



# Cyndi Gilbert

N A T U R O P A T H I C D O C T O R

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## ABOUT ME

Licensed naturopathic doctor with prescribing rights in Ontario with extensive experience as an educator, public speaker, author, and collaborator with other healthcare providers. Consultant and leader in anti-racism anti-oppression, cultural humility, and EDI training, policy initiatives, and curriculum development for naturopathic and other allied health practitioners, clinics, and educational institutions. Clinical focus in mental health, trauma, 2SLGBTQIA+ health, and substance use. Nature therapy and park prescription advocate.

## EDUCATION

### Naturopathic Doctor

Canadian College of Naturopathic  
Medicine  
2007

### BA Hons (Cultural Studies)

Trent University  
1999

## VOLUNTEER

### Associate Editor

CANDJ (*CAND Journal*)  
2020-present

### Board of Directors

Ontario Association of Naturopathic  
Doctors  
2020-present

### Founder / Chair

IDEA (*Inclusion, diversity, equity, advocacy*)  
Committee, CCNM  
2018-2022

## EMPLOYMENT

### Naturopathic Doctor

*Self-employed / 2008-present*

Community-based naturopathic practice providing integrated, collaborative, and anti-oppressive care to patients across Ontario. Licensed in ON with prescribing rights.

### Co-founder

*Heal All Consulting / Toronto / 2021-present*

Development and provision of training, online self-paced continuing education, and organizational consulting services for health & wellness providers to help them provide 2SLGBTQIA+-inclusive care.

### Faculty

*Canadian College of Naturopathic Medicine / Toronto / 2007-present*

Clinical supervision & evaluation of student interns, curriculum development and delivery in cultural humility, 2SLGBTQIA+ health equity, trauma-informed care, medical humanities, and botanical medicine.

### Director, Atlantic Canada

*Sierra Club of Canada / Halifax / 2000-2002*

Organizing environmental campaigns, volunteer coordination, membership development, public outreach, media relations, fundraising, and office administration for Atlantic Canada region.



Cyndi Gilbert

NATUROPATHIC DOCTOR

## ARTICLES

Reconciliation and publication standards at CANDJ. In press.

Impact of cultural competency training in naturopathic medical students: self-assessed changes in awareness, knowledge, skills, and attitudes. CANDJ. 2022;29(2):18-24.

Putting risk factors in context: an anti-oppression approach. CANDJ. 2021;28(1):25-31.

Collaboration in the time of COVID-19: Lessons for community shared care models. CANDJ. 2020;27(2):11-12.

Supporting transgender and gender diverse youth in naturopathic practice. CANDJ. 2020;27(1):33-36.

Neutralizing clinical language: Working with gender and sexual diversity. 2019 Feb.

"Insider/Outsider: Breaking the boundaries of heteronormativity." In: Spawning Generations. Toronto: Demeter Press; 2018.

Working with underserved communities. OAND The Pulse Magazine. Winter 2018; 88: 24-30.

Back to school jitters: understanding anxiety in kids and teens. EcoParent Magazine. Fall 2016.

Nature prescription: The Missing link in dementia treatment. NDNR [online]. 2016 Feb 9.

Nature rx: Health benefits of spending time in nature. CAND Vital Link. Fall/Winter 2015: 23-33.

The healing power of what? Definitions of the vis medicatrix naturae. NDNR [online]. 2013 Nov 5.

## BOOKS

Forest bathing: A start here guide. New York: St Martins Press; 2019.

The essential guide to women's herbal medicine. Toronto: Robert Rose; 2015.

Principles & practices of naturopathic botanical medicine, Volume 1: Botanical medicine monographs. Toronto: CCNM Press; 2010.

## SPEAKING ENGAGEMENTS

"Putting risk factors in context: an anti-oppression approach," Collaborative Education Conference, Apr 2022.

"Neutralizing clinical language," BCNA and NAPCP, 2021-2022.

"Adjunctive naturopathic care in cPTSD," Women's College Hospital Psychiatry Grand Rounds, Feb & Sept 2021.

"Beyond the trend: Uprooting racism in medicine," NFH webinar, Feb 2021.

"Uprooting racism: Cultural competency in naturopathic practice," OAND webinar Oct 2020 and NSAND webinar Nov 2020.

"Trans primary care for NDs," self-published online course, 2020.

"Mental health in the LGBTQ2S+ community," BRB Conference, Sept 2020.

"Diverse patient populations in naturopathic practice: Ethics, skills & responsibilities," Collaborative Education Conference, Apr 2020.

"Forest bathing and green prescriptions for health," OAND Convention, Nov 2019.

"Forest bathing: the healing power of nature," Healing Skies Conference, June 2019.

"Queering naturopathic medicine: LGBTQ2S competency for NDs," OAND Conference Oct 2018, AANP Convention Aug 2019 and NHAND Conference Nov 2020.

"Cultural competency for naturopathic doctors," online course, Collaborative Education, 2017.

"Herbal prescriptions for adrenal fatigue: understanding the evidence & energetics," Collaborative Education Conference, Apr 2017.

"Naturopathic approaches to psychosis and schizophrenia," ILANP Conference, Oct 2016.