



25th annual
**TAOS WRITING &
WELLNESS RETREAT**
for health professionals

August 2-8 2026
MABEL DODGE LUHAN HOUSE
Taos, NM

UNM SCHOOL
OF MEDICINE

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



Participants from a past retreat

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.

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 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 (**22.50 hours**) available for physicians, physician assistants, nurse practitioners and other healthcare professionals.

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 one new tool to promote personal well-being and minimize burnout.

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.

The University of New Mexico School of Medicine designates this live activity for a maximum of **22.50** *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, along with supporting documentation you can use to apply for CE relevant to this activity, will be provided after the course.



NEW FOR 2026: MAJOR OVERHAUL OF THE AGENDA AND WRITINGS

2026 FACULTY

Maria Hooper 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 was also a Learning Community Mentor for students in the School of Medicine and is a 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 five 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.



Jeanne Bereiter, MD is a child and adolescent psychiatrist. Since 2018 she has been a Clinical Associate Professor of Psychiatry at the Oregon Health and Science University where she works part time in a psychiatric ER in Portland, OR. Prior to this she was a Professor of Psychiatry at the University of New Mexico School of Medicine where she also taught 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. She co-facilitated the Taos Writing and Wellness Retreat from 2010-2018 and is delighted to be returning in 2026. Her personal interests include foreign travel, cooking, literature, and hiking.



Claudia Finklestein, MD is an Emeritus Clinical Associate Professor of Medicine at the University of Washington School of Medicine. She spent over 20 years providing care at Harborview Medical Center, a University of Washington inner city underserved county hospital. She taught residents and students and was a core teaching faculty member in the college system at UW. During her time providing inpatient and ambulatory care, she developed an interest in physician wellness and burnout and developed a Mind Body Medicine elective for students which she facilitated for 6 years. In her role as wellness director, she arranged for subsidized mindfulness training for residents and faculty and founded a peer support program. She has written throughout her medical career and has been both a participant and facilitator at the Taos retreat. She is eager to return to the desert and to reconnect with writing and writers.



REGISTRATION

\$2,850.00 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 5 afternoon/evening sessions).

Payment by check, credit card or cash. **Space is limited to 16 participants, including the one (1) scholarship opportunity - see below.** Reserve early. A deposit of **\$850.00** will secure your reservation. A UNM Tuition Remission form may be used for up to \$2,850.00 for eligible UNM Faculty and Staff. Any remaining balance (including payment for spouse/companion lodging/meals) will be due before July 15, 2026. **Late registration (after July 15, 2026) is \$2,950.00.**

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.

HOW TO REGISTER

<https://bit.ly/Taos26Reg>

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

For UNM faculty and staff who receive tuition remission benefits, this CME activity is approved for tuition remission at a rate of up to \$2,850.00. You will be required to submit your tuition remission form when you register. **REMEMBER:** If you cannot use all of your tuition remission to cover the registration fee, you will be responsible for the balance by July 15, 2026.

SCHOLARSHIPS

A scholarship for one eligible HSC student or fellow is being offered to attend this year's retreat. The scholarship 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/taos26-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 \$2,850.00**). 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 July 15, 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, 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.

QUESTIONS?

UNM School of Medicine Office for Continuous Professional Learning

MSC09 5370 1 University of New Mexico

Albuquerque, NM 87131-0001

Phone: (505) 272-3942

Email: **HSC-CPL@salud.unm.edu**

Website: **hsc.unm.edu/medicine/education/cpl/**



**SCHOOL OF
MEDICINE**

CONTINUOUS
PROFESSIONAL LEARNING

RETREAT AGENDA

SUNDAY, AUGUST 2, 2026

3-5 pm	Check in
5-6 pm	Wine and cheese reception on back patio
6-7 pm	Dinner
7:30-9 pm	Evening Event - Orientation (No CME)

MONDAY, AUGUST 3, 2026

6:45-7:15 am	Wellness Session (No CME)
7:30-8:30 am	Breakfast
9 am-12:15 pm	Writing Workshops - Narrative Medicine
12:15-1:15 pm	Lunch
1-5 pm	FREE TIME
6-7 pm	Dinner
7:30-9 pm	Wellness Session - Drivers of Change

TUESDAY, AUGUST 4, 2026

6:45-7:15 am	Wellness Session (No CME)
7:30-8:30 am	Breakfast
9 am-12:15 pm	Writing Workshops - Fiction Writing
12:15-1:15 pm	Lunch
1-5 pm	Individual Sessions with Faculty (No CME)
6-7 pm	Dinner
7:30-9 pm	Wellness Session - Drivers of Change

RETREAT AGENDA CONT'D

WEDNESDAY, AUGUST 5, 2026

6:45-7:15 am	Wellness Session (No CME)
7:30-8:30 am	Breakfast
9 am-12:15 pm	Writing Workshops - Memoir and Autofiction
12:15-1:15 pm	Lunch
1-5 pm	Harwood Museum Tour - The Art of Observation
6-7 pm	Dinner
7:30-9 pm	FREE TIME (Optional Movie Night)

THURSDAY, AUGUST 6, 2026

6:45-7:15 am	Wellness Session (No CME)
7:30-8:30 am	Breakfast
9 am-12:15 pm	Writing Workshops - Opinion, Editorial and Essay Writing
12:15-1:15 pm	Lunch
1-5 pm	Individual Sessions for Faculty (No CME)
6-7 pm	Dinner
7:30-9 pm	Wellness Session - Art as a Tool for Self Expression & Wellness

FRIDAY, AUGUST 7, 2026

6:45-7:15 am	Wellness Session (No CME)
7:30-8:30 am	Breakfast
9 am-12:15 pm	Writing Workshops - Writing as a Tool for Wellness & Self Awareness
12:15-1:15 pm	Lunch
1-5 pm	Individual Sessions with Faculty (No CME)
6-7 pm	Dinner
7:30-9 pm	Evening Event - Final Reading of Written Submissions

SATURDAY, AUGUST 8, 2026

7:30-8:30 am	Breakfast
9-10:30 am	Complete ONLINE evaluation forms; Check out by 10:30 am