

Natural Help 4...

Hysteria



What is Hysteria?

Hysteria is a somewhat controversial and outdated term, the meaning of which has been adapted and changed over time.

While the term Hysteria is seldom used in reference to a medical condition today, the concept still remains and what was once **the diagnosable condition Hysteria disorder is now more acceptably know as a somatization disorder** or histrionic personality disorder.

Diagnosing Hysteria

The medical use of the term Hysteria has slowly been discontinued and it is no longer considered a diagnosable condition. There are however **a number of psychological ailments that have replaced the core ideas behind the original concept of Hysteria**.

While it has been established that the term Hysteria is dated and no longer used on a medical level, it is still commonly used in everyday conversation. We often hear about someone who was crying hysterically or has had a hysterical outburst.

In this sense of the word, hysteria is used to describe **extreme anxiety, outrage or anger and loss of self-control**. This is often seen after severe trauma, or during a moment of panic or extreme stress. **Hysteria symptoms** often resemble those of a panic attack as the individual is over-whelmed by a physical reaction that is triggered by an emotional event.

Symptoms of Hysteria

- Hysterical convulsions (fits)
- Sensory disturbances such as tunnel vision, dulled or heightened senses
- Pounding heart
- Hyperventilation or shortness of breath
- Trembling or shaking
- Dizziness or feeling like you're going to faint
- Feelings of unreality or detachment
- Feelings of losing control

Parents may even recognize **hysteria symptoms** in children after extreme tantrums or in excessively upset or traumatized children who are very difficult to calm down.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

A thorough assessment is recommended during which time is spent discussing **hysteria symptoms**, feelings and concerns with a physician. It is important not to make a self-diagnosis. The first step would be to receive a full medical check-up from a physician to **make sure that there are no underlying medical causes** of the symptoms.

Hysteria treatment will be prescribed once physical health is established and all necessary tests have come back negative. Consult a psychologist or psychiatrist who will perform a full assessment and diagnose you accordingly. Remember to ask about all **hysteria treatment** options and try to research the topic so that you feel fully informed about your condition.

What is Mass Hysteria?

Mass **Hysteria** is the term used to describe the occurrence of large scale outbreaks of strange or out of the ordinary behavior. This is a puzzling phenomenon that has perplexed physicians and psychologists alike.

It is best described as **emotional** contagion, and **masses of people have been known to display the same physical and mental symptoms** during or after an event. This is common in religious festivals, riots or sports matches where one individual often instigates a behavior and the rest of the group then mimics that person's behavior.

This has often resulted in mass violence, excitement or outbreak of disease-like symptoms (without organic cause). For example, one reported case involved a school being closed and numerous children and teachers being rushed to hospital with nausea, vomiting and dizziness after a reported gas leak.

The incident started with one pupil's complaint of dizziness and an odd smell of gas from a vent. Shortly after, other people began to experience the same symptoms and many were rushed to hospital. On inspection, no gas leak was found and all symptoms suddenly disappeared.

With a mass event, **hysteria treatment** involved separating the individuals. Once the group is dispersed or the truth of the situation is revealed people quickly recover and in some cases people are left feeling totally bewildered that they acted so out of character.

What Causes Hysteria?

There are a number of psychological ailments that have replaced the core ideas behind the original concept of **hysteria disorders**, and they tend to have varied causes.

As more research has been performed on the topic, the concept of **hysteria disorders** has been divided into two types of condition, **Histrionic Personality Disorder** and **Somatization Disorders**.

Histrionic Personality Disorder

People with histrionic personality disorder often come across as attention seeking



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

or overly-dramatic. They may be inclined to express their emotions in an exaggerated or theatrical manner and they are often seen as self-centered or overly concerned about their physical appearance.

While their behavior is often charming and inviting at first (as their enthusiasm and seductiveness is appealing), their relationships often remain shallow and may be short-lived once people realize their constant demand for attention and lack of authenticity. For these reasons, people with this disorder often function well socially or at work, but may have difficulties in inter-personal relationships.

The symptoms of histrionic personality disorder may include:

- Constantly seeking approval or reassurance
- Overly dramatic behavior with exaggerated expressions of emotion
- Excessive sensitivity to criticism or disapproval
- Inappropriate sexually provocative or seductive appearance or behavior
- Overly concerned with physical appearance, often using it to gain attention
- Often feels uncomfortable if not the center of attention (self-centeredness)
- Easily frustrated and expresses low tolerance for delayed gratification
- Rapidly shifting and shallow expression of emotion
- Easily influenced by others and suggestible
- Tendency to consider relationships more intimate than they are
- Tendency to make rash decisions grounded on emotional impulse
- May threaten or attempt suicide to get attention

As with other personality disorders, people with histrionic personality disorder usually only seek treatment when high stress levels or other situational factors in their lives become overwhelming and they begin to struggle with interpersonal relationships or feel that they are unable to cope.

Treatment usually does not incorporate drug therapy and is most likely to include some form of psychotherapy.

Somatization Disorder

This rare psychological disorder is characterized by a seemingly endless list of **physical complaints that do not seem to have a medical cause.** Individuals suffering from somatoform or **somatization disorder** usually have a long medical history with various trips to physicians and specialists.

However, upon medical examination, the symptoms cannot be explained by an actual illness or physical injury. The following criteria have to be met for a diagnosis of **somatization disorder**:

- A history of somatic symptoms before the age of 30 and which have extended over many years
- Pain in at least four different sites on the body (such as backache, joint pain or chest pain)
- Two gastrointestinal problems other than pain such as vomiting or diarrhea
- One sexual symptom such as low libido or erectile dysfunction
- One pseudo-neurological symptom similar to those seen in conversion disorder such as fainting, blindness, or paralysis.

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People with **somatization disorder** are often not as concerned about what the symptoms may mean, but are rather troubled by the symptoms themselves. Unlike those with hypochondriasis, who are afraid of having an illness and jump into immediate action as a symptom arises, those with **Somatization disorder** do not greatly fear being ill, but find that the symptoms are troublesome and tiring in everyday life.

Conversion Disorder

Somewhat similar to **somatization disorder**, conversion disorder is a **psychological ailment characterized by physical disabilities** such as blindness, paralysis, or speech difficulties that do not have a medical cause.

While these complaints are very real to the inflicted individual, they do not have an organic cause such as brain or nerve damage and in many cases these individuals function normally.

For example, an individual may believe that he is blind, but will avoid objects in his visual field as if he is able to see. Another may be partially paralyzed, but when urgent need arises such as in the “fight or flight response”, she may be able to move efficiently.

These people are not faking, but are totally unaware of their motor or sensory abilities. Another key aspect to conversion disorder is that these symptoms tend to follow conflicts or great stressors.

Pain Disorder

This disorder usually starts with pain that has a physical basis such as an accident or illness, but psychological factors maintain or exacerbate the pain well after physical healing has occurred.

It is important to note that while the pain may no longer have a physiological basis, it is none the less very painful and can become most debilitating.

Help for Hysteria

Treatment options ultimately depend on the specific diagnosis and severity of the disorder. In many somatoform disorders, treatment is aimed at symptom management which may include conventional drug therapies such as pain killers or OTC symptom relievers.

There are complementary and natural therapies that should be integrated with a healthy eating plan, exercise and rest for optimal effectiveness. Treatments usually deal with both **the physical symptoms as well as mental conditions** that are responsible for these symptoms.

Conventional Treatment Options

Drug therapy such as anti-depressants and anti-anxiety medication. Pain killers and other medication specific to varying symptoms may be prescribed. It must be said that certain conventional medications can cause side effects that may even



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worsen the symptoms, such as elevated heart rate or further symptoms of anxiety.

Psychotherapy or cognitive therapy can be extremely beneficial in addressing underlying emotional problems and psychological conflicts. The aim of treatment is often to apply positive thinking and learn strategies and techniques to cope with daily life. When the underlying anxieties are confronted and addressed, it no longer becomes necessary for the mind to ‘convert’ them into pain and other physical symptoms.

Natural Treatment Options

- Acupuncture
- Homeopathy and herbal remedies
- Hypnotherapy
- Massage therapy

Because somatoform disorders are usually precipitated or exacerbated by emotional stressors and anxiety, there are a number of natural herbal and homeopathic remedies that may be beneficial in treating these underlying problems.

Herbal and homeopathic ingredients such as Passion Flower, Lavender, and St. John's Wort provide much needed emotional relief and help in [staying calm](#) **without harmful sedatives.**

They can be extremely beneficial in the case of a person with a somatoform disorder, as they help to normalize body systems and gently bring about balance and harmony – with no side effects.

Used in combination with other therapeutic options, these remedies can help relieve somatic symptoms and allow a return to peace and harmony of self. Consult your doctor, naturopath, homeopath or herbalist about the remedy most appropriate to your needs.

More Information on Hysteria

People with any disorder related to [hysteria](#) generally **suffer from high stress and anxiety.** For this reason it is important that you attempt to deal with emotional issues head on and that you do your best not to “bottle” them up.

Try keeping a journal or talk out your worries as they arise with a psychologist or trusted friend. Sometimes simply the act of expressing and naming these feelings goes a long way in preventing them from manifesting physically.

Tips to Relieve Anxiety Associated with Hysteria

- **Try not to obsess about the physical symptoms** as concentrating on them only makes the matter worse. When you find yourself beginning to focus on a symptom, distract yourself somehow by going for a walk, listening to music, or doing some other involved activity.
- **Regular exercise, sufficient sleep and a healthy balanced diet** will all go a long way towards reducing anxiety and promoting a healthy body.
- **Speak openly to your family,** friends and caregivers about your

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3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

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condition so that they will be able to empathize, understand and support you.

- **Learn and research as much as possible about your diagnosis** so that you can gain a clear understanding about your condition and what you can come to expect.
- **Develop your interests!** Because many people tend to become overly identified with their symptoms, it's a good idea to find other things that give you a sense of identity and purpose. Try adopting a sport or hobby, and learn how to focus outside of yourself while keeping yourself busy.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.



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Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

PureCalm: Aids nervous system in stress resistance for balanced moods and feelings of well being.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely maintain harmony, health and systemic balance in the brain and [nervous system](#), without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain.

PureCalm can especially benefit those individuals needing support overcoming worry, managing stress and to promote inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

[Calm Within CD](#): Improve relaxation, support balanced emotions and stress levels.

The Calm Within CD is composed by our Clinical Psychologist to promote good physical and emotional health using a specially developed therapeutic sound techniques and [soothing music](#).

A combination of therapeutic script and nature's [soothing sounds](#) induce a state of [deep relaxation](#), effectively relieving tension and supporting the body's natural ability to heal. In therapy with music that heals anxiety and depression such as nature's soothing sounds the listener is taken through a series of progressive relaxation steps, leading to a state of deep relaxation. Thereafter guided imagery is used to further enhance and expand therapeutic benefits.

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[MindSoothe](#): Promote balanced mood and feelings of wellbeing.

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MindSoothe can be used to safely maintain emotional health, balanced mood, [emotional wellness](#) and systemic harmony in the brain and [nervous system](#), without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, [emotional](#) balance and overall wellbeing.

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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

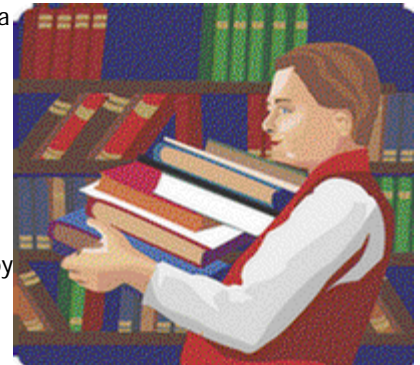
The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

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All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

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Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

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