

Donna Costa, DSHomMed

London, ON



Experience/education/practice in homeopathy: I graduated in 2004 from the Toronto School of Homeopathic Medicine. After graduation, I studied for two years with Dr. Joseph Kellerstein in his "Homeopathy by the Book" program with an in-depth study of the *Organon*, as well as casetaking techniques based on Joe's studies with Andre Saine. During this course, I opened my practise in east London. I then went on to study further with the homeopathic scholar, Klaus Scheiman-Burkhardt. This course honed my study skills and developed my appreciation for cases from the masters. In addition to my office in east London, I now also practise from a downtown office in a thermography clinic.

Past and present contributions to homeopathy: I continue to educate the public and participate in Homeopathy Awareness Week with different methods such as an open house, library displays, and public speaking. I also offered a free homeopathic flu clinic for three years. I am a regular instructor at the London Campus of the Toronto School of Homeopathic Medicine where I teach first year Materia Medica. I also developed a Casetaking class where we discuss the blocks to being an unprejudiced observer and learn questioning techniques based on the NLP Language Model.

Non-homeopathic skills and experience: Before training as a homeopath, I spent 19 years as an Administrative Assistant, primarily in aviation. I have strong administration and coordination skills, and am used to working with people with different philosophies and personalities. I also have three years experience in Accounts Payable/ Receivables. I was the Vice-President of the International Association of Administrative Professionals (London Chapter), and have been an active member of several committees throughout my career. I am also a registered Nutritional Consultant with the International Organization of Nutritional Consultants. I have been a volunteer for Wellspring Cancer Support and the St. Vincent de Paul Society.

Areas of interest in homeopathy: I love reading old cases and am always amazed at the wealth of information in the original provings. There is so much to learn from these valuable sources. My practise has been a general practise and, most recently, the focus is shifting towards women with cancer.

Other life interests: Family, especially my 2-year old grandson who loves to run his fingers over my tubes of remedies and say "Medicine!" I also am a Laughter Yoga Teacher and lead a free community laughter club. Other interests include Reiki, shamanism, antique roses, and hiking.

Vision for CSH: My vision for CSH is to continue to educate the public so that homeopathy becomes recognized as a distinct system of medicine, as a respected profession, and as a viable treatment option for health. The CSH sets standards of education so that all members are recognized as qualified, classical homeopaths. The CSH serves to unite homeopaths across Canada. "United we stand...."

How you would contribute to CSH as a Director: I have a variety of administration and coordination experience, as outlined above.

Favourite aphorism: As a new homeopath striving to put the aphorisms into practise, my present philosophy is best described as "Prove all things and hold fast that which is good."