centre for integrative care

We use a combination of deep listening, time and a number of complementary therapies in a safe, non-judgmental environment.

We aim to understand a person's story and in doing so enable them to make sense of their illness, even a long term chronic one and so move towards better health.

ad hom academic department

www.adhom.com

- study modules for medical students
- training in therapeutic encounter
- professional homeopathic teaching
- LFHom and MFHom qualifications
- library: books, journals, literature searches, enquiries, archive collection
  Tel: 0141 211 1617

Link to faculty of homeopathy website: www.facultyofhomeopathy.org

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Fax: 0141 211 1627

Intranet site: www.staffnet.ggc.scot.nhs.uk
Internet site: www.gghn.info

centre for integrative care

glasgow homeopathic hospital

- out-patient consultations
- in-patient assessment
- day-care service
- wellness programmes

out-patient waiting time under 12 weeks
out-patient homeopathic consultation

In out-patients, we see a range of conditions as a typical GP and are happy to treat any and multiple illness.

Some examples of the problems we treat:
- **Dermatology** such as eczema, acne, psoriasis...
- **Gynaecology** such as PMS, endometriosis, menopause...
- **Gastroenterology** such as IBS, IBD...
- **Allergies** at a specialist allergy clinic
- **Childhood problems**, such as behavioural difficulties, recurrent infections...
- **Neurology**, such as headaches, neuralgias, symptoms associated with MS...
- **Psychiatry**, such as anxiety, depression...
- **Complementary cancer care**, including Iscador
- **Rheumatology**, such as fibromyalgia, symptoms associated with RA, OA...
- **CFS-ME**

multi-disciplinary in-patient assessment and treatment

The 11 bed In-patient unit provides a therapeutic healing environment and a number of tools that encourage the patient to self-manage and cope better with their illness, which is often complex and challenging.

Assessment typically includes:
- Professional nursing and medical care
- Homeopathic consultation
- Physiotherapy
- Acupuncture
- Craniosacral therapy
- Mindfulness meditation
- Stress management classes
- Occupational therapy
- Tai Chi
- Massage

wellness programmes, general and CFS-ME versions

A holistic programme designed to help the patient understand their illness, promote self-healing and encourage “wellness”.

A variety of half day group meetings includes:
- An understanding of mind-body medicine, to challenge damaging cycles of behaviour
- Healing through nutrition
- Mindfulness meditation programme
- Body awareness and relaxation practice
- Physiotherapy input
- Pacing and graded exercise

www.thewel.org