

# PRACTITIONER BULLETIN

## Issue 64

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**Bach Foundation**  
INTERNATIONAL REGISTER

## Professional liability insurance ↙

**By Rob Watson, Sales & Marketing Manager, Towergate Professional Risks**

If you practice a complementary therapy, you may well be aware that professional liability insurance is available for practitioners. A growing number of therapists are taking out cover, and though it is not a legal requirement, many professional associations recommend, or in some cases even insist, that their members have a policy in place. However, you may be forgiven for asking what exactly this insurance is, what it covers, and why you might need it.

A complementary therapy practitioner, much like any other professional, could be increasingly vulnerable to claims for compensation from clients and other third parties. For a sole trader or small business, the consequences could be very serious, as claims often run in to thousands of pounds.

Professional indemnity insurance gives practitioners a way of protecting themselves in the event that they should be sued as a result of their business activities. Having such insurance in place demonstrates your professionalism, and if you have this insurance you should make potential new clients aware of this. They will get peace of mind from the fact that should anything go wrong, you are backed by insurance to compensate them for any loss or injury they suffer.

### *What it covers*

Professional liability insurance is designed to cover as broad a range as possible of 'civil liabilities' – in other words, most of the things you could get sued for as a result of your business activities.

Typically, it includes cover for *Professional Indemnity*, *Public Liability*, *Products Liability* and *Libel and Slander*. In the past, these covers might have been bought separately, but nowadays these can usually be provided under one policy.

So, what exactly does each of these sections cover?

*Professional Indemnity* relates to the advisory or therapeutic part of your work and covers any malpractice, errors or omissions on your part. If your client suffered a loss which was deemed to be a result of your advice – for example, the type of treatment to be carried out – as opposed to the physical treatment they received – this section of the policy would apply.

*Public Liability* relates to any other loss or injury resulting from your professional dealings with the client. These could be specific to the treatment, such as an injury following massage treatment, or more general, such as a client tripping over a briefcase you had left lying around.

If you sell any products to your clients to complement their treatment, such as supplements and vitamins, a relaxation CD or a book, you could also be liable for any losses occurring as a result of the use of these products, even if you did not manufacture them yourself. The *Products Liability* section covers this type of claim.

The final section is *Libel & Slander*. To many, this may seem like a strange type of insurance cover for a complementary therapist to have. However, the complementary medical profession is a very collaborative one. Many experienced practitioners will share their expertise with others at local association meetings and even at larger trade shows and exhibitions. They might even publish their thoughts in newsletters, journals, web sites, blogs or podcasts. Before they know it, some practitioners could find their words and opinions are seen by thousands of people worldwide. If you shared your thoughts with other practitioners and inadvertently made a comment that another party felt was defamatory against them, they may consider taking action against you for defamation.

#### *The claims process*

As with most types of insurance, it might only be in the event of a claim that you really see the benefit of having a policy in place. If you do receive a claim, or have any reason to think you might receive one, you should contact your insurer or broker straight away. They will know exactly what to do or say, and also what to avoid, to ensure that any harm done is mitigated.

Some claims will be more straightforward and can be dealt with very quickly and amicably. If however, the claim is more complex, the insurers will take whatever action necessary, even appointing a solicitor if required, on your behalf. Typically, a policy will cover your legal costs and the insurer will pay solicitors directly so there is usually no need for you to incur any cost defending the claim, unless an excess applies under the policy (where you agree to pay the first amount of any claim).

If a compensation claim should arise, for some smaller practitioners it is possible that professional liability insurance could make the difference between a business surviving or not surviving.

*We're grateful to Rob and to Towergate for permission to reprint the above article, which first appeared in The Alternative.*

*Towergate can arrange cover for UK-based BFRPs. For more information see [www.towergateprofessionalrisks.co.uk](http://www.towergateprofessionalrisks.co.uk), telephone 0113 294 4000 or email [rob.watson@towergate.co.uk](mailto:rob.watson@towergate.co.uk).*

## Starting a local support group ↙

**By Angela Davies BFRP, UK**

Many years ago I had the feeling that I would like to surround myself with people who felt as passionately about the remedies as I did. At that time there were no other BFRPs in my area, so I started a Bach Remedies Support Group in Kent for anyone who had taken a Level 1 course and wanted to know more.

Nine and a half years later we are still going. About 14 of us – most of us now practitioners – meet on a regular basis. Over the lifetime of our group we have experienced some deep sharing and journeying together. As we discussed remedies and peeled back our layers we often shared more than we did with close family and friends. We've laughed together, cried together and learnt so much more about the remedies and ourselves. At a practical level we have networked within our local area, shared stands at exhibitions, worked on projects together and enjoyed social events.

Seven of us attended the Bach Cromer Conference last year and became aware when talking to other practitioners, just how isolated many people feel with their remedy work if they are not part of a group or meeting regularly with others. Lynn Macwhinnie has often written and spoken of the importance of peer support and supervision to help us operate in a professional manner. I am in agreement with her that we really do need support around us in order to work in an optimum way.

I am aware that my fellow trainers run the occasional CPD day and there are a few Bach area groups scattered around the UK, but I want to encourage more practitioners to get networking and start up groups. Other practitioners of complementary therapies have well-established local area groups and I strongly feel that we should have too.

In order to promote the start of more local groups, I will be running a 1-day workshop at the Bach Centre on Tuesday 9<sup>th</sup> October 2007 from 10.00 am until 4.00 p.m. During this workshop I aim to give you the know-how, confidence and inspiration to set up and run a successful area group. We will look at choosing a venue, contacting people, setting boundaries, group bonding, and your role as a group facilitator, along with lots of ideas for content and handout materials. This will be a very interactive workshop as we model how your new group could function. Hopefully we will have some fun as we work through some of the processes you could use with a group.

If the above speaks to you, but there is a hesitation, just think how it will enhance your development and help others. You don't need experience to start a group – all BFRPs already work as educators and facilitators on a one-to-one basis. Once a group is up and running, it need not take up too much of your valuable time. I feel passionately about this idea and hope that in future editions of the Practitioner Bulletin there will be a list of area groups with contact details of facilitators.

***To reserve your place on this workshop at The Bach Centre, send a cheque (payable to Angela Davies) for £50 with your contact details to 5 Sandy Bank Road, Gravesend, Kent DA12 1JR. For further information email [angela@davies@btopenworld.com](mailto:angela@davies@btopenworld.com) or call Angela on 01474 329335.***

## Using disclaimers ↙

We often assure our clients that everything they say is confidential and will only be used to help suggest appropriate remedies. But imagine a client says she wants to hurt herself, or is planning to attack her ex-husband's new partner. On a remedy level you would turn to Cherry Plum for the first and suggest Holly to the second. Is your response sufficient?

This is a perennial issue for BFRPs and similar professionals: what to do on those rare occasions when the need for confidentiality conflicts with the need to insure the safety of your client or of other people.

There will never be simple answers to these situations, but one way forward is to ask clients to sign a written disclaimer before the consultation begins.

Here's an idea of what a written disclaimer might look like:

As a Bach Foundation Registered Practitioner I am bound by the Foundation's Code of Practice. This requires that I provide a safe environment in which everything we discuss will remain confidential.

The Code also requires that I decline cases that exceed my capacity or competence and that I refer them to more qualified people where appropriate. In particular, I reserve the right to contact your doctor or another qualified professional if I am concerned that you might be a danger to yourself or to others.

Please sign to show you have read and understood this disclaimer.

Signed:

Name:

Address:

Name and telephone number of your family doctor:

The disclaimer can easily be expanded where other issues are likely to cause a problem. For example, in countries where the law confines practitioners to a purely educational role you could add a paragraph stating that you are providing a one-on-one seminar on using Bach remedies for self-help, and not a health consultation. You could also add that the client assumes full responsibility for selecting her own remedies and (if appropriate) mixing them in a treatment bottle.

## **Speaking out! –Bach Foundation Teachers Programme ↙**

**By Lynn Macwhinnie BFRP, UK**

I love delivering training and speaking to groups and audiences – in fact I am in the throes of creating my power-point presentation for a congress in Holland later this month. The reason I mention this is to give a context to what I am about to write. In my view, we have to do what we love, what makes our soul sing and what resonates with the people we interact with. It does not matter whether we do this on a one-to-one basis, to small group, big groups, or huge audiences – it all has the same intrinsic value – we are spreading the word about Dr Bach's wonderful legacy.

On every level 3 practitioner course people ask me how can they go on to teach or speak to groups about Dr Bach's work. The repeated question was one of the reasons the Bach Foundation Teachers Programme (BFTP) was established a few years ago. It is mainly for UK practitioners, but there are occasions when international practitioners have been eligible for the BFTP because the Bach International Education Programme (BIEP) is not available in their home country.

BFTP is a pathway to teaching a Bach Foundation-approved level 1 course on Bach Flower Remedies; although if you do not want to or don't have the time to deliver ongoing programmes, that is fine. Because attending the BFTP at the Bach Centre will stand you in good stead for talks or short workshop taster sessions that you can use to market your practice and reach prospective clients.

If you have been thinking of teaching or speaking to groups locally but haven't yet got around to it, ask yourself what is stopping you. Is it lack of time to plan and prepare? Not knowing who to approach? Lack of confidence? Uncertainty? (There are remedies for that!). Remember, as a BFRP you are already teaching clients about the remedies, so the skill set is there – you just might need to buff it up a bit if you want to teach in a wider forum. And of course some of you already have more formal teaching experience. The level of entry to BFTP is open – it's your passion and commitment to furthering Dr Bach's work that counts.

I will be facilitating the next BFTP on the 20th & 21st June (it happens only once a year, and the garden will be lovely). Participants will discover what is involved in creating teaching sessions, showcase their skills, receive feedback, and observe and learn from each other. We will look at where to find teaching opportunities through your own (often unrealised) networks; how to promote yourselves; and the support and resources available to you from the Bach Foundation in getting your classes off the ground. It's a busy and intense couple of days, but fun; plus you make more Bach friends and widen your network of contacts and mutual support, and take away ideas and inspiration.

If you want to give short talks the 2 days at the Centre give you pointers on enhancing your delivery, structure and content. If you go on the rest of the BFTP journey there is an inclusive mentored process to follow (with BFRP and trainer Maggie Evans) as you create your own plans and gather teaching hours.

I look forward to seeing you there! Contact the Bach Centre for more information.

## ‘Rescue’ pastilles ↙

Nelsons have introduced a pastille product that contains a small amount of Rescue™ Remedy. The pastilles do not contain a full four-drop dose. As such they are not an equivalent to the full-strength dropper bottle and spray products, and we can’t recommend them to clients as another way of taking Rescue™ Remedy.

## Stress-buster day ↙

### By Angelina Kelly BFRP, Ireland

The local Institute of Technology in Dublin hold a Stress-Buster Day every year, where they invite local therapists to come in and offer their services to the students. The idea of the day is to introduce various ways of reducing pre-exam nerves and to encourage the students to use these therapies as a way of staying in good health throughout life in general. Again this year I was asked to come along and present the Bach system. How could I refuse?

This is always an interesting day. It’s great to be able to present Bach to students (young and mature) who are starting out on a new life and give them the tools to help them make the transition from college to working life before they encounter problems. At this stage they are most concerned with passing exams and justifying their being in college for the last four years. Their main problem is pre-exam panic (have I done enough, could I have done more?) and most of all fear of failure. Those in their final year particularly feel this strain because so much of their future success rides on their final exams.

Rescue™ Remedy they had heard of and used it quite a bit. Almost everyone had a bottle in their pocket, bag or pencil case. But they had not heard of its 38 sisters so I got to work. After a brief discussion with each student we decided not to do a life-changing mix but to concentrate on the exams and together we worked out the most appropriate mix for now.

It was interesting to note that Larch (fear of failure) featured heavily and White Chestnut (worrying thoughts). Hornbeam (procrastination) came next, which seemed to be a big problem for most of them, and Walnut (change). The most interesting thing was that Vervain appeared to be the dominant personality type and this is the one I used most.

In the general course of the day it was interesting to note that they liked the idea of sitting down and talking through their problems, having a laugh about their fears and then going away with a personal magic potion built only for them. This really appealed to them and made them feel special.

The most amazing thing of all was next day when I went to restock my box. The bottles that I expected would need to be refilled didn’t. I guess this goes to show how little you need and how economically viable they really are.

Web addresses to check:  
[www.bachcentre.com/found/bulletin/](http://www.bachcentre.com/found/bulletin/)  
[www.bachcentre.com/found/guide/](http://www.bachcentre.com/found/guide/)

## Letters ↙

We want you to use this bulletin to keep in touch with each other. If anything wonderful, funny, interesting or plain typical has happened to you in your work with the remedies, or if there are questions that have been nagging away at you, or you simply want to say hello, please write and tell us.

Send your contribution to the Foundation, **marking your letter clearly as being 'FOR PUBLICATION'**.

We can't promise to print every letter in the bulletin, but even if we don't use your contribution we always love to hear from you.

Having trained in counselling and psychotherapy, I am conscious of the shortcomings (as well as the benefits) of these disciplines and am opposed to the introduction of counselling-style supervision to Bach flower practice.

I recently wrote a long letter on this subject. The letter presents a comprehensive argument against the adoption of counselling-style supervision on educational, philosophical and political grounds and raises some fundamental questions about a number of issues, including counselling values, personal growth, professional competence, boundaries, responsibility and trust between practitioners.

Since the letter is too long for publication in the Practitioner Bulletin, I have posted it on the bachpractitioner email mailing list.

Bachpractitioner would seem to be the best means available at present to exchange ideas on important issues. I would like to suggest that practitioners use this forum to contribute their own ideas to this and other discussions.

Bill Ryan BFRP, Australia.

*(If you haven't yet joined the Bachpractitioner mailing list you can do so via [www.bachcentre.com/found/bachprac.htm](http://www.bachcentre.com/found/bachprac.htm). You will find responses there to Bill's letter, which is a useful contribution to this ongoing debate.- Ed.)*



I have just set up a therapist support group based around Wantage, Oxfordshire, UK. So far we have had one meeting with nine therapists attending. We plan to meet approximately every six weeks and we are putting together a diary of different talks, visits, workshops etc. We have a great variety of therapies being practised including homoeopathy, reflexology, various massage therapies, life coaching, NLP and lots more.

If anyone would like to join us please don't hesitate to contact me on 01235 223614 or email [trace\\_deacon02@hotmail.co.uk](mailto:trace_deacon02@hotmail.co.uk). The meetings will be at different venues depending on what we are doing, but they will usually be fairly local.

Tracey Deacon BFRP, UK

I work as a BFRP in Nynäshamn, Sweden. I thought I'd write to tell you that in the latest issue (11/06) of the magazine Hälsa ([www.halsa.se](http://www.halsa.se)) there is a report about me and the Bach remedies. The report is part of a series of articles about complementary medicine. Their reporter was anxious to get a deeper knowledge of the Bach remedies, they searched the internet to find an authorised Bach practitioner and found me.

The magazine is issued in Sweden, Norway and Finland with a total circulation of 278,000 copies per month. The report was three and a half pages including photos and the main content was:

- Dr Bach and the philosophy behind his therapy
- How the remedies work.
- Description of a Bach consultation
- Comments by a registered doctor who sees the remedies as a part of therapeutic treatment
- Personal comments from the reporter about her "test-treatment" and the effects of it
- References to where to get more information about the remedies, including the Bach Centre's web site.

The report has already resulted in about ten calls giving me new clients. The general response has been very positive, especially about that fact that it is the original Bach method that is presented.

Birgitta Holmqvist BFRP, Sweden

*(Working with journalists can be a very effective way of generating interest in Dr Bach's work and in our own services as practitioners. Well done, Birgitta, and thanks for telling us about it! – Ed.)*

**Remember to tell us if you move or change your contact details**

**BACH 'REMINDER' GROUP in KINGSTON-U-THAMES,  
SURREY, UK**

**NEXT DATE - July 5<sup>th</sup> 2007**

Join us if you're interested in reinforcing, sharing, and support each other with this amazing system in a small, friendly group.

ALL WELCOME.

Contact: Patricia Campbell-Parker  
[essh@blueyonder.co.uk](mailto:essh@blueyonder.co.uk)  
 020 8 549 2721 / 07836 694 354

In the last bulletin (*issue 63 – Ed.*) Lynn Macwhinnie asked ‘what is stopping us reaching that tipping point which will shift the axis of perception about the remedies and enable them to become more universally recognised and accessible to every home and business?’

I have the sneaky feeling that most BFRPs become practitioners because of personal interest in the remedies’ fascinating effectiveness, and not because they intended to become professionals. This was certainly the case with me. If this is true, basic knowledge of marketing (without which nothing works) is not automatically part of the personal toolbox.

Practitioners are experts in emotional and mood management. But we don’t really market this ability, do we? We promote bottles of remedies that will solve personal problems on the emotional level - and who believes in this until they try?

I think what practitioners implicitly ‘sell’ is more responsibility for one’s emotional state. I think we fixate too much on the solution (bottles) and not enough on the process of becoming aware of poor emotional and mood management. Dr. Bach’s remarkable discovery (only topped by the discovery of the remedies themselves) was the list of 38 negative states and the potential for transforming them into something positive.

I also think we don’t make enough of psychoneuroimmunology, which has researched and demonstrated the influence of emotion on the immune system. Work on emotional intelligence also links up with Dr. Bach’s philosophy – are we tapping into this effectively? I feel the answer is, not really.

I think that if we shifted our attempts at marketing towards people looking for help because of poor emotional self-management we would resonate with a larger group of interested people. Then the ideal of remedies in every home and every business might start to become reality.

Nicola Hanefeld BFRP, Germany

## Bach courses newsletter ↙

The Bach Centre has set up a new email newsletter service that is designed to inform potential students about courses being held at Mount Vernon. It’s open to anybody to sign up. Over the next few years the Centre hopes to expand the range of courses offered, including special courses for BFRPs and of course the regular level 2 and 3 courses. Sign up now to the newsletter and you’ll be kept up to date in the simplest way possible.

The newsletter is free, although if you don’t currently have a Yahoo account you will need to create one. (Creating a Yahoo account is also free.) To sign up, visit:

<http://groups.yahoo.com/group/bachcourses/>

Please pass this address on to anybody who might be interested in studying at Mount Vernon.

## Welcome to... ↙

Since the last issue of the bulletin was prepared, 117 new practitioners have joined the register:

- in Argentina, Sosa Ana Graciana, Ilda Gladys Rossetti, Adriana Laura Carracedo Bosch, Ana Maria Higgimbotton, Maria Del Carmen Delgado, Nora Silvia Godelman, Victoria Arditi, Patricio Garcia, Marcela Alejandra Donato, Angela Rosa Ferrante, Marta Ester Delpiero, Norma Graciela Farina, Carla Romeo and Graciela Haydeé Silva Diniz;
- in Australia, Charmaine M Ferris, Franca Zannoni and Mariane Laurent;
- in Belgium, Geert Thyssen;
- in Brazil, Magda Santucci, Telma Benevides Pessoa, Talita Lucas Canelas and Maria Sirlei Da Silva Oliveira;
- in Canada, Alexis Costello and Sheinagh Anderson;
- in Costa Rica, Montserrat Antich Alcazar;
- in Denmark, Dorte Ponggård, Anni Harris, Lena Hvid Hansen, Jeanette Lange and Lise-Lotte Berg;
- in England, Yvonne Dunham, Benedicte Cockell, Juliet Long, Misako Ishii, Georgina Wardzala, Colleen Stead, Gelmi Valentina, Louise Checchetto, Mindi Kane, Klaudia Chappell, Allegra Samantha Benitez, Karina Legumi, Carol Sadler, Carol Clarke and Louise Bernadette Orme;
- in France, Anneck Berchet, Christine Loos, Claire Tombeur, Nella Vidotto, Catherine Fullana, Laurence Polaud-Chevassu, Bruno Perret, Constance Kreintz, Nathalie Fachaux, Pierre Blanchard, Sarah Gelot, Nadine Jousseaume, Giuseppe Novena and Nathalie Borel-Garin;
- in Germany, Britta Maubach, Ute Rosenberger-Knau, Doris Fischborn, Anne Roche-Sandbrink and Monika Kornfeld;
- in Ireland, Siobain Campbell, Orla Kelly, Michaela Bertsch and Shirley Ward;
- in Israel, Mary Dezman De Katz;
- in Japan, Eriko Kyou, Naoko Shimada, Yuki Aizawa, Katsuko Kusayanagi, Mariko Suzuki, Yukiko Aoto, Yuho Maruyama and Michiko Nagai;
- in Mexico, Patricia Lopez Garcia de Alba, Laura Catalina Ruiz Velasco Franco, Alma Alicia Sanchez Gonzalez, Maria De Lourdes Salcedo Jimenez and Martha Guadalupe Galván Contreras;
- in Netherlands, Mirjam Hollander, Ingrid Suykerbuyk v.d. Weegen, Wemke Ali Ganzinga, Ina Busscher, C M M Kruijjer, Daniel Nelck and Marina Jorritsma;
- in New Caledonia, Francine Greiveldinger-Mirkowitch;
- in Norway, Julie Skaug;
- in Peru, Jorge Pedraglio, Milagros Isabel Chavez Mauricio, Regina Saez Berocal, Alicia Fernandez-Maldonado Eslava, Claudia Edadil Amayo Ichikawa and Nicoletta Serra;
- in Portugal, Margarida Augusta De Jesus Cardoso Antunes;
- in Scotland, Zosia Maria Ross, Kathleen Murray, Denise Lindsay, Anne Dalziel and Norma McEwan;
- in Slovenia, Jan Kozamernik;
- in South Africa, Marilyn Dale Moor;

- in Spain, Rosalía Rodríguez Castro and Deborah Parry;
- in Sweden, Elisabeth Ingelsson;
- in Switzerland, Sarah Hörler, Sonja Aerne-Roggen and Alberta Belli;
- in the U.S.A., Emily B. Hart-Holifield and Brant Owen Nelson;
- and in Venezuela, Adriana J Palmar M, Marcello Bosso, Teofilo Muñoz Guzmán and America Irazabel.

There are now 1,605 practitioners on the register.

## Bits and pieces ↙

- The Bach Foundation Teachers Programme is aimed at UK-based BFRPs who want to improve their teaching skills and eventually run Bach Foundation-approved level 1 courses. The programme includes a two-day course at the Bach Centre followed by a period of supervised teaching. The next course takes place on the 20th & 21st June 2007 –coming to the course would be a great chance to see the garden at its best and enjoy the summer sunshine! Contact us for more details and an application form.
- Se habla español - The Spanish version of the Bach Centre's web site is at [www.floresbach.com](http://www.floresbach.com), or click the link on the Bach Centre's main home page [www.bachcentre.com](http://www.bachcentre.com). Spanish translations of the Bulletin are at [www.floresbach.com/found/bulletin.htm](http://www.floresbach.com/found/bulletin.htm).
- Parliamo italiano – a group of Italian practitioners have put up an Italian version of the Bach Centre's web site. Again, look for the link on the Bach Centre's web site or go direct to [www.bachcentre.it](http://www.bachcentre.it)
- Tessa Jordan's Suffolk-based Bach friendly group is a regular meeting of Bach practitioners and enthusiasts. If you would like to go along contact Tessa via her web site [www.tessajordan.co.uk](http://www.tessajordan.co.uk). or phone Tessa or Mary Marsh on 01202 842601. Go to the web site also for more on Tessa's supervision sessions.
- The UK's Bach Practitioner Network North West meets on a regular basis and is open to anybody able to attend meetings in the North West of England. For more information telephone 01253 885512.
- BIEP trainer Angela Davies is organising three Continuing Professional Development days in 2007, on the 21st April, 28th July and 20th October. These will work on case study skills and remedy knowledge, and psychological theories will be presented aiming to improve your self-awareness and therapeutic effectiveness. For more information contact Angela via her web site [www.bodymindhealth.co.uk](http://www.bodymindhealth.co.uk).

We are always looking for contributions to the Bulletin.  
This is your chance to share experiences, questions and ideas with  
other BFRPs. Contributions can be emailed to:  
[stefan@bachcentre.com](mailto:stefan@bachcentre.com)

## Friends for life ↙

**by Heather Simpson BFRP, Natural Animal Centre, Wales**

Recently two of my elderly dogs passed on as a result of old age, and I decided to acquire a couple of new dogs. Watching my surviving dog and my middle-aged cats learn to cope with the arrival of two bouncy, exuberant puppies, has caused me to consider how hard it must be to manage this kind of situation without the benefit of the remedies.

As Bach practitioners we quickly recognise that a situation like this is potentially fraught with negative emotional states. Without the careful, gentle introduction of new animals, paying attention to each individual's personality and needs, an animal owner could find herself on the path to a daily playing out of fears, frustrations and confusions.

One of the most important points we learn on the Animal Practitioner course is that animals have the same breadth of emotion that is available to us humans. We should be cautious about focusing on just a few of the remedies that have become synonymous with animal treatment (think of Rescue Remedy, Mimulus, Water Violet, to mention just a few). In a sense, the situation I was in is an animal practitioner's dream because it potentially has us exploring all 38 remedies.

The new arrivals led me to consider Agrimony for the cat that toughed it out with the new puppies although he was undoubtedly hiding his inner turmoil. One of the puppies settled down particularly well and Vervain became a good support to help him harmoniously balance his desires for persistent, relentless play with the adult dog. Without Vervain, he would indulge in play to the point of exhaustion and yes, you are right, Olive came next.

In the first few days, Cerato was invaluable for the other puppy. At first she would simply follow the cats around, unsure what they were about, and always questioning their behaviour. Cerato helped her learn not only to accept the cats for what they were (not little dogs) but also to have a depth of self-trust that has continued to stand her in good stead as she has grown older, and had to face other things in life that require her own judgement.

During the first week, all the animals benefited from the protection of Walnut as each in his own way tried to adjust to the changes that come with new animals in the home. For the puppies, however, losing their mother and littermates and moving to a brand-new environment was an enormous step. Walnut provided a form of protection that ensured there were fewer fears of the unfamiliar, and reassured them that their new path in life promised joy and comfort. With the help of the remedies, and in a matter of days, the animals had become friends for life.

*Want to know more about animals and the remedies? The Bach Foundation-approved Animal Practitioner course starts this year in the **USA** on 29th May and in the **UK** on June 19th. Stages 1 and 2 run back to back at both venues and the final stage 3 is being offered in November (commencing 15th for the UK and 27th for the USA. The course is run by Heather Simpson of the Natural Animal Centre and is co-assessed by Stefan Ball of the Bach Centre. For a full prospectus and other details visit [www.naturalanimalcentre.com](http://www.naturalanimalcentre.com).*