

“HARDO BOTTIN”

“A PROFESSIONAL PROFILE”

1. View of illness

Causes of disease

Hardo Bottin considers emotional/mental issues lifestyle and diet as the primary causes of disease.

Benefits of disease

Hardo Bottin sees disease as a messenger. When clients come to see him they come with the hope that he will support them in their personal development. The presenting disease may be a trigger, or a pointer towards unresolved issues. He facilitates increased self awareness and clarity through the exploration of inner places that people are often scared to visit on their own

2. The Therapeutic relationship

Importance of the therapeutic relationship

Hardo considers the therapeutic relationship as inseparable from specific treatment. Specific and non-specific factors form a symbiotic relationship. The therapeutic relationship is essential to allow patients to access their more hidden issues. Without exploration of these hidden issues specific treatment is impossible.

Creation of the therapeutic relationship

In many cases Hardo knows his clients already from personal development courses that he runs. With new clients he starts by setting ground rules and explaining his way of operating his clinic.

He invites his clients to share thoughts and feelings. While the client profiles him- or herself Hardo projects himself into the client which enables him to fully understand the client at the core of their being. This understanding is based upon his ability to hear beyond words, to perceive subtle emotional nuances.

Sharing thoughts and emotions is not a one way street for Hardo . Self-disclosure is an important way to encourage his clients to self disclose equally. He often tells them stories of his life where he made positive choices in difficult situations. This self disclosure also deepens mutual confidentiality. Self disclosure also avoids a professional distance, leaving only a very personal relationship with his clients. Self disclosure is further enhanced showing his clients around his property and the way he is living a holistic life, the fruit of his own personal development. Introducing his

clients into his private life makes his clients feel welcome into warm, nurturing homeliness. When he introduces his family and sells produce, home made by his children, he almost gives his clients a sense of belonging to the family. Other ways to create a therapeutic relationship include addressing client's anxiety as well as showing genuine interest in the client, humour and sensitivity.

Conduct of consult

What gives structure to Hardo's session is the opportunity for clients to profile themselves. Hardo will ask questions for further exploration. At time he may confront clients with their own contradictions, yet he balances confrontation with reassurance. He may directly address a client's discomfort and give the client the opportunity to pull back when a client feels that some questions may be too personal. His consultations usually end with hugs, if he deems them to be appropriate. After the consult he invites his clients to ring him if problems should arise and is determined to give all his new clients a follow up call two days after the first consult to check up on their wellbeing.

Power relations

Hardo accepts that there is a power differential between the therapist and the client due to the knowledge of the therapists in the area of health care and personal development. This knowledge enables him to choose the appropriate medicine. However, in the description of the client's profile and the diagnosis it is a process of sharing perceptions and co-creating a description of the client's illness experience. He further puts himself on an equal footing with his clients through self disclosure.

Explanations

Hardo starts explanations by telling his clients about the way he operates his clinic and by explaining the philosophical background of homoeopathy. He explores in great detail the causes of a client's illness, which he sees as mostly being of an emotional nature. He may also share his perception about the meaning of a disease with his clients.

Once he has chosen a homoeopathic medicine he will explain the reasons for choosing this medicine and he may read to his clients about the remedy from an authoritative source.

In his explanations he uses simple non-medical language and often uses metaphors to deepen the client's understanding. He emphasises that healing is a journey that takes time. At times he realizes that his clients do not understand his explanations or the rationale of his suggestions or his treatment. In such cases he hopes that he plants a seed that will germinate some time later.

Creating Hope

Hardo creates hope in his clients by giving them an alternative perception to the often negative perceptions that his clients may have.

He increases his own confidence in his treatment through cross referencing with the computer, a common process amongst homoeopaths.

3. Therapeutic Interventions

Basis for therapeutic interventions

The basis for his work is congruence: he walks the talk. Therefore he strives to create balance in his own life and to re-invent himself with new ideas.

His frame of mind depends on each individual client and he makes sure he gives each client his best by being fresh for each client and not seeing too many clients per day.

Psychotherapeutic interventions

Hardo does not follow a traditional psychoanalyst's or psychologist's approach. Initially he facilitates exploration of mental/emotional issues through reflective listening. He frequently gives psychological explanation for his client's behaviour and cognitions. At times he confronts contradictions in the client's behaviour or cognitions or may confront clients with the consequences of their actions. He gently helps them to explore their 'no go zones' they are too scared to visit.

He assesses, encourages and amplifies client's readiness for change. His main interventions are cognitive: he supports clients to shape alternative perceptions to the negative perceptions that they may hold. He helps clients to recruit internal resources so that they have more choices, take more responsibility for their life, in order to live a fuller and more fulfilled life. The goals of his interventions are increased self awareness and a pro-active actualization of his client's potential.

Holistic interventions

Hardo uses homoeopathic medicines to facilitate his client's process of self-actualization and dietary changes to support the healing process.

4. Roles Natural Therapists play

Hardo's main role is that of a personal development facilitator. At times he may also assume the role of life coach.

1. Personal development facilitator

Strong emphasis on psychological factors contributing to physical disease.
Sees disease as an opportunity for personal development.
During consult exploration of past and present mental and emotional issues.
May also use techniques commonly used in psychotherapy.
Treatment not just to cure symptoms, but also to support client personal growth.

2. Life coach

Strong emphasis on behavioural health, such as diet and lifestyle.
Gives detailed advice on how people should live their life in order to be healthy physically and emotionally.

3. Shaman

Strong desire to heal the client's whole life: the physical, the emotional and the spiritual.
Synthesis of doctor, counsellor and priest