

11300 Rockville Pike  
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**The Gilbert Clinic**  
*Caring with great resolve.*

## Invited Presentations

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<b>Annual Lecture Series:</b>	January 16, 2008
• <b>Overview of Chinese Medicine</b>	January 24, 2007
• <b>Evidence for the Healthful Effects of Nutritional Supplements</b>	January 20, 2006
• <b>Integrative Medicine Applied to Chronic Fatigue Syndrome &amp; Fibromyalgia – The Gilbert Clinic Method</b>	January 14, 2005
Blackman JA and Gilbert JP Johns Hopkins School of Public Health, Baltimore, MD	
<b>Overview of Chinese Herbology</b>	April 4, 2007
Gilbert JP Georgetown Medical School, Washington, DC	
<b>Herbal Brews &amp; Evolving Views: Reuniting Body &amp; Mind</b>	March 17, 2007
Gilbert JP and Bains AL Northern Virginia CFS / FMS Support Group, Arlington, VA	
<b>Overview of CAM and its Use in the United States</b>	March 14, 2007
Blackman JA Georgetown Medical School, Washington, DC	
<b>Diagnosis and Effective Treatment for Fibromyalgia and Chronic Fatigue Syndrome</b>	December 15, 2006
Blackman JA, Gilbert JP, Bains AL Grand Rounds, Frederick Memorial Hospital, Frederick, MD	
<b>Overview of Chinese Medicine &amp; The Gilbert Clinic Integrative Model</b>	November 8, 2006
Blackman JA, Gilbert JP University of Arizona, Program in Integrative Medicine, Tucson, Arizona	
<b>Applying Integrative Medicine to Chronic Health Conditions</b>	October 21, 2006
Blackman JA Northern Virginia CFS / FMS Support Group, Arlington, VA	
<b>Exploring Ancient Paths to Well-Being: Change Your Thoughts Change Your Life</b>	August 26, 2006
Bains AL International Center for Cultural Affairs, Rochester, NY	
<b>The Gilbert Clinic Integrative Model</b>	July 31, 2006
Blackman JA, Gilbert JP, Bains AL Grand Rounds, George Washington Center for Integrative Medicine Washington, DC	

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| <b>Diagnosis and Effective Treatment for Fibromyalgia and Chronic Fatigue Syndrome</b><br>Blackman JA and Gilbert JP<br>Maryland Academy of Family Physicians 2006 Annual Assembly<br>Ocean City, MD   | June 30, 2006         |
| <b>CFS &amp; Fibromyalgia – States of Unrest</b><br>Gilbert JP<br>Northern Virginia CFS / FMS Support Group, Arlington, VA   | June 17, 2006         |
| <b>Annual Lecture Series:</b> <ul style="list-style-type: none"><li>• <b>Overview of Chinese Medicine</b></li><li>• <b>Evidence for the Healthful Effects of Nutritional Supplements</b></li><li>• <b>Integrative Medicine – Complete Clinical Care – The Gilbert Clinic Method</b></li></ul> Blackman JA and Gilbert JP<br>Johns Hopkins School of Public Health, Baltimore, MD | January 20, 2006      |
| <b>Change Your Thoughts, Change Your Life</b><br>Bains AL<br>Nurse Practitioners of Capital Region<br>Washington, DC   | October 25, 2005      |
| <b>Integrative Medicine – Blending of Allopathic Medicine with Alternative Therapies</b><br>Blackman JA<br>Baltimore City Medical Society, Baltimore, MD   | March 8, 2005         |
| <b>Integrative Medicine Approaches in the Treatment of Fibromyalgia and Related Disorders</b><br>Blackman JA and Gilbert JP<br>American Academy of Pain Management Annual Clinical Meeting,<br>San Diego, CA   | September 24,<br>2005 |
| <b>Effective Treatment for Chronic Fatigue Syndrome and Fibromyalgia</b><br>Blackman JA and Gilbert JP<br>American Holistic Medical Association Scientific Conference<br>Philadelphia, PA  | May 13, 2005          |

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| <b>Supplementing your Food – Essential Nutrients for Healthy Living</b><br>Blackman JA<br>Maryland Chapter of American College of Physicians<br>Turf Valley, MD                | February 11, 2005 |
| <b>Overview of Chinese Herbal Medicine</b><br>Gilbert JP<br>Johns Hopkins School of Public Health<br>Baltimore, MD   | January 14, 2005  |
| <b>Integrative Medicine Approaches to Fibromyalgia</b><br>Blackman JA and Gilbert JP<br>Arthritis Foundation Women's Health Symposium<br>Baltimore, MD                         | October 30, 2004  |
| <b>Integrative Medicine Approaches to Inflammatory Bowel Disease</b><br>Blackman JA and Gilbert JP<br>Crohn's and Colitis Foundation Patient Education Day<br>Williamsburg, VA | October 24, 2004  |
| <b>Acupuncture for Primary Care</b><br>Blackman JA<br>American Academy of Family Practice Annual Scientific Conference<br>Orlando, FL  | October 16, 2004  |
| <b>Integrative Medicine: Herbs and Dietary Supplements</b><br>Blackman JA<br>Maryland Academy of Family Physicians 2004 Annual Assembly<br>Ocean City, MD                      | June 25, 2004     |
| <b>Nutritional Supplements for Healthy Aging</b><br>Blackman JA<br>Howard County Department of Aging, Columbia, MD   | June 12, 2004     |
| <b>Integrative Medicine Approaches to Inflammatory Bowel Disease</b><br>Blackman JA and Gilbert JP<br>Crohn's and Colitis Foundation Patient Education Day<br>Pikesville, MD   | June 6, 2004      |

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| <b>Introduction to Energy Psychology &amp; Effective Techniques for Relieving Stress</b><br>Bains AL<br>The National Ovarian Cancer Coalition, Baltimore, MD   | June 5, 2004          |
| <b>Integrative Medicine Approaches to Fibromyalgia</b><br>Blackman JA and Gilbert JP<br>National Institutes of Health, Bethesda, MD  | June 3, 2004          |
| <b>Energy Techniques for Relieving Stress</b><br>Bains AL<br>Sinai Hospital, Pediatric Oncology, Baltimore, MD   | April 25, 2003        |
| <b>Integrative Medicine Approach to Menopause</b><br>Blackman JA.<br>Women's Health Research Symposium, Baltimore, MD  | October 24, 2003      |
| <b>Complementary Therapies for Rheumatologic Conditions</b><br>Blackman JA<br>Arthritis Foundation Symposium, Baltimore, MD  | September 26,<br>2003 |
| <b>Essential Fatty Acids and Their Roles in Our Health.</b><br>Blackman JA and Payne C.<br>American Holistic Medical Association Scientific Conference<br>San Diego, CA  | May 30, 2003          |
| <b>Fellowship Training in Integrative Medicine: an overview of programs in the U.S. and discussion of what is or should be involved in training Integrative Physicians</b><br>Blackman JA and Nedrow A<br>American Holistic Medical Association Scientific Conference<br>San Diego, CA | May 31, 2003          |
| <b>Introduction of Complementary Medicine Techniques to Nurse Practitioners</b><br>Bains AL<br>Nurse Practitioners Association of Maryland, Baltimore, MD  | May 22, 2002          |
| <b>Energy Psychology and Stress Reduction</b><br>Bains AL<br>Grand Rounds, Johns Hopkins Hospital, Baltimore, MD   | February 2, 2002      |