

Help....I Need Impatiens!

Diary of a Pilot Study

Introduction



Seagull/Wild Earth Animals Group

My dream has always been to do a piece of research around the impact of flower essences on various conditions but I hadn't yet found a study subject that grabbed my attention. It wasn't until a copy of Therapy Today (from the British Association of Counselling & Psychotherapy [BACP]) arrived in the post that an idea suddenly began to form in my mind.

BACP was offering seedcorn funding to do a small study or pilot – “Perfect!” I thought – I'll apply for that. Little did I know that decision would take me on a real roller coaster of a journey....

Fools Rush In.....!

What's that expression about fools rush in.....well angels may have feared to tread in the political quagmire that is research, but they were certainly were a part of the process!

Angels appeared in all kinds of guises – from essences popping into my mind, to the people and situations I required to move the pilot study forward – people like Jan Stewart and David Corr who were the “grandparents” of my pilot and Stefan Ball of the Bach Centre who provided all manner of advice and assistance.



Papaya/African Essences

While the earthly angels (as well as the heavenly ones) were doing their part – it was the essences that kept me going from day to day. While I used all kinds of essences from many producers, there are a handful that really stand out in helping me to cope with the ins and outs of being in charge of a pilot study.

Initial Phase: Euphoria

In the beginning, enthusiasm brought euphoria ; I was finally going to do a bit of research like I had always wanted; I used energetic “midwife” Magnolia and Mehera (Green Hope Farm Essences) to remember the spiritual nature of what I was doing. While I waited for an answer, I worked on assembling the team of practitioners for the pilot and the admin team to oversee the project. During this time I was in “Impatiens” mode – which I used a *lot* of – along with my own Prickly Pear – definitely my type remedies!



Magnolia/Green Hope Farm Essences

Then came the crash.

Keep on Keeping On

The BACP Seedcorn committee rejected my proposal; the reason given was that essence therapy was not a recognised modality in psychotherapy and counselling – the fact that I stated that a number of counsellors and therapists used them as part of their counselling work cut no ice at all. The organisation I had looked to for support, had soundly rejected me. Where



Mehera/Green Hope
Farm Essences

did I go from here?

The angels re-appeared – this time in the form of the various practitioners who signed up to participate in the study – they, along with Stefan Ball, urged me to look for alternative funding – and the Bach Centre and Twelve Healers Trust came to the rescue. I had the practitioners and once again, I had the funding...now for the new client group – police officers suffering from stress. Life during this period was a roller coaster ride – with me hanging halfway out of the car as it sped around curves! I really needed essences to keep on an even keel at this point.

I also made sure I took breaks and had a bit of fun – to help me switch off I'd use Playtime and Seagull essences from the Wild Earth Animal Essences.

Seeing the Bigger Picture



Mugwort/African Essences

It was difficult staying calm and focused at this point – everyone had advice to give, but in the end the buck stopped with me...and the responsibility at times felt quite heavy. During this time I used Pink Oleander and Indian Ocean (relax and let go), Rosa Glauca (see more clearly), Papaya and Mugwort (new insights from a higher level), which allowed me to step back from the process – and my role in it – to truly see what was happening and what I needed to do next to move the pilot forward.

The pilot had evolved yet again – it seemed to have more lives than a cat! – now the focus was emergency service workers (police, fire, paramedic, etc). Hopefully this would enlarge the pool of clients, while we continued to work with various police forces to enlist their aid in recruitment. Back out came the Prickly Pear while I waited....

Meanwhile, clients and practitioners came and went with bewildering speed, making a real job of keeping a current spreadsheet and email list! I seesawed between moments of quiet and frenetic activity and Mercury in retrograde certainly wasn't helping matters; for every 2 steps the pilot went forward, it seemed to go back 3 and I began to wonder whether the pilot would *ever* begin – but it did.



Indian Ocean/African Essences

Half a Loaf...

Nearly a year after I started my original quest to lead a pilot study, the pilot study is nearing its end – I tried to extend its' life to gain more clients and support, but despite my and others' efforts, the pilot will have only reached a far smaller number of people than I had hoped we'd reach – but after initially feeling a bit frustrated and down with the lack of expected results (and after another few doses of Indian Ocean and my Pink Oleander), I came to realise that I hadn't lost anything at all – I made new friends, was part of a group that supported me in all kinds of ways and, most important of all – hopefully made a positive difference in the small group of courageous people who stepped forward to participate in the pilot. On balance, I didn't do too badly at all!

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Essence Ranges Used:

African Essences – Mugwort, Papaya, Indian Ocean

Bach Flower Remedies - Impatiens

Green Hope Farm Essences – Mehera, Magnolia, Rosa Glauca

Spirit of Makasutu Essences – Prickly Pear, Pink Oleander

Wild Earth Animal Essences – Playtime, Seagull