Nonsense

Not only are major scientific matters suppressed or distorted. Even the minor matter of a capacitor's self resonant frequency is suppressed. As a result, people buy twice as many capacitors.
Ivor Catt 30 july 2018

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No 1 Google hit out of 40,000 for
"Self resonant frequency" + capacitor

https://www.quora.com/What-is-the-self-resonant-frequency-of-a-capacitor

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12 Mar 2015 - Nowdays you usually just avoid the problem altogether by using several **capacitors** in parallel, of widely spaced values. A factor of 10 to 30 is a good range, as the resonant frequencies go as the square root of the **capacitance**. Actually a bit faster than that, as a smaller **capacitor** lead has less inductance.

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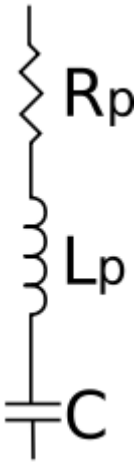
We like to model a capacitor as an ideal reactive element with a -90 degree phase shift ($Z=\frac{1}{sC}$Z=1sCZ=1sC), but they do not have such pure behavior: the resistance and inductance of the conductors from which it is constructed (i.e. the wires, contacts, form of construction, and casing) makes every capacitor to be better modeled as a series RLC circuit:



where R_pRp is the *lumped parasitic resistance* and L_pLp is the *lumped parasitic inductance*.

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Hits no. 13, 14, 15, 16 are Catt
http://www.ivorcatt.co.uk/2603c.htm
Capacitor self resonant frequency does not exist.
Students are taught how to conduct experiments to measure it.