Orientation: Tools and Resources

Polarity Analysis Training

https://polarityanalysis.com
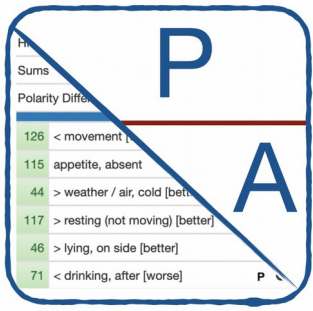
Our Plan for Today

- PA Introduction
- Course Plan and Agreements:
  - Your participation: professionalism, recordings
  - Clinical supervision: improving your case work

- Our Text: Tools and Resources
  - Textbook and reading plan
  - Questionnaires and their use
  - PA Software overview and connection to questionnaires
- Let's work through a sample long COVID case
- Your questions?
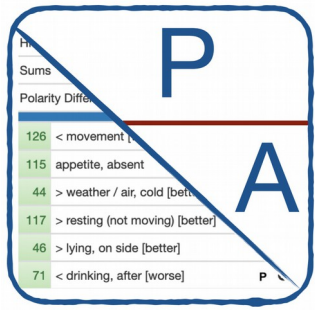
Our Schedule & Agreements

- 17 meetings over 3 months:
  - Mondays: Clinical Supervision / how to sign up
  - Thursdays: Text Review with Karen / Clinic with Tim
  - Saturdays: Training + Clinic with Tim
  - Saturday Casual Chat: half hour before class
  - Sync your e-calendar, or mark your paper calendar

- PA home: everything on one page for you
- Session Recordings:
  - Your comments / questions become part of course recordings
  - Class recordings are posted within 24 hours

- Professional ethics: client confidentiality / responsibility
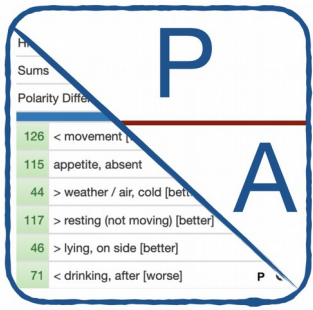
Clinical Supervision

- Monday Option: Talk with Tim about YOUR Client case
  - Schedule by request using the website form
  - This is for PA cases / your clients: Stuck? Lost? Puzzled?
  - Be ready to upload your own PA case documentation
  - Be specific about the help you are requesting
  - Pay attention to the tech situation
    - Good internet connection?
    - Close all unneeded applications on your computer
    - Be sure Tim can see your full PA chart

- Clinic Option: Refer your client to the PA Clinic
  - Submit request using website form / Client permission form
  - You maintain client responsibility / provide medicines
  - You learn as you see how Tim interviews / assesses the client
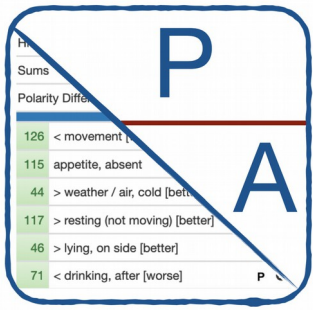
Our Text
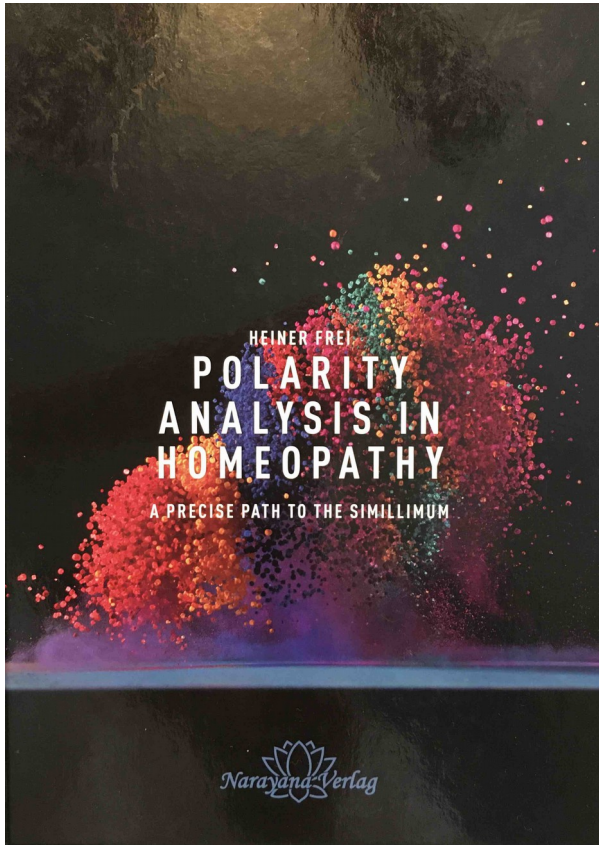
- Heiner Frei:
- Polarity Analysis in Homeopathy
  - E-text/Kindle or Printed
  - Biggest Advantages of reading text:
    - Heiner's explanations
    - Lots of cases – plan to recreate these!
    - Heiner's failures and corrections
    - Heiner's Case Management tools
  - Thursday reviews with Karen:
    - Summary points from Heiner
    - Practical challenges for implementation
    - Reading assignments are given
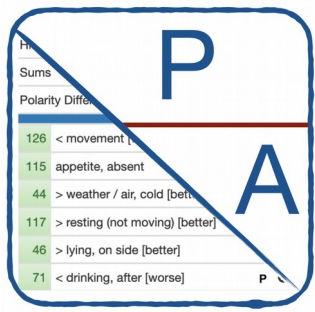
Polarity Analysis Questionnaires are in your PA Software Account
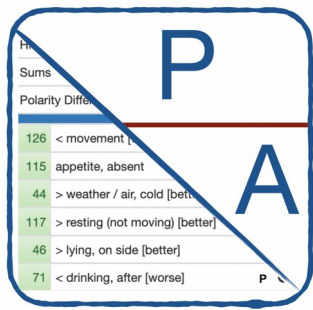

Find the up-to-date version of Heiner's PA Questionnaires here in your Polarity Analysis software page. Look in the drop-down menu by your login name.

P
A

126	< movement
115	appetite, absent
44	> weather / air, cold [bett
117	> resting (not moving) [better]
46	> lying, on side [better]
71	< drinking, after [worse] P

Polarity Analysis Questionnaires

Polarity Analysis: Checklist of reliable Symptoms

Last Name, First Name: Date:

Diagnosis, Primary and Secondary Symptoms (description):

Mark between 8 and 16 important symptoms that pertain to the current disease.
Symptoms are changes during a disease that differ from the healthy state.
The symptoms marked in Yellow are especially important and must always be asked.

| Air/Weather/Temperature/Wrapping		
Desire for open air	Increased	Diminished
Open air	Improves	Aggravates
Room	Improves	Aggravates
Weather / air, wet, damp	Improves	Aggravates
Weather / air, dry	Improves	Aggravates
Weather / air, cold	Improves	Aggravates
Weather / air, wet-cold		Aggravates
Weather / air, warm	Improves	Aggravates
Cold in general	Improves	Aggravates
Cold, when getting cold	Improves	Aggravates
Warmth, in general	Improves	Aggravates
Warmly, from wrapping up	Improves	Aggravates
Uncovering	Improves	Aggravates
Position		
Lying position	Improves	Aggravates
Lying, on back	Improves	Aggravates
Lying, on side	Improves	Aggravates
Lying, on right side	Improves	Aggravates
Lying, on left side	Improves	Aggravates
Lying, on painful side	Improves	Aggravates
Lying, on pain-free side	Improves	Aggravates
Sitting	Improves	Aggravates
Sitting, bent over	Improves	Aggravates
Standing	Improves	Aggravates
Lying down, after	Improves	Aggravates
Rising from bed, after getting up	Improves	Aggravates
Rising from seat, after	Improves	Aggravates
Hang down, letting arm/leg	Improves	Aggravates
Movement		
Resting (not moving)	Improves	Aggravates
Movement	Desire	Aversion
Movement	Improves	Aggravates
Movement, of affected parts	Improves	Aggravates
Walking	Improves	Aggravates
Running, jogging		Aggravates
Stepping hard		Aggravates
Physical effort		Aggravates

Movement (contd.)		
Raising affected limb	Improves	Aggravates
Stretching out affected limb	Improves	Aggravates
Bending over, while	Improves	Aggravates
Sitting down, while	Improves	Aggravates
Rising from bed, while getting up	Improves	Aggravates
Rising from seat, while	Improves	Aggravates
Writing		Aggravates
Traveling (bouncing) in a car		Aggravates
Perception		
Light (bright)		Aggravates
Looking, eyes strained		Aggravates
Reading		Aggravates
Touch		Aggravates
Pressure, external	Improves	Aggravates
Rubbing	Improves	Aggravates
Head		
Warmly, from wrapping up head	Improves	Aggravates
Shaking head		Aggravates
Sneezing		Aggravates
Teething, during, in children		Aggravates
Talking, speaking		Aggravates
Mental effort		Aggravates
Eating and Drinking		
Swallowing	Improves	Aggravates
Chewing		Aggravates
Eating, before		Aggravates
Eating, during	Improves	Aggravates
Eating, after	Improves	Aggravates
Change of appetite	Hunger	No appetite
Desire to drink	Thirst	Thirst absent
Before breakfast, fasting	Improves	Aggravates
After breakfast	Improves	Aggravates
Food and drink, cold things	Improves	Aggravates
Food and drink, warm things	Improves	Aggravates
Drinking, while		Aggravates
Drinking, after		Aggravates

- **Form with RELIABLE indicators**
  - Two versions:
    - Heiner used to have MANY – now 2
    - Regular checklist – default standard
    - ADHD checklist – also called 'Perceptual'
  - Highlighted items are most valuable
  - Clients need coaching / help
  - Questionnaire tracks to PA software
    - Each entry matches to a rubric
    - The two versions of checklist match to a tab in the PA software
 - Let's look at our example case
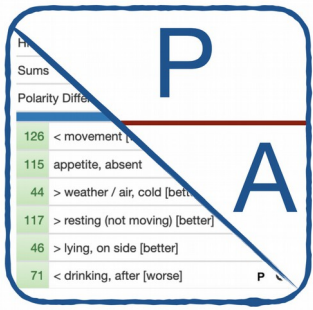
Log In to *YOUR* Polarity Analysis Software

- Go to polarity-analysis.com and log in
  - We have requested your 4 month credit for PA software
  - If you are past 30day trial and locked out – try diff email tonight?
  - Let's walk through the basics:
    - Three columns on the LEFT: Searchable / Regular / ADHD
    - Rubric list matches the questionnaires
    - Green / Yellow / Red: Heiner's reliability index
    - Toggle to show close comparisons
    - First priority: Learn green rubrics
  - Let's make a chart for the Post-COVID client
    - Transfer from Questionnaire to PA software by selecting rubrics
    - Resulting Chart shows POLARITY / SORTING / CONTRAINDICATIONS
    - Gotta SAVE or it will not keep a record. Client confidentiality setting.
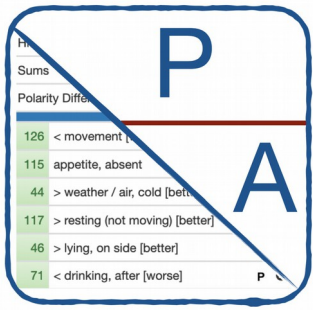   - What shall we give this client?
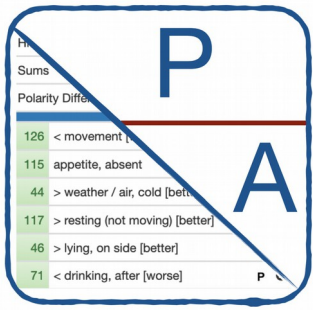
Polarity Analysis Chart
Important Takeaways

Ear blockage / hearing 30 Dec 2021		Sulph.	Hep.	Bry.	Merc.	Rhus.	Cham.	Caust.	Bell.	Cocc.	Merc-c.	Puls.	Nit-ac.
Hits		6	5	6	6	6	6	6	5	5	3	6	5
Sums		17	13	17	16	15	13	11	13	13	8	20	13
Polarity Difference		11	10	9	8	8	8	8	8	8	8	7	7
48	hearing, obstruction of the ears	3		3	3	1	1	2				4	3
111	< while/after waking up [worse] P ✖	5	4	2	4	4	3	4	3	4	2	5	5
93	< swallowing [worse] P ✖	4	4	4	3	3	2	1	2	3	3	3	3
71	< shaking head [worse] P ✖	2	3	3	2	1	1	1	4	2		1	1
102	< resting (not moving) [worse] P ✖	1	1	1	1	4	2	1	1	1	3	4	1
54	< movement, of affected parts [worse] P ✖	2	1	4	3	2	4	2	3	3		3	
28	> sleep, after; while waking up [better]			1			1			1		2	
47	> swallowing [better]	1			2	1			1	1		3	1
3	> shaking head [better]												
117	> resting (not moving) [better]	1	3/CI	4/CI	3/CI	1	1	1	4/CI	3/CI			2
43	> movement, of affected parts [better]	1				4/CI	2					4(CI)	
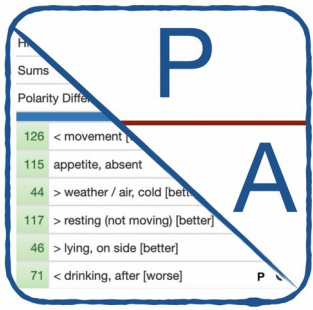
What to Expect
Saturday Class / Clinic

- Classes are created for **Active Learning**

- It is NOT like watching a tv show - **Participate**

- Before you join the session, have your PA software open

- Tim will teach a 2 hr class

  - He will share cases – you will be asked to enter symptoms

  - Tim will show his PA Chart – does it look like yours?

  - Don't worry if you feel a little lost at first – we are diving right in!

  - Follow along as best you can, plan to review the recording

  - Use the FORUM for Q&A; join in casual chat before class...

https://polarityanalysis.com

Your Polarity Analysis Training
Let's Walk Through...

Your Questions?

This Polarity Analysis training program and the PA team acknowledge our debt of gratitude to Boenninghausen, Dr. Heiner Frei and his colleagues for decades of meticulous and insightful work. We are fortunate to stand on the shoulders of giants. We extend their accomplishments and contributions into daily practice by training practitioners like you!