

## Editorial for June 2012

### **Anger- Management - Psychotherapy - Homoeopathy.**

Psychotherapy aims to increase the individual's sense of his/her own well-being. Psychotherapists such as homoeopaths employ a range of techniques based on experiential relationship building, dialogue, communication that are designed to improve the mental health of a patient.

What is homoeopathy? Homoeopathy is an individualising form of treatment, it addresses the causes of disturbances in health

Homoeopathy is unique in its capacity to treat the mind and emotions, It is a profoundly holistic form of treatment every aspect of the patient's life & experience & every symptom is relevant & utilised in choosing the 'most similar' medicine (the similimum),it practice enacts respect for both the patient & the medicine through its method of case-taking & in the specificity & gentleness of its prescriptions.

#### **How is Homoeopathy different from Psychotherapy?**

- Homoeopathy has its own philosophy and a vast and growing literature over its 200 years of worldwide practice
- Homoeopathy has its own pharmacopeia – drawn from plants, minerals & animal substances
- Homoeopathic medicines are prepared in a unique way, - they are highly diluted & 'succussed' or shaken – a process which eliminates toxicity & enhances the healing potential of the medicine

#### **Psychology of Anger**

Anger itself is not a problem – it is a normal human emotion, and can be channeled usefully into appropriate action. Anger is one of our basic our instinct to keep us free, and to preserve our self. Not all anger is unhealthy, it helps us to stand up for ourselves, so we are not a pushover and fall on the ground, yet getting angry often prevents problems being solved. Our anger can be our instinctive action for our freedom & preservation. Anger can be a last resort defence against allowing others to dominate or

manipulate us, so we stand up for who we are. Repressed anger may also not be healthy. Anger can also motivate us to take action against injustice. How to express it in healthy ways may be a challenge for us. Aristotle once said that:

***“Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time for the right purpose and in the right way - that is not easy.”***

Some of us may struggle to express our anger without triggering our anxiety, and with our tension, we can become wound up like a spring, which needs a release. Controlling anger, keeping cool maybe a concern for us. Anger is a primary emotion, which prepares us for fight-or-flight – what all male & female animals do when they are in danger or in fear, as chemicals are released into the blood stream. Anger is an alarm system, extra adrenaline is produced, our heart beats faster & blood pressure rises. When angry, men & women see things one-dimensionally. The psychotherapy with homoeopathy therapy addresses not only how to manage & contain the fire of your anger, but also how to express your anger in controlled & healthy ways, understand its purpose & acknowledge the positive & negative aspects. Safely breaking out of our anger, curbing, taking time to cool off, can support us. Struggling to pause or reflect, we may even catch our self by surprise, e.g. our road rage. Some of us may fear our anger or have a quick temper, getting angry for no apparent reason. We may become confused, shocked, guilty or ashamed by our own anger.

## **Ways of Being Angry**

When we are angry it can be as if our buttons are pressed and we often go on to automatic pilot. Some of us snap away at lightning speed as if we can't control it. We may have a short or long fuse – simmering or stewing away. Some of us can implode our anger or temper, taking it inside of us - keeping the lid on, almost bullying ourselves (flight). We may try to let things go, yet they build up inside, and then we explode. Whereas others with a short temper hit out verbally straight away, explode with rage or aggression, sometimes bullying, bulldozing others (fight) – "flying off the handle". We may sulk at first as our rage & anger wells up inside us. People may walk on eggshells around us, and we may become prickly, easily irritated. Our rage may take off like a rocket. It can be as if we have a default position we find hard to break. Our anger may slowly drift in or arrive as a full blown storm - spilling out, as we struggle to withdraw from it. We may forget that our anger will pass. We may struggle with suppressing anger or letting it go – often getting angry & even "getting off" on it – it can give us a sense of power, sense of righteousness of being hard-done-by. This adrenaline rush can have a addictive quality to it and may also be used to keep our depression at bay. Being powerful, without abusing our power, may be a challenge for us. We may feel worse or lonely afterwards, following its destructive impact.

Anger management treatment with psychotherapy and homoeopathy looks at your anger style, and also considers what gets you angry in the first place – your stress triggers that invoke your anger, and ways you might want to diffuse your anger. It also considers whether it is anger you are experiencing or frustration - how this may be connected with your unmet or unrealistic expectations, and what else you could do with your expectations. We may have feelings milder than anger, like irritability, agitation or simply being upset, hurt, which escalate to anger problems. Some of us believe it is not safe to be vulnerable, fearful or terrified, so rather than show or express this, we are angry instead.

### **Internal or Indirect Anger Problem**

Some of us may struggle to express our anger – bottling it up or holding it in, tight in their bodies, or indeed their heart. We may turn our anger inwards, onto ourselves or become bitter.

### **Passive Aggression**

Some of us may be indirect with our anger - becoming passive aggressive, e.g. go silent, procrastinate (for procrastination & using silence in the relationship. We may have taken on other elements of passive aggressive behaviour, which can be explored during homoeopathic treatment.

Storing Things up Some of us may store things up, holding on to all our resentments, even the minor ones, want to get even & retaliate.

### **Using Our Anger as a Tool We can utilise our anger to:**

- Shield & protect us (e.g. against demands, criticisms, or anything we don't want to hear. Also to deal with threats or new ideas)
- Believe we are safe by maintaining our role of being the dominant person
- Attack others
- Dominate rather than be strong
- Give us a false sense of superiority

- Make people comply with our wishes
- Try to control or make others do what we want
- Give others what they deserve
- Be judgmental of others, when they don't agree or do what we say
- Force our sense of entitlement, that the other person owes us something
- Keep people at a distance
- Avoid expressing other emotions or our needs
- Blame other for not taking care of our needs, because we are unable to do so
- Avoid our experience of vulnerability, weakness or shame
- Avoid managing our frustration
- Model the aggressive or forceful behaviour of one of our parents

### **Responsibility for Our Anger Problem**

We can be stuck or identified with our anger, that this is largely what we feel & who we are. We may struggle to keep a grip on our anger, especially fuelled by alcohol or drugs. We may be angry at our self and stick it onto others. We may be angry about what has happened, which has nothing to do with a particular person. Taking responsibility for our anger & conflicts may be a challenge for some. We may at times struggle to recognise that there is an anger problem, be aware of our aroused state, accept we can't control things, relax or reassure our self. We may regress to an almost child state, become wounded, or find it hard to cope with underlying unwanted feeling's (e.g. fear). We may also struggle to contain our own anger, when other people are angry. We may become angry or upset, wanting to blame others, yet it is our own anger, and we can choose to keep it going or calm down.

Homoeopathic treatment along with psychotherapy can provide a container for anger, fears, pain & hurt to be expressed. The patient becomes more aware of our anger, how to de-escalate his or her anger, so we are no longer at the mercy of our anger or frustration. It also helps you put the handbrakes on, ways to go off on our own & take care of our own reactions, rather than dump our anger onto others and calming strategies, so we can be with our anger.

## **Anger in Relationships**

Although our anger is temporary, our relationship with our partner is more permanent. The anger management with homoeopathy may consider how you communicate in your relationship. Sometimes we can frighten our self by what we say, do or could do. Some of us may want to find a better way of dealing with anger in relationships, and the therapy can support you in this, so you can take yourself off, take care of your own feeling's and not put them onto someone else. We may treat others badly, saying things we would like to take back. We may feel remorse, guilt or shame. Sometimes it can be as if we are watching our self-doing it - being angry, and hold onto the belief that we can't stop, as if we have no choice.

Rescuing, Attacking, Blaming It can be as if we switch roles between attacking, being sorry for us or others (deflation), or rescuing situations. We may end up attacking, because our role of trying to fix things or please others hasn't worked. Remember the golden words "Genuine forgiveness does not deny anger, but faces it head on."

### **Alice Miller**

(Alice Miller née Rostovski was a psychologist and world renowned author, who is noted for her books on child abuse by their own parents) said in her famous book the following "Why We Get Angry"

We get angry because we choose to get angry, even though we believe we have no choice. We can blame our anger on many other reasons. We can feel:

- Unheard
- Hurt in our relationship
- Controlled, blamed, criticised
- Envious or jealous
- Rejected or abandoned
- Alone or lonely

•Disappointed

•Frustrated

What We Do With Our Frustrations Frustration & ambivalence is a "given" in life. We all struggle with certain frustrations. How we respond to our frustrations, tensions, apparent opposites & ambivalence is up to us. We can respond in destructive or creative ways.

Existential Frustrations Our anger may also be of an existential nature – simply being angry at life's limitations & questions.

Understanding Our Anger Understanding that this is us, who has created the anger, not someone else, can enable us to become clear why we get angry in the first place.

**Some homoeopathic case stories.** *(names are changed, for the editorial purpose and space limitation only the chief complaint is discussed ,the story had many more symptoms of the indicated remedy, all of them received psychological therapy from me and my assistants during the treatment)*

- Mrs. reddy was very angry because she was abused in a relationship for 14 years of her life, she was very abusive, angry, destructive etc. she did beautifully well under the influence of a remedy Natrum Mur.
- Mr. sachdev was a bank manager ,had a high ego with bad temper, was served many office memos related to his anger on his colleagues ,he always became angry with quick repentance ,he received Sulphur which helped him a lot.
- Mr. Singh always used to get angry when he was obliged to answer as a result he developed hypertension, he received Nux Vomica which helped his hypertension as well as anger.
- Mrs. Seghal always developed asthma after anger she received Chamomilla which helped her anger as well as asthma a lot.
- Mrs. Shah developed lots of eczema after prolong injustice in her family produce severe anger leading to throwing things around, she received colocynthis which totally cured her eczema of 10 years duration.
- Mrs. Shetty developed huge fibroid of 10 cms. in her uterus and was advised hysterectomy, she had lots of conflicts with her mother, uncle and her ex-husbands, she had huge anger but most of it was suppressed hence she received Aurum mur nat .,in few months her fibroid shrunk to half its size, with much relief in her anger.
- Mr. Patel developed advance cancer of colon because he had issues of anger that produced silent grief, his anger was charecterised by being angry with persons who are absent. I could give him a good palliation in his cancer.