

RACHEL M. SILVES

Herbalist - Aromatherapist - Coach

EDUCATION

- Masters of Rehabilitation Counseling; December 2009, Texas Tech University Health Science Center; Online
 - Courses included: Case Management, Medical Aspects of Disability, Psychiatric Rehabilitation, Psychosocial Aspects of Disability, Counseling Theories, Research Methods, and Group Counseling Theory.
- Bachelor of Science; Community Health, 2006, Western Washington University; Bellingham, WA
 - Courses included: Anatomy/Physiology, Chemistry, Biology, Genetics, Psychology, Nutrition, Alcohol, Drug & Substance Abuse, Sex Education, Program Planning, Worksite Wellness, and Environmental Health.

COURSES COMPLETED

- Heartwood Foundations of Herbal Medicine - Fall 2019 - 150 hours
- Southwest School for Botanical Medicine with Michael Moore- Constitutional Physiology- 150 hours.
- Paul Bergner Foundations of Western Herbalism Program- 150 hours
- Pathology course with John Minarcik, MD- 130 hours.
- New York Institute of Aromatic Studies with Jade Shutes, Foundations of Aromatherapy - 150 hours
- Heartstone, Advanced Physiology with Tammi Sweet- 40 hours
- New York Institute of Aromatic Studies with Jade Shutes, French Aromatherapy- 123 hours
- New York Institute of Aromatic Studies with Jade Shutes, Butters, Balms, and Salves - 24 hours
- Vintage Remedies with Dr. Jessie Hawkins, Advanced Herbalist course - 100 hours
- Vintage Remedies with Dr. Jessie Hawkins, Aromatic Medicine - 50 hours

CURRENTLY ENROLLED

- Herbal Medicine for Women with Aviva Romm, MD -To be completed Spring 2019 - 400 hours
- New York Institute of Aromatic Studies with Jade Shutes, Aromatic Scholars- 350 hours
- Paul Bergner Advanced Western Herbalism & Western Clinical Herbalism - 220 hours
- Medicine Making Course with Thomas Easley- 20 hours

CLASSES ATTENDED

- Clinical Assessment Certificate at the 2019 AHG Conference - 24 hours
- August 2019- NW Herb Symposium; intensive with Katolen Yardley on Rheumatoid Arthritis - 4 hours
- April/May 2019 -Webinar series with Chanchal Cabrera, Medical Herbalist - 5 hours
- Summer 2018- Plant Walk at Van Dusen Botanical Gardens with Katolen Yardley - 2 hours
- Summer 2018 - Grow your Own Herbal Medicine course with Chanchal Cabrera - 20 hours
- August 2018- 3 day NW Herb Symposium & intensive with Paul Bergner on Biofilms- 30 hours
- August 2017- NW Herb Symposium; intensive with Michael and Lesley Tierra: Eight Principles and the Basics of Herbal Prescribing- 4 hours
- Summer 2017- Herbal Pharmacology with Guido Masse and The American Herbalist Guild, 16 hours
- May 2016- Spreens Class: A class on Spring Greens with local herbalist Chris Boernke, 6 hours
- 2012 Handcrafted Soapmaker's Guild Annual Conference, Portland, OR, 32 hours

MEMBERSHIPS, AFFILIATIONS & MENTORS

- Katolen Yardley, Medical Herbalist, May 2019-present. Attended student clinic in pursuit of AHG Clinical Hours
- American Herbalist Guild- Student member. Pursuing professional membership
- National Institute of Medical Herbalists- Student member
- National Association of Holistic Aromatherapy- Certified Level 1 Aromatherapist

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TEACHING EXPERIENCE

Adjunct Faculty Northwest Indian College Bellingham, WA

August 2019-present

- Medical Aspects course for Tribal Vocational Rehabilitation Counselors

Lecturer Living Earth Herbs Bellingham, WA

May 2019-present

- Essential Oils for Immune, Pain, and Myth Busters.

Guest Presenter Ultimate Bundles Online Webinar

May 2018

- Herbs & Essential Oils for Beginners
- Essential Oils Panelist

RELEVANT EXPERIENCE

Owner Advancement Northwest Bellingham, WA

January 2010-Present

- Provided vocational rehabilitation, case management, and counseling to individuals with disabilities.

Herbalist Living Earth Herbs Bellingham, WA

March 2016-Present

- 200+ hours providing retail support, creating custom tinctures, teas, and essential oil blends, and providing consultation to customers.

Contract Herbalist/Aromatherapist Ultimate Bundles Ontario, Canada

May 2018-December 2018

- Provided 6 months of herbal and aromatherapy Q&A to customers of Ultimate Bundles.

Health Coach PeaceHealth/WellnessWrx Bellingham, WA

August 2009 to September 2016

- Provided health coaching to the community. Specific duties included: blood pressure, cholesterol screening, height/weight, counseling, setting wellness goals, and teaching a sleep class.
- Developed course materials including instructor and student materials. Facilitated trainings at various worksites.

Owner Northwest Scents Bellingham, WA

February 2012 to March 2017

- Formulated, created, labelled, and sold personal care products including: cold process soap, body lotion, lip balm, bath bombs, bath salts, and soy candles.
- Familiar with good manufacturing practices and techniques for making a wide array of personal care products including herbal infused oils, tinctures, salves, balms, infusions, and decoctions.