

22nd annual
**TAOS WRITING &
WELLNESS RETREAT**
for health professionals

July 30 - Aug. 5

Mabel Dodge Luhan House
Taos, New Mexico



NM SCHOOL
OF MEDICINE

Doctors, nurses, psychologists, physician assistants, ethicists, residents, medical students, other health professionals...

Pursue your writing in an environment that provides maximum opportunity for personal exploration and growth. Bring along a work-in-progress (scholarly and/or creative). Bring a desire to write. Experiment with new ways of writing – short stories, poems, personal essays, or narrative nonfiction. Use reflection and writing to better understand professional challenges, patient interactions, and ethical dilemmas.

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



Participants from the 2013 retreat

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.

The opportunity for reflection, writing, and self care in this beautiful Northern New Mexico setting is unique. Participants are relaxed and energized. The interactions with fellow writers, gorgeous surrounding, fabulous food, and spontaneous encounters create a magical synergy.

CME credits (22.0 hours) available for physicians, physician assistants, and nurse practitioners.

LEARNING OBJECTIVES

By the end of the retreat, participants will:

- Complete a writing project of their own choosing applying the writing principles discussed during the week.
- Identify and practice at least three new tools to promote personal well-being and minimize burnout.

ACCREDITATION

The University of New Mexico School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of New Mexico School of Medicine designates this live activity for a maximum of **22.00 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



"I rejuvenated my creative voice with supportive peers finding their ways of expressing themselves in amazing ways. The knowledgeable and encouraging faculty enhanced our growth combining exercises and input with a mindfulness/wellness perspective." - Jim Dunstan, MD (past participant)

2023 FACULTY



Pamela Arenella, MD is an Adjunct professor in the Department of Psychiatry at the University of New Mexico. She recently relocated to Nova Scotia to join Dalhousie University's Faculty of Medicine in the Department of Psychiatry as a Professor where she brings her expertise in treating those with concurrent problems in mental health and addictions (MH&A) and runs a concurrent MH&As consultation service. Her background is in addiction medicine, educational administration, and professional wellbeing. In her previous position, at the University of New Mexico's School of Medicine, she worked in the concurrent MH&A clinic, as well as serving as the Vice Chair for Education, the Program Director for General Psychiatry, and the Director of Undergraduate Medical Education Wellness Initiatives in the Office of Professional Wellbeing. Dr. Arenella is board certified in General Psychiatry, and Addiction Medicine. She is also a member of the Motivational Interviewing Network of Trainers (MINT). She is passionate about working with patients, trainees, and colleagues to help them identify and achieve their goals in life.



The journey to Santa Fe for **Liz Lawrence, MD, FACP**, began with a blind date in Manhattan arranged by her older brother. Over a vegetarian meal in Greenwich Village, she got to know the native New Mexican who would become her husband. Between the first and second dates, she looked at a map to make sure she knew where New Mexico was located. She had the typical New Yorker's view of the United States: New York on one end of the country, California at the other end, and some stuff in between. She was grateful for her self-imposed geography lesson when she was quizzed on that second date about which 5 states border New Mexico. Although she missed Oklahoma on that quiz, here she is 38 years later, happily married to the same man, the proud mother of two fifth-generation New Mexicans, and a physician whose entire career has been spent practicing in New Mexico. Dr. Lawrence became interested in physician health and wellness after caring for many physician patients and after personally experiencing burnout in her private practice. She currently practices general internal medicine at the University of New Mexico School of Medicine, where she is also the Chief Wellness Officer and Assistant Dean for Professional Wellbeing. Dr. Lawrence is looking forward to spending the week with all of you in Taos, one of many beautiful locations in the state she has come to call home.



Ariel Scott, MD is a lover of coffee and kindness. A writer whose works have been published in the Columbia Narrative Medicine Journal, *The Initima*, she's in the process of workshopping her first novel. A 2014 graduate of UNM Family Medicine residency, she has worked in both primary care and specialty primary care for populations with intellectual and developmental disability and is currently a hospitalist at Presbyterian Hospital in downtown Albuquerque. An alumna of the Columbia Narrative Medicine Online Certificate Program, she's an inspired believer in the power of creativity and the arts to promote wellness for ourselves and others and helped cultivate the current curriculum for writing and healing at the UNM School of Medicine, as well as facilitated curricula for the UNM School of Medicine Pipeline program, New Mexico AAFP, and Presbyterian well-being and ECHO initiatives on reflective writing, critical reflection, and creativity to promote humanism in medical education and practice.

REGISTRATION

\$2,360.00 per participant. Includes six nights lodging (attractive private room with bath), three gourmet meals per day, all workshops and individual sessions, evening programming and materials, and trip to the museum. A spouse or adult companion is welcome to share the room, at an extra cost of \$100.00/day for meals plus \$75.00 for the week to participate in wellness programming (morning meditation and 2 afternoon/evening sessions).

Payment by check, credit card or cash. **Space is limited to 17 participants, including the two (2) scholarship opportunities - see below.** Reserve early. A deposit of \$760.00 will secure your reservation. A UNM Tuition Remission form may be used for up to \$1,652.52 for eligible UNM Faculty and Staff. Any remaining balance (including payment for spouse/companion lodging/meals) will be due before July 14, 2023. **Late registration (after July 14, 2023) is \$2,460.00.**

Your registration will be confirmed via email. If you do not receive a confirmation letter, please contact CPL at **HSC-CPL@salud.unm.edu** to verify your attendance. Confirm your registration before making travel arrangements. Registrations paid in cash must be in the exact amount of tuition. CPL does not maintain a petty cash fund. It is UNM policy to charge offerer \$35.00 plus normal merchant bank fees for each returned check. **CPL does not accept POs or paper registrations with credit card information.**

HOW TO REGISTER

bit.ly/Taos23Reg

Accepted methods of payment: Credit cards, checks, cash, UNM PR, or UNM tuition remission

CPL does not maintain a petty cash fund. Cash payments must be made in the exact amount. Checks should be made payable to the UNM CPL and mail it along with this form to: The University of New Mexico, Office for Continuous Professional Learning, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. CPL does not accept POs or paper registrations with credit card information.

For UNM faculty and staff who receive tuition remission benefits, this CME activity is approved for tuition remission at a rate of up to \$1,652.52. You will be required to submit your tuition remission form when you register. **REMEMBER:** Tuition remission only covers a portion of the tuition. Participants are responsible for the balance by July 14, 2023.

SCHOLARSHIPS

A scholarship for one eligible HSC student and a scholarship for one eligible SOM student/house officer/faculty/staff member are being offered to attend this year's retreat. Each of the available scholarships covers tuition, and room and board for 6 nights. **Travel to/from Taos is the only expense not covered.** For all of the scholarship details and how to apply, please visit:

https://hsc.unm.edu/medicine/education/cpl/_cpl-docs/taos23-scholarship-announcement.pdf

UNM TUITION REMISSION

All eligible UNM faculty and staff may enroll using a UNM Tuition Remission (waiver) to cover a portion of the tuition costs (**up to \$1,652.52**). A copy of the UNM Tuition Remission Form can be found here: **<https://hr.unm.edu/benefits/tuition-remission>**. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance.

CANCELLATION

If you preregister and cannot attend, CPL will refund tuition, less a \$40.00 administrative fee, provided it is in writing **via email on or before July 14, 2023**. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is canceled, registrants will be notified via email. CPL is not responsible for any airfare, hotel, car rental or other costs incurred by participants.

SPECIAL ACCOMMODATIONS

Individuals requiring special accommodations should contact CPL as soon as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

COVID PRECAUTIONS

The UNM Health & Health Sciences encourages activity participants to mask indoors. Continuous Professional Learning (CPL), the activity organizers do not conduct contact tracing and advise participants to follow the CDC guidelines for social interaction.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

QUESTIONS?

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**SCHOOL OF
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CONTINUOUS
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