

	Homeopathy	Bach Flower Therapy	Sound Healing	The Metamorphic Technique
For physical health	Yes	Yes, if cause of illness is mental/emotional	Yes	No
For mental/emotional health	Yes	Yes	Yes	Yes
For developing positive qualities such as confidence and self-esteem	Yes	Yes	Yes	Yes
Detox therapy	Yes	No	No	No
For healing trauma	Yes	Yes	Yes	Yes
Relaxing session (lying down)	No	No	Yes	Yes
'Talking' session	Yes	Yes	No	No
Clothed	Yes	Yes	Yes	Yes, except shoes and socks
Touch involved	No	No	Light or no touch	Feet, hands and head
Can be done distantly/online	Yes	Yes	Yes	No
Suitable for all adults	Yes	Yes	Most	Yes
Suitable for children	Yes	Yes	Yes, older children	Yes, short session
Length of session	First consultation 90 minutes, subsequently 50 minutes	60 – 75 minutes	55 minutes	55 minutes