The University of New Mexico Health Sciences Center
Continuing Medical Education & Professional Development and
The Permanente Journal, Kaiser Permanente present the:

EIGHTEENTH ANNUAL

Taos Writing & Wellness
Retreat for Health Professionals

August 6 - 12, 2017
At the historic
Mabel Dodge Luhan House
in Taos, New Mexico
Doctors, nurses, psychologists, physician assistants, ethicists, residents, medical students, other health professionals...

Pursue your writing in an environment that provides maximum space for personal exploration and growth. Bring along work-in-progress (scholarly and/or creative). Experiment with new ways of writing – short stories, poems, personal accounts of difficult medical passages, ethical dilemmas, significant encounters with patients, personal reflections. Or simply bring a desire to write.

We integrate wellness activities into the programming with optional morning walks, breathing, meditation and yoga practices, individual wellness coaching, and afternoon and evening sessions exploring ways to increase resilience and meaning in our clinical work.

Mornings from nine to noon, participants meet in the graceful Luhan House classroom to write alone and with each other, to read and discuss poems and literary passages, and to discuss various aspects of writing.

Afternoons are free for scheduled writing and/or wellness consultations with faculty members, for optional small group meetings, and for solitary writing, reflection, and communion with the beauty of Taos. Evening gatherings include readings, videos, and wellness sessions.

Too often in hospitals and clinics, in busy professional lives, there is no time for reflection. But here, left-out stories are told, shared, and written. This reflection and sharing promote wellness, as do our optional daily walks, breathing, meditation, and yoga practices, and individual and group sessions exploring ways to increase resilience and meaning in our clinical work. Participants are relaxed and energized. A synergy occurs through a mix of fellow writers, gorgeous surroundings, fabulous food, and spontaneous encounters that add up to more than the sum of the parts.

CME credits (22.0 hours) available for physicians, physician assistants, and nurse practitioners. Pieces written at the 2017 retreat will be invited for submission to the Permanente 'leaflet'.

Photo by Roland Tcheng, MD (2011 Taos Writing Retreat for Health Professionals participant)
2017 Faculty:

Jeanne Bereiter, MD is a child and adolescent psychiatrist and Clinical Associate Professor at the University of New Mexico School of Medicine where she also teaches writing for medical students, residents, and faculty. She has a background in family medicine and in creative writing. She is interested in the use of narrative to deepen understanding and has published personal and medical narratives in medical and literary journals.

Elizabeth Lawrence, MD, FACP is an Associate Professor in the Department of Internal Medicine at the University of New Mexico and Director of Medical Student and Physician Wellness at UNM School of Medicine. In her wellness role, Liz is developing and implementing curricula to enable medical students to identify strategies and tools to maintain their wellness and is working on several UNM Initiatives to prevent and treat burnout for faculty and learners. Liz believes strongly that clinicians must take care of themselves in order to deliver optimal patient care. She maintains a general internal medicine practice at La Familia Medical Center in Santa Fe.

Julie Reichert, PhD is a filmmaker and a writer of creative nonfiction, stories, poems, and screenplays. Before retiring in 2012, she taught writing for medical students, residents, and faculty at the University of New Mexico School of Medicine, and created numerous writing workshops for medical practitioners and people living with illness. She co-founded the Taos Writing Retreat for Health Professionals with writer David Morris.

Cost: $2,350 per participant. Includes six nights lodging (attractive private room with bath), three gourmet meals per day, and all workshops, individual sessions, and evening programming and materials. A spouse or adult companion is welcome to share the room, at an extra cost of $100/ day for meals plus $75 for the week to participate in wellness programming (morning meditation and 2 afternoon/evening sessions.)

Payment by check, credit card or PO. Space is limited to 16 participants. Reserve early. A non-refundable deposit of $750 will secure your reservation. Late registration (after July 15, 2017) is $2,450. A UNM Tuition Waiver may be used for $1224.56 for UNM Faculty and Staff.

For more information about registration, call Lois Montoya at (505) 272-1468 or e-mail lemontoya@salud.unm.edu. For more information about the content of the retreat, e-mail Jeanne Bereiter, jbereiter@salud.unm.edu.

How to Register:

Online at: http://som.unm.edu/education/cme
Fax: 24 hours/day to (505) 272 - 8604
Call: (505) 272 – 3942; 8:00 AM and 5:00 PM (MST)
Mail to:
UNM CME; MSC09 5370,
1 University of New Mexico,
Albuquerque, NM 87131-0001.

Cancellation: If you cannot attend, Continuing Medical Education & Professional Development will refund tuition, less a $40.00 administrative fee provided it is received in writing on or before July 15, 2017. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, UNM CME is not responsible for any airfare, hotel, or other cost incurred by participants.

“This week left me refreshed & brimming, with ideas. It is certain to help both my professional & personal writing.”
~ Karen P. Baum, MD
(2013 participant)

“Combining the mindfulness & reflective writing is unique and effective…”
~ Madeline Harrison, MD
(2013 participant)
Registration Form

Eighteenth Annual Taos Writing and Wellness Retreat for Health Professionals
August 6 - 12, 2017

NAME: ___________________________ INSTITUTION: ___________________________
STREET ADDRESS: ___________________________ CITY: ___________________________
STATE: __________________ ZIP: __________________ EMAIL: __________________
DAYTIME PHONE: __________________ FAX: __________________

KAISER PERMANENTE EMPLOYEE? □ YES □ NO

How did you hear about this retreat? □ CME PUBLICATION □ THE PERMANENTE JOURNAL □ WEBSITE □ FRIEND □ OTHER: ___________________________

REGISTRATION FEES:
Registration (on or before 7/15/17) □ $750.00 
Non-refundable deposit
(includes lodging, meals & all supplies)
Individual $2,350.00
Late registration (after 7/15/17) $2,450.00
Spouse/companion $100/night for ______ nights (food and shared room with retreat participant)
+$75 to attend morning meditation and 2 afternoon/evening wellness sessions

METHOD OF PAYMENT: □ CHECK (payable to UNM CME) □ UNM TUITION REMISSION FORM ($1224.56 toward tuition) □ INSTITUTION PURCHASE ORDER

VISA/MASTERCARD □ Account Number: ___________________________ □ “V” Code (last 3 numbers on back of card) __________________
Expiration Date: ___________________________ Amount: ___________________________ Cardholder’s Signature: ___________________________

Please mail to: UNM Continuing Medical Education & Professional Development, MSC09 5370, 1 University of New Mexico, Albuquerque, NM 87131-0001. Telephone registrations (505) 272-3942 or Fax registrations to (505) 272-8604 will be accepted for Visa, MasterCard and Purchase Orders only. Registrations faxed without a Visa or MasterCard number or a copy of the Institutional Purchase Order will not be processed.

Program Objectives:
By the end of this retreat, participants will be able to:
1. Practice at least four new written communication skills to enhance their clinical practice.
2. Use reflection as a means to better understand their patients' experiences and to better communicate with their patients about these experiences.
3. Define burnout, resiliency, and wellness and identify strategies they can use to increase purpose and connection in clinical practice.

Individuals requiring special accommodations should contact Continuing Medical Education at (505) 272-3942 at the time you register. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. For a description of the Mabel Dodge Luhan House and the Taos area, see www.mabeldodgeluhan.com. For a description of the Taos Writing and Wellness Retreat Webpage at www.taoswritingretreat.com.