

Isadora Tavens

Curriculum Vitae

This represents my lifelong quest for truth, understanding and healing.
These multi-cultural explorations have encompassed traditional and holistic healing, culture, creativity, consciousness and the natural world.

- The Faces of Africa;** September 23, 2004
Carol Beckwith and Angela Fisher
National Geographic, Field Museum
Chicago, IL
- Shamanic Shape Shifting;** September 10, 2004
Joan Forest Mage
Chicago, IL
- Working with War: A Buddhist Approach;** September 9, 2004
Barry Boyce
Shambhala Center
Chicago, IL
- Cowrie Shell Divination;** June 24-27, 2004
Malidoma Some
Cuyahoga Valley National Park, Ohio
- Inflammation and Cox 2 Inhibitors;** October 20, 2003
Jennifer Hamlin
Chicago, IL
- Herbal Therapeutics: Stress and Inflammation;** October 14, 2003
Shayne Foley
Addison, IL
- New Meanings for Pan-Africanism in the Age of Globalization;** October 8, 2003
Professor Neville Alexander, Director for the Study of Alternative Education
University of Cape Town, South Africa
Annual Frantz Fanon Distinguished Lecture
Black Diaspora Studies
DePaul University, Chicago, IL
- Continuum Center;** September 5-7, 2003
Malidoma Somé, Ph.D.
Minneapolis, MN
Classes attended:
 “Living the Extraordinary Life”
 “Making a Home for the Soul”
- Introduction to Traditional Mayan Healing;** August 23-24, 2003
Beatrice Waight, Traditional Healer, Belize
Chicago, IL
Classes attended:
 “Traditional Mayan Healing Ways”

“Women’s Wellness: Teen through Wise Women’s Moon Cycles”

- Drumming the Chakras;** July 19, 2003
Joan Forest Mage
Chicago, IL
- George Simmel’s Theory of Adornment;** October 22, 2002
Donald Levine, Ph.D.
Field Museum
Chicago, IL
- Relationships: Psychodynamics of Self and Other;** October 18, 2002
Jim Hollis, Ph.D.
C.G. Jung Institute
Evanston, IL
- The Historical Construction of Racism:
A Comparison of White Supremacy and Anti-Semitism;** October 17, 2002
George M. Fredrickson, Ph.D.
Frederick Douglass Distinguished Lecture
Center for Black Diaspora
DePaul University
Chicago, IL
- African Ceremonies: A Celebration of Life;** October 16, 2002
Carol Beckwith and Angela Fisher
Field Museum
Chicago, IL
- African Artistry;** October 9, 2002
Nenette Luarca
Art Institute of Chicago
Chicago, IL
- A Pharmacy of Flowers:
A Sensual Journey Through the World of Aromatic Plants** August 27, 2002
David Crow
Chicago, IL
- Using Herbs Simply and Safely;** September 19, 2002
Susun Weed
Minneapolis, MN
- Ideal Beauty in African Art;** August 27, 2002
Nenette Luarca
Art Institute of Chicago
Chicago, IL
- Introduction to Tibetan Healing;** July 19, 2002
Lama Lobsang Palden
Chicago, IL
Healing Earth Resources
- The Shamanic Journey;** July 21, 2001
Joan Forest Mage and Alicia Luna
Chicago, IL

- Religious Practices: Strategies in the Life of the Spirit:** July 20, 2001
The Hindu Perspective;
Ashok Bedi, M.D.
C.G. Jung Institute
Evanston, IL
- Dream Work: An Inner Source to Selfhood;** July 10, 17, 24, 31, 2001
Laura McGrew, MA
C.G. Jung Institute
Evanston, IL
- Flower Essences: The Connection of Nature, Soul and Spirit;** October 30-31, 1999
Richard Katz and Barbara Fleming, MA
Oak Park, IL
- A Tibetan View of Healing;** September 9, 1999
Dr. Tenzin Chodrak
Chicago, IL
- The Call to Intimacy: Healing Wounds of Relationships;** July 3, 1999
Malidoma and Sobonfu Somé
Chicago, IL
- An Introduction to IntraPersonal Imagery;** July 1, 1999
Charles Leviton, Ed.D. and Patti Leviton, B.A., Ch.T.
Chicago, IL
- Herbal Extract Choices;** June 16, 1999
Ed Smith
Chicago, IL
- Herbal Symposium;** June 15, 1999
Ed Smith, Sunny Mavor, Tim Blakely et al
Chicago Botanic Garden
Glencoe, IL
- Spirits of Nature;** May 15-16, 1999
Myron Eshowsky
Foundation for Shamanic Studies
Park Forest, IL
- Shamanic Dance and Drum Healing;** October 30-November 1, 1998
Joan Forest Mage
Chicago, IL
- Foundation for Shamanic Studies** October-December, 1998
Myron Eshowsky
Classes attended:
 “The Way of The Shaman”
 Homewood, IL
 “Shamanism, Dying and Beyond”
 Indianapolis, IN

Oriental Diagnosis: How to See Your Health;
Warren Kramer, Macrobiotic Counselor, Kushi Institute
Chicago, IL

October 14, 1998

Ayurvedic Magnet Therapy;

Dr. Jyoti Dave
Evanston School of Yoga
Evanston, IL

September 26, 1998

The Tibetan Medical Tradition

Dr. Tenzin Choedrak, (Personal Physician to H.H. the Dalai Lama)
Chicago, IL
Lectures attended:

September 15, 17, 19, 1998

- “Building Bridges Between Allopathic and Tibetan Medicine:
A Tibetan Approach to Integrated Health”**
- “Understanding Tibetan Medicine In It’s Historical,
Religious and Political Contexts”**
- “Mindfulness and Healing: The Role of the Tibetan Healer
During Birth, Death and Other Life Cycle Events”**
(A lecture on healing for healers)

Rebuilding the Garden: Healing Childhood Trauma;

Karla McClenon
Chicago, IL

July 24, 1998

Himalayan Institute

Glenview, IL
Classes attended taught by Dale Buegel, M.D.:

July-September, 1998

- “Complimentary Medicine and Blood Pressure Reduction”**
- “Kitchen Pharmacy”**
- “Asthma and Complimentary Medicine”**

Heart Health: Expanding Nutritional and Conventional Options;

Seth Baum, M.D. and Giovanni Campanille, M.D.
Chicago, IL

June 29, 1998

Studies at C.G. Jung Institute of Chicago

Evanston, IL
Classes and Courses attended:

May-November, 1998

- “And the Children Will Lead the Way: Relationships
With Our Children As a Pathway to Individuation” -**
Catherine Rondenet, LCSW
- “Early Trauma and Dreams: Archetypal Defenses of the
Personal Spirit” - Donald Kalsched, Ph.D.**
- “The Last Will and Testament of Carl Jung: Jung’s Final
Thoughts In Man and His Symbols” - John Giannini, M.Div.**
- “Relationship and Individuation” - Judith Shaw, LCSW**
- “The Fight Against Sleep: Systematic Dreamwork As A
Committment to Consciousness” - Kenneth James, Ph.D.**
- “The Tasks of Psyche: Tracing Women’s Psychic Development” -**
Mary Dougherty, MAAT, ATR

The Healing of America;

Marianne Williamson
Chicago, IL

October 4, 1997

Feng Shui for Health; September 19, 1997
Ho Lynn
Chicago, IL

Egyptian Mysteries and Healing Techniques; September 12, 1997
Rosalyn Bruyere
Chicago, IL

Herbal Tonic Therapies; September 10, 1997
Daniel Mowrey, Ph.D.
Nutrition for Optimal Health Association (NOHA)
Lincolnwood, IL

Herbfest '97; Frontier
Cooperative Herbs
August 15-17, 1997
Norway, Iowa
Classes attended:

- “**Herb Walk**” - Terry Willard, M.H., Ph.D.
- “**The Importance of Humor and Friendship in Health**” - Patch Adams, M.D.
- “**Flower Essences: Healing Language of the Soul**” -
Patricia Kaminski and Richard Katz
- “**Treating Depression and Anxiety**” - Tieraona Low Dog, M.D.
- “**Herb and Flower Walk**” - Richard Katz
- “**Herbal Detoxification: Staying Clean in a Toxic World**” - Lois Johnson, M.D.
- “**Rejuvenation Through Ayurveda**” - Cynthia Coppel
- “**Flower Essences for Emotional Healing**” - Patricia Kaminski and Richard Katz
- “**A Holistic Approach to Asthma**” - Tieraona Low Dog, M.D.
- “**Parents/Caregivers Round Table**” - Michael Cronin, N.D.

Chirolgy I: The Art of Reading the Hands; July 22, 29, August 5, 12, 19, 1997
Justin Pomerey
Chicago, IL

Feng Shui: The Chinese Art of Placement; June 9, 1997
Bruce Pao, Architect
Art Institute of Chicago
Chicago, IL

C.G. Jung Institute of Chicago May - November, 1997
Evanston, IL
Classes attended:

- “**The Psychology of Conflict**” - Judith Shaw, L.C.S.W.
- “**Sleeping With the Enemy: Understanding the Dark Side of Relationships**” - Patricia Vesey-McGrew, MA
- “**Dreaming a Creative and Sacred Journey with the Soul**” -
John Giannini, M.Div., MA
- “**Symbolic Healing: The Art of Consciousness**” - Judith Cornell, Ph.D.
- “**Early Woundings and Individuation: A Jungian Perspective on Character Structure**” - Nancy Dougherty, A.C.S.W.

Arcturus: Rudolph Steiner Education Program January-May, 1997
Chicago, IL

Classes attended:

- “Life Cycles and Learning”** - Joan Engle, MA
- “Eros: Sexuality and Intellect”** - Douglas Gerwin, Ph.D.
- “Thanatos: Dependencies on Alcohol, Drugs, Electronic Media”** - Douglas Gerwin, Ph.D.

Aromatherapy Basics;

Laurel Garrett
Chicago, IL

December 4, 1996

Plant Spirit Medicine;

Eliot Cowan
Chicago, IL

November 26, 1996

Studies at C.G. Jung Institute of Chicago

Evanston, IL

October, 1996

Classes attended:

- “Individuation, East and West: A Dialogue”** - Murry Stein, Ph.D.
and Arwind Vasavada, Ph.D.
- “Close to the Bone: Life Threatening Illness and the Search for Meaning”** - Jean Shinoda Bolen, M.D.

Macrobiotic Home Remedies;

Jillian Lisitano
Highland Park, IL

July 16, 1996

The Art of Nursing I

Anthroposophical Nurses Association of America
Chicago, IL

July 7-12, 1996

Courses attended:

- “Eurhythmy”** - Barbara Peterson
- “Therapeutic Quality of the Elements”** - Margaret Rosenthaler, B.S.N.
- “The Elements and Their Relationship to the Human Being”** - Margaret Rosenthaler, B.S.N.
- “Biography and Human Development”** - Miriam Cosentino, R.N.
- “Study of Medicinal Botanicals”** - Margaretta Bornhorst, R.N., et. al.
- “Creating A Healing Environment: Practical Applications of Medicinal Botanicals”** - Margaretta Bornhorst, R.N.
fever wraps, sinus compresses, inhalations,
abdominal wraps, footbaths, care of the dying, first aid
- “Anthroposophical Pharmacy”** - Sada Sat Singh Khalsa, R.Ph.
- “Anthroposophically Extended Medicine and Therapies”** - Andrea Rentea, M.D.
- “Foremothers in Nursing”** - Margaretta Bornhorst, R.N.
- “The Art of Healing and the Healing Power of Art”**

How One’s Biography Becomes One’s Biology:

Learning the Language of the Human Energy System;

Caroline Myss and Norm Shealy, M.D.
Oakbrook, IL

May 17-19, 1996

Secrets of Women Healers;

Rosita Arvigo, N.D.
Western Springs, IL

May 17, 1996

Chirolgy;

October 1, 1995

Justin Pomeroy, Ac.T.
Chicago, IL

Bach Flower Essences National Education Seminar;
Elizabeth Wiley
Chicago, IL

September 16-17, 1995

Herbfest '95;
Frontier Cooperative Herbs
Norway, Iowa
Classes attended:

August 18-20, 1995

- “**Take Heart: Therapeutic Herbs and Foods for the Cardiovascular System**” - Amanda McQuade Crawford
- “**The Change as a Natural Rite**” - Amanda McQuade Crawford
- “**Definite Medicine: The Use of Specific Medicines and Diagnostics**” - David Winston
- “**The Treatment of Children: Diagnostics and Treatment Using Herbs and Oriental Techniques**” - David Eagle
- “**Herbal Therapy and Constitutional Iridology**” - Steven Horne
- “**Herbs for Stress and Stamina**” - Jeanine Pollack

Studies at C.G. Jung Institute of Chicago
Evanston, IL
Classes attended:

May - July, 1995

- “**Self: The Center of the Psyche**” - Kenneth James, Ph.D.
- “**Dreams and Active Imagination**” - Janet Marlan, Ph.D.
- “**Analysis and Individuation**” - David Dalrymple, D.Min., NCPsyA
- “**Typology as a Window to Interpersonal Conflicts**” - Robert Moretti, Ph.D.
- “**The Wonderful Enigma of Synchronicity**” - Kenneth James, Ph.D.
- “**When the Everyday Face of Persona Doesn't Work**” - Lucille Klein, NCPsyA
- “**Coping With Negative Complexes**” - Judith Shaw, MSW
- “**Beguile and Bewilderment in Projective Process**” - Laura McGrew, NCPsyA
- “**Active Imagination: Synthesis in Analysis**” - August Cwik, Psy.D.

Constructive Living: Self Discipline and Principles of Japanese Psychotherapy;
Gregg Krech, Ph.D.
Oasis Center
Chicago, IL

June 24, 1995

Ayurvedic Medicine: Introduction to Constitutional Types;
Prabha Vaidya, M.D.
Center for Holistic Medicine, Northbrook, IL

June 6, 1995

Basics of Compassionate Communication;
Marshall Rosenberg, Ph.D.
Evanston, IL

June 4, 1995

Spiritual Journey;
Michio Kushi
Evanston, IL

May 27, 1995

Tools for Healing: Body, Mind and Spirit
Steven Horne, Herbalist AHG
Rolling Meadows and Elgin, IL

October 14, 15, 17, 1994

Studies at C.G. Jung Institute of Chicago

September-October, 1994

Chicago and Evanston, IL

Classes attended:

- “**Fundamentals of Analytical Psychology**” - Kenneth James, Ph.D.
- “**Introduction to Jung’s Life and Work**” - Kennon McKee, Psy. D.
- “**Structure and Dynamics of the Psyche**” - Robert Moretti, Ph.D.
- “**The Ego and It’s Relations with the Unconscious**” - Carole Sorg, Psy.D.
- “**Psychological Types**” - John Giannini, Ph.D.
- “**Persona and Shadow**” - Kenneth James, Ph.D.
- “**Anima and Animus**” - Robert Moretti, Ph.D.
- “**Moments Out of Time: Childhood as Memory and Archetype**” - Daniel Lindley, Ph.D.

The Medicine and Magic of Herbs

June 18-19, 1994

Worthington, MA

Classes attended:

- “**Flower Essences: Harmony with Nature and Spirit**” - Gail Ulrich
- “**Healing in a Toxic World**” - Hart Brent
- “**Herbal Gardening**” - Mariam Massaro
- “**Healing with Flowers**” - Gail Ulrich
- “**Herbal Health Care for Women**” - Gail Ulrich

Herbal Healing: Western and Chinese Herbalism;

November 8, 15, 22, 1993

Mary Helen Lee, Lic. Ac.

Ohashiatsu Chicago

Evanston, IL

Cross Cultural Effectiveness;

November 7, 1993

Caren Ex, A.M.

Oasis Center

Chicago, IL

New Dimensions in Medicine: Rudolph Steiner’s Medical Discoveries;

November 4, 1993

Traute Page, MD

Anthroposophical Society

Oak Park, IL

Transformation;

October 29, 1993

Shakti Gawain

Oasis Center

Rosemont, IL

Love in Black and White;

October 24, 1993

Gail and Mark Mathabane

Evanston, IL

Applying Wisdom to Your Everyday Life;

October 24, 1993

Kriyananda

Chicago, IL

Green Nations Gathering

September 24-26, 1993

Phoenicia, NY

Classes attended:

- “**Plants as Teachers Herb Walk**” - Becca Harber
- “**Physical and Spiritual Survival in the Age of Purification**” - Oh Shinnah
- “**Woodlore and Wildwoods Wisdom**” - Doug Elliot

- “**The Alchemy of Herbs**” - David Winston
- “**Therapeutic Herbs for Auto-Immune Chronic Hepatitis**” -
Amanda McQuade Crawford
- “**Wild Food Foraging and Plant Identification**” - Rosemary Gladstar
- “**Herbs and Romance**” - Juliette De Bairacli-Levy
- “**Tracing Imbalances to Organ Centers**” - William LeSassier
- “**How to Manage Chronic Illness**” - Tieraona Klar Lowdog
- “**The Ethical Use of Therapeutic Herbs on Government Hit Lists**” -
Amanda McQuade Crawford

Herbfest '93;

August 20-22, 1993

Frontier Cooperative Herbs

Norway, Iowa

Classes attended:

- “**Herb Walk**” - Midge Zonca and Ed Smith
- “**Herbs and the Immune System**” - Ed Smith
- “**The Energy of Herbs**” - Lesly Tierra
- “**Barefoot Doctor Techniques**” - Lesly Tierra
- “**Wildcrafting from the Heart**” - Cascade Anderson-Geller
- “**Modern Medicines from Primitive Forests**” - James Duke, Ph.D.
- “**The History of Herbs**” - Mark Blumenthal
- “**The Herbal Alternative**” - James Duke, Ph.D.
- “**Herbs: Panel Discussion**” - Rosemary Gladstar, et.al.

Herbal Apprenticeship;

July 19-August 15, 1993

Steven Horne, Herbalist

Fairview and Payson, Utah

Rocky Mountain Wildcrafting and Herbal Preparation Techniques;

July 15-17, 1993

Steven Horne, Herbalist

Fairview, Utah

Green Nations Gathering

September 25-27, 1992

Phoenicia, NY

Classes attended:

- “**Wholeness, Herbs and AIDS**” - Amanda McQuade Crawford
- “**The Essence of Healing: The Flower Essence-Chakra Connection**” -
Gail Ulrich
- “**Woodlore and Wildwoods Wisdom**” - Doug Elliot
- “**Gifts of the Trees**” - Kate Gilday and Don Babineaw
- “**Talking Leaves: The Cherokee Language of Plants**” - David Winston
- “**Kitchen Witchery: Healing Applications of Versatile Vegetables
and Culinary Herbs**” - Jane LaForce
- “**The Magic of Plants**” - Robin Bennett
- “**Case Histories of Using Herbs for Health**” - Ryan Drum

Herbfest '92

August 14-16, 1992

Frontier Cooperative Herbs

Norway, Iowa

Classes attended:

- “**Women's Wellness**” - Feather Jones
- “**Herbs for Men**” - David Winston
- “**Herbs Among the Shakers**” - Steven Foster
- “**Herb Walk - Medicinal Plants**” - Steven Foster
- “**The Angelic Presence of Plants**” - Lilli Botchis
- “**Family Guide to Herbal First Aid**” - Feather Jones

“Ethical Wildcrafting” - Panel Discussion - Steven Foster, et al

Artemis College; June 22, 1992
Nan Koehler, Midwife & Herbalist
Chicago, IL

Midwives Alliance of North America (MANA) June 19-21, 1992
Midwest Regional Conference;
Chicago, IL
Classes attended:

“Moontime-Bloodtime: Wisdom of Menstrual Cycles & Ovulation” -
Marina Alzugaray

“Vegetarian Pregnancy” - Claire Obis

“Herbs as an Ally for Pregnancy & Birth” - Nan Koehler

“Miscarriage: Out of Hospital Management” - Flora Calabrese & Kay Furey

“Herbal Preparations” - Nan Koehler

Feng Shui I: Oriental Design for Harmonious Environments; June 13, 1992
Janet Durovchic
Willowbrook, IL

Australian Bush Flower Essences; April 3-6, 1992
Ian White, N.D.
Sandhill School, Willard, WI

Native American Philosophy; March 28-30, 1992
Keewaydinoquay, Ojibway Elder Herbalist
Camp Wowitan, WI

Clinical Pearls: Traditional Chinese Herbology and March 22, 1992
Nutritional Therapeutics;
Martha Benedict, O.M.D. and Lyra Heller
Elk Grove Village, IL

Aromatherapy; February 28, 1992
Michael Scholes
Healing Earth Resources, Chicago, IL

Aromatherapy; February 7-9, 1992
Sharon Boeder
Sandhill School, Willard, WI

Reversing Heart Disease; December 16, 1991
Jerry Gore, M.D. & Ginger Korzak
Himalayan Institute, Glenview, IL

Personal Health Strategies; October 26, 1991
Bernard Jensen, D.C. & Mark Anderson
Chicago, IL

Empty Harvest; October 25, 1991
Bernard Jensen, D.C. & Mark Anderson
Chicago, IL

Green Nations Gathering September 27-29, 1991
Phoenicia, NY
Classes attended:

“Native Concepts of Good Medicine” - Keewaydinoquay
“Healing with Flower Essences” - Gail Ulrich
“Weed Wisdom Walk” - Jane LaForce
“Anishinabe Legends & Songs: Old Teaching Devices for New Times” -
Keewaydinoquay
“Mankind and Womankind” - Helen Nearing
“Autumn Allies” - Pam Montgomery
“Herbs for the Male Body” - 7Song
“The Immune System and Herbs” - David Winston

Homeopathic Medicine for Women; August 5, 1991
Jerry Gore, M.D.
Himalayan Institute, Glenview, IL

Family Encampment; July 20-August 3, 1991
Keewaydinoquay, Ojibway Elder Herbalist
Garden Island, Lake Michigan

Gaia International Herb Symposium May 25-27, 1991
Ashland, MA
Classes attended:

“Healing Wise for Women” - Susun Weed
“The Gypsies Walk: Herbs for Children” - Juliette De Bairacli-Levy
“Herbs for the Respiratory System” - Ed Smith
“Natural Healing in Gynecology” - Cascade Anderson Geller
“Constitutional Therapy” - Michael Moore
“Steps to Healing” - Susun Weed
“Healing Ways for Women” - Rosemary Gladstar Slick

Herbal Wisdom; April 19-21, 1991
Keewaydinoquay, Ojibway Elder Herbalist
Camp Wowitan, Wisconsin

Wildflower Botany of Indigenous Plant Populations; April 14, 24, May 1, 8, 1991
Nan Buckardt, Naturalist; Ryerson Woods
Lake County, IL

Traditional Medicines; February 22, 1991
Charlotte Gyllenhaal, Ph.D.,
Pharmacognosist, World Health Organization Collaborating
Center for Traditional Medicines
Evanston, IL

Ayurvedic and Chinese Medicine; January 26, 1991
Rudolph Ballantine, M.D.
Himalayan Institute, Glenview, IL

Natural and Spritual Healing; October, 1990
Hanna Kroeger
Chicago, IL

Herbs as Teachers: Herbs, Attitudes & Answers; April 24, 1990
Steven Horne, Herbalist
Mt. Prospect, IL

Herbs for Children; April 22, 1990

Steven Horne
Mt. Prospect, IL

Constitutional Herbology and Iridology; April 19-21, 1990
Steven Horne, Herbalist
Skokie, IL

Coming Clean: Cleansing and Detoxification; April 17, 1990
Steven Horne, Herbalist
Skokie, IL

Water Quality Specialist, Certification Course; February 22-24, 1990
Lant Olsen
Skokie, IL

Oriental Diagnosis; October, 1989
Murry Snyder
New Leaf School, Chicago, IL

Oriental Diagnosis; May, 1989
Ohashi
Chicago, IL

Iridology Intensive; November, 1988
Bernard Jensen, D.C.
Escondido, CA

Natural Health Counselor Training; March, 1987
Steven Horne, Herbalist
Spanish Fork, UT

Herbal Apprenticeship; June, 1985-June, 1990
Norma Whitney, Herbalist
La Grange, IL

Licensed Practical Nurse Autumn, 1984-Present
State of Illinois

Touch for Health Instructor Certification; January 23-28, 1984
Gordon Stokes
South Euclid, OH

Perinatal Psychology; February 4-5, 1983
Thomas Verny, Ph.D.
Cleveland Heights, OH

Touch for Health I; February, 1983
Bonnie Epstein
South Euclid, OH

Licensed Practical Nurse November, 1982
State of Ohio

Graduate Practical Nurse October, 1982
Top 10% of class
Central School of Practical Nursing, Cleveland, OH

Associate of the Arts Degree
Cuyahoga Community College, Cleveland, OH

December, 1977

Education & Design Studies
Antioch College, Columbia, MD

September, 1973 - May, 1974

**Independent study and practical application of herbs
and whole foods cuisine**

1969-Present