October 15-16, 2026

HYATT REGENCY TAMAYA RESORT & SPA

1300 Tuyuna Trail
Santa Ana Pueblo, NM

How do we harness these drivers to create meaningful change in our lives, work and institution?

SCHOOL OF MEDICINE
INTERNAL MEDICINE

DRIVERS OF CHANGE:
PURPOSE, PRESSURE, PRESENCE

UNM Doctors, nurses, psychologists, physician assistants, residents, other health professionals...

PLEASE NOTE: This retreat is for UNM faculty and staff only

Approximately 45% of physicians report at least one symptom of burnout. Burnout leads to decreased quality and safety of patient care and decreased physician retention. New Mexico has a significant physician shortage. Strategies to address burnout include building community and sense of belonging, enhanced self-awareness, finding purpose and meaning in work, identifying stressors and working together for systemic change. This retreat is intended to use these strategies to address burnout and promote physician well-being and retention.

We will integrate wellness activities into the programming with optional free time to soak in pools, relax with colleagues, or schedule a spa treatment (at your own cost).

Mornings from nine to noon, participants meet to discuss what drives us to do what we do and to brainstorm for change.

Afternoon discussions will center around challenges and what goals and intention for change we'll have after the retreat.

CME credits (up to 11.00 hours) will be available.

LEARNING OBJECTIVES

By the end of the retreat, participants will:

- Identify and analyze three drivers of change in your life and the healthcare environment
- Develop strategies to support and promote change
- Learn and explore well-being strategies that can be used to mitigate burnout
- Build a peer support network to enhance resiliency and support ongoing personal and systemic change

ACCREDITATION

PHYSICIANS

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.

ACCME ACCREDITED

The University of New Mexico School of Medicine designates this live activity for a maximum of **11.00** *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

OTHER HEALTHCARE PROVIDERS

This program has been approved for *AMA PRA Category 1 Credits™* for physicians. Many societies and credentialing bodies accept the *AMA PRA Category 1 Credits™* as an equivalent as long as the topic is relevant to applicant's field or discipline. To obtain other healthcare provider CE credit, refer to the guidelines provided by your board to understand specific requirements. A certificate with a statement of attendance and supporting documentation you can use to apply for CE relevant to this activity, will be provided after the course.

From past participants...

"I cannot say enough good things about this. I loved that we were all just people and roles didn't come into play- I likely wouldn't have been able to fully experience the benefit if my boss or even colleagues I work with regularly were there because I would have been worried about sharing too much. I felt like it was exactly what I needed to reset and refocus."

"The facilitator created a very helpful and comfortable learning environment that was needed for this topic. I liked having multiple mindfulness sessions to reset and improve my focus."

THURSDAY, OCTOBER 15, 2026

7:30-8:30 am	**Breakfast (provided)**
9-10 am	**Introductions & Review of Retreat Agenda** Maria Hoober, MD
10-10:15 am	**BREAK**
10:15 am-12:00 pm	**Why Do We Do What We Do? (Affirming Force)** Maria Hoober, MD
12-1:15 pm	**LUNCH (provided)**
1:15-2 pm	**Free Time (soak in pools, relax with colleagues or walk trails)**
2-3:30 pm	**Stressors and Challenges (Resisting Forces)** Maria Hoober, MD
3:30-3:45 pm	**BREAK**
3:45-5 pm	**Stressors and Challenges (Resisting Forces)** Maria Hoober, MD
5-6 pm	**Happy Hour**
6-7 pm	**Dinner (provided)**
7:30-9pm	**Free Time (soak in pools, relax with colleagues or walk trails)**

FRIDAY, OCTOBER 16, 2026

7-8 am	**Breakfast (provided)**
9-10:15 am	**Brainstorming for Change (Reconciling Force)** Maria Hoober, MD
10:15-10:30 am	**BREAK**
10:30 am-12 pm	**Brainstorming for Change (Reconciling Force)** Maria Hoober, MD
12-1 pm	**LUNCH (provided)**
1-1:30 pm	**Free Time (soak in pools, relax with colleagues or walk trails)**
1:30-2:45 pm	**Goal and Intentions for Change** Maria Hoober, MD
2:45-3 pm	**BREAK**
3-4:30 pm	**Goal and Intentions for Change/Wrap Up** Maria Hoober, MD and facilitators

Survey Study: HRRC ID# 26-015

2026 FACULTY

Maria Hoober MD, MPH is an associate professor in the Department of General Internal Medicine at UNM and Medical Director of the UNM Northeast Heights Clinic. She is also a former Learning Community Mentor for students in the School of Medicine and a former course director in the Doctoring Curriculum. She trained at the University of Pittsburgh where she did a Primary Care Internal Medicine Residency and General Medicine Fellowship. She was a primary care doctor in Pittsburgh for over 25 years before moving to New Mexico six years ago. Maria has been a student and practitioner of contemplative practices for over 15 years and recognizes the profound benefits. She has studied Mindfulness and Meditation teaching under Jack Kornfield and Tara Brach, Enneagram teaching under Russ Hudson and completed the Living School at the Center for Contemplation and Action. She believes strongly in the power of authentic community, sharing stories, and deep listening. She also loves a good hike in the mountains, hanging out with her adult sons, her cat, Pasha, and a fine glass of wine.

REGISTRATION

$2,000.00 per participant. Includes two nights lodging at Hyatt Regency Tamaya Resort & Spa (access to resort amenities, spa treatments are at your own cost), breakfast and lunch for both days, dinner on October 15, and all workshops.

Payment by check, credit card or cash. **Space is limited to 20 participants.** Register early. A UNM Tuition Remission form may be used for up to $2,000.00 for eligible UNM Faculty and Staff. **Late registration (after September 15, 2026) is $2,100.00.**

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. **Please note:** For security and processing efficiency, CPL does not handle credit card payments submitted via paper forms and is unable to process purchase orders. Please use our secure online registration platform.

HOW TO REGISTER

CLICK HERE TO REGISTER

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 to: The University of New Mexico, Office for Continuous Professional Learning, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001.

For UNM faculty and staff who receive tuition remission benefits, this CME activity is approved for tuition remission at a rate of up to $2,000.00. You will be required to submit your tuition remission form when you register.

UNM TUITION REMISSION

All eligible UNM faculty and staff may enroll using a UNM Tuition Remission (waiver) to cover tuition costs listed on the registration form (up to $2,000.00). Proper completion includes all required signatures. No refund or credit will be issued for non-attendance.

1. Complete the conference registration form and select that you will be paying with UNM Tuition Remission.
2. If you need your supervisor's approval to use your tuition remission you will need to upload a completed **UNM Tuition Remission form** with proper signatures to the online registration form.

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 October 1, 2026**. 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, care 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.

QUESTIONS?

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