



## **KEYNOTE SPEAKER: Krista Heron**

### **IN KRISTA'S WORDS: HOW I WORK**



Everyday I am touched by the humanity of my patients, as they struggle to overcome the difficulties in their lives with courage and creativity, as well as with stubborn adherence to their unhealthy strategies. As a result of knowing and caring for my patients I have learned compassion for them, and for myself, which has made me a better doctor and a better homeopath.

I have been witness to many lives of despair and hope, fear and bravery, bitterness and magnanimity; I have observed the myriad ways we view ourselves in relationship to the world. And I have learned about myself - my own anxiety, sadness, anger and equanimity - and about forgiveness, forgiveness for my own failings, as an individual and as a homeopath.

My intention is to help my patients expand their view of themselves and amend their life strategies. To help them do more than just *survive* their world, rather to help them *thrive* in that world. This means that I don't just work with symptoms or phenomena, rather I try to understand the dynamic process behind the constellation of their symptoms and how these have been useful to them. I believe it is through this therapeutic relationship as well as the homeopathic remedy that healing occurs.

Creating this therapeutic field is essential to being able to know and understand the patient, to be able to perceive and understand the fundamental themes that weave through their lives. I do this by listening to their stories, but I what I am most interested in is *who* the storyteller is. How they narrate their lives, what they tell, and what they hesitate to reveal, what words they choose, and what postures they assume. All of these characteristics, as well as the content of their story, help to reveal the persistent and consistent themes of their lives. It is through these themes and with this understanding that I then search for a good homeopathic prescription.

I do not believe there is just one simillimum. Rather, given what we know and what we have to choose from, there is a *best* choice. Many remedies can touch a patient, but what we have to ask ourselves is at what level are we applying the Law of Similars? My intention is to address the fundamental or core themes in order to interrupt the patient's chronic disease process. But sometimes I am just happy to have their urinary tract infection go away. I do my best; sometimes I fail, or only palliate, and sometimes I find a remedy that opens doors.

I graduated from National College of Naturopathic Medicine in 1988 and have been in practice in Seattle, WA since 1989. I began teaching in 1997 for the International Foundation for Homeopathy (1997 - 1998) and Bastyr University (1997 - 2008). I have lectured at various conferences including those held by the Homeopathic Academy of Naturopathic Physicians and the National Center for Homeopathy. Most recently I taught a series of 14 seminars in Seattle exploring the teachings of Massimo Mangialavori (2006-2008). I have published a number of articles on remedies such as *Physostigma*, *Pseudotsuga*, *Mandragora*, and *Solanum tuberosum aegratans*.

I have studied with Jeremy Sherr, Louis Klein, Nandita Shah, Jan Scholten, Rajan Sankaran, and Divya Chhabra, but most particularly and intensely with Massimo Mangialavori since 1996.

**Krista Heron, ND, DHANP**