



(E-BOOK)

***The Joy of Homeopathy:
Mental and Emotional Healing***
(Selected articles 1997-2020 and media presentations)

Dr. Kenneth Silvestri, Ed.D., CCH

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Biography:



Dr. Kenneth Silvestri has been in private practice as a systemic psychotherapist since 1980. He holds a doctoral degree from [Columbia University](#) in anthropology and psychology. In addition, he has been the recipient of national fellowships in the social sciences at the [University of Chicago](#) and [University of Pennsylvania](#). Dr. Silvestri has participated in post-doctoral training at the [Ackerman Institute for Family Therapy in New York City](#) and the [Multi-Cultural Family Institute with Monica McGoldrick](#).

A [Certified Classical Homeopath \(CCH\)](#), Dr. Silvestri completed his training in the intensive certification programs of renowned homeopaths [Dr. Luc De Schepper](#) and [David Little](#). He integrates homeopathy and psychotherapy- as well as his overall systemic approach to healing- he has assisted many in resolving the emotional and/or physical challenges they have presented to him.

For over twenty years, Dr. Silvestri was an adjunct professor at the graduate schools of [Montclair State University](#), the [College of Saint Elizabeth](#), and [Kean University](#). In addition, Dr. Silvestri serves as a Clinical Professor for Daybreak University's graduate Counseling program and is a Clinical Assistant Professor of Family and Community. Medicine at the New York Medical College. Dr. Ken, as he is affectionately referred to, is an [active black belt student of Aikido](#), certified warm data trainer (*International Bateson Institute*), and student of Qigong and Tai chi. He is also an avid photographer and poet.

The author of more than 100 professional articles and monographs, Dr. Silvestri has written several chapters for books on mental health/homeopathy. He has also penned his own book entitled [**A Wider Lens: How To See Your Life Differently**](#). Over the years, Dr. Ken has conducted numerous workshops on family therapy, alternative education, communication skills, forgiveness, and homeopathy. His affiliations include a clinical member of the [American Association of Marriage and Family Therapy \(AAMFT\)](#) and *AAMFT certified clinical supervisor*.

Introduction:

What follows is my contribution, to a theoretical framework that supports amongst many things, Homeopathy, which I believe needs an epistemological basis to explain and advocate for its wonderful healing process. The late anthropologist Gregory Bateson, who I had studied with once said that “The major problems in the world are the result of the difference between how nature works, and the way people think.” This quote resonates with the process of Homeopathy which to me is a metaphor for nature.

My sense is that we encounter, in many forms, fragmentation in our culture which eventually leads to contradictions and problems. These instances are what we call paradoxes, some of which can be humorous and, depending on the context, very painful. Carl Jung felt that working through these contradictions can be a means to self-fulfillment. The problem is that if you avoid them, they can develop into “double binds,” – those times that can damn you if you do or if you don't and this unfortunately is seen far too much in our health industry.

How does this relate to Homeopathy? It is now recognized, even by the American Medical Association in the USA, which previously had denied it for years, that all chronic illnesses originate from over-stressing our nervous system. Using an ecological perspective such as Homeopathy that emphasizes context over content can make us less stressful, more comfortable, and apt to flow with the natural patterns that its' remedies possess. This is what ecology and nature are about. In this framework, imposed fragmentation, dichotomies, or narrow myopic views have little meaning without understanding how actions and behavior are interdependent.

It is clear to me that we have two basic choices about how to view and act in our lives. One way is to work primarily from a predominantly linear western cultural framework based on cause and effect learning or reductionist reasoning. This framework, when solely used, has proven to be narrow and mostly ineffective in its application to health, education, environment, foreign affairs, politics, and the

economy. Each solution comes with the need to further resolve another resulting problem, and so on (i.e., a pharmaceutical pill that requires another to deal with its side effects.). This view has for far too long been assimilated by many of our decision makers.

However, an alternative framework, inherent in a Homeopathic assessment, is to navigate life as one of being ecological and holistic. This is based on being mindful, respectful of relationships, and conscious of the importance of our interdependencies, as part of a whole process that takes into consideration all of nature's anomalies and differences. It is my hope that the following articles will provide further insight about the benefits of a systemic process of Homeopathy.

All my best,

Ken

*For those interested, in quality research, especially given the spread of misinformation about Homeopathy, see the following provided by Dana Ullman from the website of the Homeopathic Educational Services:

<https://www.cureus.com/articles/62105-an-analysis-of-four-government-funded-reviews-of-research-on-homeopathic-medicine>

<https://journals.sagepub.com/doi/10.1177/15593258211022983>

<https://homeopathic.com/lancet-publishes-major-review-of-research-on-homeopathic-medicine/>

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Articles:

- A) ***“Similia Similibus Curentur: The Gift of Homeopathy”***
Illumination | Medium, Nov 08, 2020
- B) ***“A Systemic and Ecological Basis for Homeopathy,”***
Homeopathy in Practice, Autumn/Winter 2017, p.21
(also published in HOMEOPATHY FOR EVERYONE, Nov. 2019)
- C) ***“Attention Deficit Disorder: It’s Not Just a kid Problem,”***
Homeopathy Today, Autumn, 2017 pp. 18-23
- D) ***“Self-Fulfillment through the Integration of Homeopathy, Coherent Breathing and Qigong,”***
Homeopathy in Practice, the Journal of the Alliance of Registered Homeopaths in the United Kingdom, winter/spring. 2017
- E) ***“What is Homeopathy,”*** Tuxedo Park Magazine, Fall, 2016 p. 45
- F) ***“The Gift of Homeopathy,”*** PTSD Journal, Summer, 2016, p.18
- G) ***“Interview of Dr. Kenneth Silvestri,”*** by Katja Schutt,
Homeopathy For Everyone, October 2015
- H) ***“Determining Constitution and Temperament in Homeopathic Treatment Through the use of the Genogram,”***
Homeopathy For Everyone, June, 2015
- I) ***“The Use of Temperaments in the Healing Process,”***
Homeopathic Links, 2015; 28(3):150-158
- J) ***Be Systemic and Mindful: An Integrative Process of Homeopathy and Psychotherapy for Self-Fulfillment,”***
California Homeopath, 2014

- K) *“Exploring Psychology and Forgiveness in Homeopathic Treatment,”* The American Homeopath, Volume 18, pages 92-95, December 2012**
- L) *“Integrating Psychotherapy and Homeopathy: A means to determining the needs of the vital force,”* Chapter in **Mental Health and Homeopathy**, published by Homeolinks, Stuttgart, Germany; edited by Harry van der Zee and Christopher Johannes, 2010**
- M) *“Remedies for Forgiveness,”* Homeopathy Today, February 2009**
- N) *“Steps to an Ecology of Self: Implications for Homeopathy,”* Homeopathic Links, Summer: Vol.21, 2008**
- O) *“Celebrating Homeopathy as an Ecological Process: A personal view,”* Homeopathy Today, June 2006**
- P) *“Homeopathic Case Taking from a Communication Perspective,”* The American Homeopath, 2005 edition**
- Q) *“Dreams, Symbols, and Homeopathy: Archetypal Dimensions of Healing,”* by Jane Cicchetti; reviewed by Kenneth Silvestri Ed.D in Homeopathy Today May/June 2004**
- R) *“The Art of Sustaining Change,”* Simmillimum Journal, Spring 2002**
- S) *“Homeopathy, Aikido, and Systemic Psychotherapy,”* American Family Therapy Newsletter, Spring 2000**

*Many of the above thoughts are included in my book:

Wider Lens: How to See Your Life Differently,

(A Wider Lens Publication: Nyack, New York), 2018

Media:

Health Inn Show

Hosted by Marilyn Shannon with Dr. Kenneth Silvestri

Affiliate of World Homeopathy Community, Nissan Communications Network, Tuesday, March 09, 2021

<https://youtu.be/-wLAXcWKPfs>

An Integrated Homeopathic Approach: Resolving Patterns of Anxiety and Depression.

Presented by Kenneth Silvestri, ED.D.,CCH, RSHom

Members-Only Webinar: The National Center for Homeopathy November 2019 (access through NCH website)

A Wider Lens for Systemic Change - (W)Holistic Systems Thinking

By Dr. Kenneth Silvestri

WHAT NOW Video Podcast with Mark Anielski & Aneeqa Malik Thursday, May 27, 2020

<https://youtu.be/6LuBIWKCBAQ>

Resolving Patterns of Anxiety and Depression Through Homeopathic Inquiry, Presented by: Kenneth Silvestri, ED.D.,CCH, RSHom

November 12, 2019 (NCH presentation: access through NCH website)

The Qi to Culture Podcast: "What is it to be "systemic?"

By Dr. Kenneth Silvestri

APPLE PODCASTS, Sponsored by QUANTATIOUS.COM

Tuesday, June 4, 2019

<https://podcasts.apple.com/us/podcast/9-what-is-it-to-be-systemic-dr-ken-silvestri/id1454683850?i=1000440568300>

A Wider Lens Book Reading and Presentation with Dr. Kenneth Silvestri

NYACK PUBLIC LIBRARY, NYACK, NY

(Video shot and edited by Pascal Akesson)

Tuesday, January 8, 2019

<https://youtu.be/AbbehCfCtxk>

**"Tis the Season To Forgive": A mindful process to deal with stress
(especially during the holiday season)**

WEBINAR - TEACHER'S COLLEGE, COLUMBIA UNIVERSITY

Monday, December 10, 2018

<https://youtu.be/7tMxZ0j38Cc>

"Homeopathy as a Mindful Process"

WEBINAR - NATIONAL CENTER FOR HOMEOPATHY

September 14, 2015

(Access through NCH website)

"Mindful Meditation and Breathing"

EDGAR CAYCE'S A.R.E. of NEW YORK

April 17, 2015

<https://youtu.be/090-sRCEvcU>

"Here is to your Health" with Dr. Harris Straytner

WFAS-AM 1230

Saturday, January 31, 2015, 11:00AM

Hosted by Dr. Harris Straytner, this show features an hour interview with Dr. Ken who discusses: **A Systemic Process of Healing Through the Integration of Mindfulness, Homeopathy & Psychotherapy.**

<https://www.drkennethsilvestri.com/media>

(Chronological order by dates, 2015)

"Overcoming Stress and Anxiety with Homeopathy"

HOMEOPATHY RADIO,

HOSTED BY NANCY GAHLES

May 21, 2009

This episode of Homeopathy Radio features guests Miranda Castro and Dr. Kenneth Silvestri as they discuss Homeopathy as an effective alternative for healing.

<https://www.drkennethsilvestri.com/media>

(last item on media page)

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