs?
  - Identify individual groups of BFRs and become familiar with their patterns? Integrate use of BFRs with constitutional care to support repair/growth?
  - Instruct client on use?
- Consider additional training / resource texts / certification



# Webinar: Bach Flower Introduction Adjuncts in Constitutional Care

March 31, 2014

This document serves as verification that : \_\_\_\_\_

has completed 1 hour of training with Karen Allen CCH in homeopathic case management.

These hours can be used to meet the pre-requisite formal training or continuing education criteria for the Council for Homeopathic Certification.



Please print and keep as your record of attendance.