



Integrating the Art of Healing with the Science of Curing

This phrase was quoted by Prof. Paul Dieppe in his article in *The Journal of Holistic Healthcare* (2018) and sums up the transformation which needs to take place; the (re)introduction of a culture of healing illness alongside the pursuit of curing disease. Biomedicine has a rigid, reductionist approach which has been startlingly successful in many ways, much of which has been via surgery and medication. But there remains much illness and suffering. Modern biomedicine will have nothing to do with the word Healing so much so that at our local Hospice Reiki Healers are accepted but not Members of The College of Healing.

Biomedicine has no answers for the suffering which comes from loneliness and loss of meaning in life. Rachel Naome Remen (2010) says “We thought we could cure everything, but it turns out we can only cure a small amount of human suffering. The rest of it needs to be healed. And that is different.”

Healing is viewed by Complementary and alternative medicine (CAM) as the achievement of wholeness of body, mind and spirit working together in unison bringing restoration of the whole person. As Healers we see every day the ability of an individual to self-heal and such self-healing can be activated in different ways.

Prof. Paul Dieppe co-ran a study asking a group of people to draw pictures in response to the question “What does the word healing mean to you?”. There were three main themes;

1. It comes from an external force
2. Interactions with other people
3. Healing comes from ‘within’ supported often by nature.

Healing is not a thing which can be defined, dissected and described by reductionist science alone rather it is a process. Healing is like love; it is something you experience and feel but something which it is hard to define or put into words; and love and caring are the key facilitators of a Healing response.

The 3 other important factors are safety, connectivity and creativity. The safety or nurturing response is essential to look after a baby within a family unit within a loving environment. Connecting to a ‘greater source than us’ entails a faith in something which we can call on to help us. When a person realises that they can *trust* that they can be helped this can be called a *transformation in consciousness* which is needed for true Healing to take place.

The College of Healing was established in 1983 when there was no formal structured training courses in the UK for Healers and offers;

1. Knowledge and understanding of all aspects of healing
2. healing skills for self and others
3. personal and spiritual development

Over the last 31 years this focus has been unwavering. During that period, the UK Healing Movement has developed and changed, influenced especially after 2000 by The Lords' Report which categorised Spiritual Healing as a Complementary Therapy. Our Healers may be registered with the CNHC (Complementary and Natural Health Care Council) recognised by the NHS.

The services which we offer are;

1. **Introductory Workshops** in Self Care and Self Healing and Spiritual and Energy Healing: These courses are for those who have an interest in Healing and wish to know more and confidently give healing to themselves, family and friends.
2. **Practitioner Course:** This course is for those who wish to develop as Healer Therapists. It runs over two years and fulfils all the criteria for the Healer who successfully completes the course to apply to go onto the GRCCT and the CNHC registers.
3. **Diploma Course for the Advanced Healer:** This course is for those who wish to take their understanding of healing to a higher level. As well as at working with people this course develops the healer's skills to work with the environment, earth energies, spiritual problems or difficulties and difficult situations on the planet.

All kinds of people- professional or lay attend our courses for various reasons. Some come to learn from scratch, some because they have had healing themselves and want to develop the skill for themselves, and/or for their own personal development. Others may have been told they have the gift of healing and want to explore further

An understanding of spirituality and how energy works from a healing perspective informs their life in whatever they do. This Healing Path concerns bringing balance and harmony, non-judgement and acceptance into their life and those around them. As we walk along the Healing Journey, our life may acquire greater meaning and insight and contribute in its small way to the greater good.

For further details please see our website www.collegeofhealing.org or email fran@collegeofhealing.org

OR CALL US on 07974 400575