

**HOLISTIC AND HOMEOPATHIC RESOURCE  
CONSULTING CENTER**

**H<sup>2</sup>RC<sup>2</sup>**

**Professional Homeopathic Training Course**



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.



*If we do not find the  
key to open us,  
nothing will open to  
us.*  
**Sh. Nazim al Haqqani**

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.

## 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 generally about 25 people to ensure adequate individual attention is given. There will be additional home study, and attendance at a monthly evening tutor group.

**Tutors.** We have found that students benefit enormously from having regular contact with their study group tutor, who is already fully qualified practitioners. A small group of students are allocated to each tutor, 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.



***“Ilm” or knowledge in  
Arabic  
Calligraphy by Rana  
Chalabi***

***“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.***

**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 tutor/teacher and 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 or recorded 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.

### **Materials**

Every weekend is recorded in both video and sound formats and are available to students in streaming and mp3 files. Course materials including homework, case analysis, etc are distributed electronically through a dedicated course site to which the student has access throughout the course. Students can make up missed weekends by submitting the notes of the sessions to Abdul Hayy, thus getting credit for having attended. Students will be submitting all their journals, and assignments through a dedicated Dropbox file to which only Abdul Hayy Holdijk and the student have access.

## Qualification

The full practitioner certificate **The International Certificate in Homeopathy (I.C.Hom.)** is awarded to those students who, in addition to completing the course, also satisfy all of the following criteria:

- 500 hours of theory, materia medica, repertory, and case management
- 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 chronic case histories of patient's treated with at least six month follow ups. In the first year, submission of 5 acute cases with follow ups.
- Participation in one proving.
- Write up of an original essay on a topic related to homeopathy

**Attendance Certificate** for H2RC2 Professional Training is awarded when students have gained the following:

- Attended all classes, study groups
- Developed 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.

### Course Registration and Fees

**The Training courses will be once a month on a weekend, for a total of about 12 hours per weekend. The next course is expected to start in the first week in September 2018.**

The course fees will be announced at the first session 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 wish to purchase for yourself. Students will also be expected to purchase two reference texts by Robin Murphy: the **Homeopathic Clinical Repertory**, and his **Lotus Materia Medica**. They will also be expected to subscribe to an electronic repertory, since this is an essential tool for homeopathic study (three year subscription is about 135 Euros)

**To register for this course contact Abdul Hayy Holdijk at**

**email: [ahholdijk@gmail.com](mailto:ahholdijk@gmail.com)**

*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.**

### Professional Homeopathic Course Syllabus – 3 years

Total number of hours completed for Professional Certificate:

30 x 12 hour weekends – 360 hours

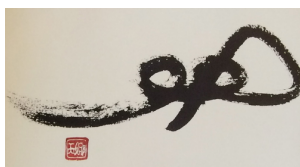
36 x 8 hour study group sessions – 140-180 hours

20 x 5 hour supervised clinical sessions – 100 hours

**Total 500-540 instructional hours**

**Note:** This total does not include the 15-20 hours per month the student was expected to study independently on the materials being presented. This was calculated at **around 450 hours** for the three year period.

**The following modules are worked on throughout the three year period both in the seminar weekends and in the study groups. Approximately 45 instructional hours per module with about the same hours in preparation and follow up study.:**



***“Hu” or the Is-ness of God.***

***Calligraphy by Rana Chalabi***

“Whenever I express my views, thoughts or anything I deeply believe, I will welcome any opposing view or thought. I will listen with caring attention to what the other says, accepting it no matter how different or antagonistic it seems to be.

I will also deeply and sincerely thank them. I will abstain from feeling accused or judged. I will acknowledge the other as my shadow, an integral part of me who has accepted to relate with me. I believe that a vision in order to manifest requires its opposite, the other polarity. If my vision is truly holistic, I am not in a condition to oppose any alternative vision.

I intend to learn to accept what appears to be opposite, no matter how unpleasant or contrary it is. I believe that only in the paradox of this acceptance, in releasing the urge to be right, unity can be experienced and manifested.

I have tried all other options, and they have not worked, and this is the only thing I have left.

And for this purpose I am open to be patient, promoting the gestation of this healing process, for I know that all is One.”

— **Franco Santoro**

Homeopathic Philosophy  
The Organon  
Homeopathic Case Management  
Homeopathic Pharmacy and Posology

Homeopathic Materia Medica – including discrete units in the following:

Classical Hahnemannian, Boenninghausen, and Sensation analysis of remedies, cell salts, nosodes, etc.

Homeopathic Psychology  
Homeopathic Repertory Work  
Homeopathic Case Work – case analysis, case observation  
Anatomy, physiology, and pathology  
Homeopathic Therapeutics

**The following modules are single 12 hour modules (including about 10 hours of preparatory and follow up study group sessions):**

Nutrition  
Alternative Medicine Energy and Subtle Bodies (chi, prana, chakras, etc.)  
Toxicology and Homeopathy  
Conventional Medicine for Alternative Practitioners  
Human Psychological Development and Voice Dialogue  
Chi Kung and Healing  
Flower Essences  
Energy Bodies and Healing

## Teaching

Most of the course will be taught by Abdul Hayy Holdijk. **H2RC2** was founded by Abdul Hayy L. Holdijk.

As one of the first persons to organise homeopathic training in Egypt, it has been Abdul Hayy's stated goal to spread homeopathy in Egypt at the grassroots level in order to create public demand for quality homeopathic treatment. Abdul Hayy L. Holdijk has been running professional 3 year homeopathic training courses for Egyptian physicians and lay people for the past 12 years. To a large extent this approach has succeeded in producing a large number of qualified homeopaths since starting these courses in 2002 and made the Egyptian public increasingly aware of this complementary treatment modality. In cooperation with other qualified Egyptian homeopaths, he was instrumental in helping to found the Egyptian Society of Homeopathy and the courses he currently teaches are endorsed by the Society as providing the kind of professional training required by international bodies in the field of homeopathy. He is also interested in laying the groundwork for a greater awareness of homeopathy in the Arab Middle East and has lectured primarily in Egypt but also in Lebanon, where he initiated the move to a training program, and Jordan, Oman, and Saudi Arabia. He has the following homeopathic certifications

- **C. Hom, and D. Hom**, Hahnemann Institute of North America, 1998 (Robin Murphy, N.D.)
- **International Certificate of Homeopathy**, London College of Homeopathy, 1999,
- **Registered Fellow of the Lakeland College**, 2011, UK
- **Certification in Homeopathy Detox Therapy**, Cairo, 2017

He has attended numerous seminars in the Netherlands, Germany and India, as well as organising seminars for homeopathic lecturers in Cairo including seminars taught by Jan Scholten, Rajan Sankaran, Dinesh Chauhan, Jayesh



Shah, Peter Chappell, Ian Watson, Robin Murphy, Drs. Fricker, Banerjea and others.

He has worked as a holistic health consultant to the Ghaly Medical Center, lectured at the Theodor Bilharz Institute, and to the Kasr el Eini Pediatric Hospital in Cairo, Egypt.

Abdul Hayy is a dynamic and demanding teacher who sets very high standards for the teaching of homeopathy at the professional level. While the core of the homeopathic training involves all the elements of classical homeopathic theory, materia medica, and case management, he is very interested in incorporating a clearer concept of consciousness and the notions of self (and Self) into the homeopathic discipline and how this impacts on our whole notion of what needs to be healed. As part of his teachings on self development, he uses a number of different modalities like Shadow, Work and Voice Dialogue as a means of therapy. In addition, he is a qualified Enneagram instructor who regularly gives courses on the Enneagram.

In his other incarnations Abdul Hayy worked full time at both the American University in Beirut for several years, and for 35 years at the American University in Cairo. He was instrumental in setting up the Department of Rhetoric at AUC and finally retired after many years as Associate Chair of the Department of Rhetoric and Composition. In his final 8 years at AUC he focused on developing and teaching a course called **"Who am I?: Self and Consciousness Across the Disciplines,"** which was incorporated in the 1st year Core requirements at AUC and is still being taught there. In addition in his final 3 years, he developed a course called **"Integral Living"** for final year students, designed to integrate the multiple perspectives of religion, science, social conditioning, and work in preparation for their careers after university. This course too, is still being taught at AUC. In 2014, he received the **Excellence in Teaching Award** from the American University in Cairo.

He has been a follower of a Sufi path for the past 40 years and is interested in studies in religion and consciousness. He regularly lectures on a wide variety of topics including the Enneagram, Shadow Work, Voice Dialogue, Love, Dream interpretation, Jekyll and Hyde, Hayy Ibn Yaqzan, and other topics related to consciousness and personality development. He regularly leads spiritual retreats in Lebanon, Egypt, Oman, and the region.

"My main interest in promoting homeopathy 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 H2RC2:**

**[H2RC2.com](http://H2RC2.com)**

**For more information about the Lotus Health Institute and its US courses, visit their website at:**

**[Lotus Health Institute](http://Lotus Health Institute)**