

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

**TWENTIETH ANNUAL**  
**Taos Writing &**  
**Wellness Retreat for**  
**Health Professionals**



**August 4-10, 2019**  
At the historic  
Mabel Dodge Luhan House  
in Taos, New Mexico

SCHOOL OF  
MEDICINE  
CONTINUING MEDICAL EDUCATION  
& PROFESSIONAL DEVELOPMENT



MSC09 5370  
1 University of New Mexico  
Albuquerque, NM 87131-0001



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.

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.

**Pieces written at the 2019 retreat will be invited for submission to the Permanente 'leaflet'.**



## 2019 Faculty:



**Pamela Arenella, MD** is an Associate Professor at the University of New Mexico's School of Medicine. She is the Vice Chair for Education and the Program Director for Residency Training in the Department of Psychiatry. In her role as Program Director and Vice Chair, she is actively engaged in educational program development for the Department and mentoring both trainees and junior faculty in pursuing their scholarly endeavors. She is also board certified in Addiction Medicine and works as an attending clinician in the Dual Diagnosis Clinic at the UNM Alcohol and Substance Abuse Program and in the UNM Psychiatric Consultants Clinic. As an addiction specialist, she has worked extensively with patients that are involved with the New Mexico Monitored Treatment program for impaired clinicians. As a result of this work and in her work with trainees, she has become interested in the study of wellness and resiliency, and has recently taken on a position as the Director of Humanities and Creativity in the Office of Physician and Student Wellness.



**Daniel Becker, MD** retired from the University of Virginia School of Medicine on July 1, 2018. He was rehired on October 1, part time, to teach medical students clinical medicine. He has wanted to be a writer since learning to read, and in order to make meaning (rather than

sausage) out of his clinical and teaching experience, he started writing seriously in the late 1990s. Along the way he picked up an MFA, which didn't teach him how to write (we teach ourselves) but did teach him it was both fun and useful to take a week off from real life and spend that time talking about writing, hanging out with writers, writing, and wondering how the sky got so blue. As at the Taos writing retreat for health professionals. As well as poems, essays, and stories in clinical and literary journals, he has a chapbook of poems, *Chance*, and a book of poems, *2nd Chance*, looking for a publisher.



**Liz Lawrence, MD, FACP** is an Associate Professor in the Department of Internal Medicine at the University of New Mexico and Director of Physician and Student 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.



**Martina Scholtens, MD, MPH** is a family physician and clinical instructor with the Faculty of Medicine at the University of British Columbia. She worked for ten years at Bridge Refugee Clinic in Vancouver. Her book about this work, *Your Heart Is the Size of Your Fist*, was published in 2017. The recipient of the

Mimi Divinsky Award for History and Narrative in Family Medicine, Martina writes to bear witness to patient suffering, to reflect on the work of doctoring, and to advocate for what her patients need. She recently moved to Victoria, BC to start a psychiatry residency.

**Cost:** \$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 16 participants.** Reserve early. A non-refundable deposit of \$760.00 will secure your reservation. Late registration (after July 17, 2019) is \$2,460.00. A UNM Tuition Remission Form may be used for \$1,372.16 for UNM Faculty and Staff. Any remaining balance will be due before July 17, 2019.

**For more information about registration**, call Tisha Aldredge, CMP at (505) 272-0883 or e-mail [taldredge@salud.unm.edu](mailto:taldredge@salud.unm.edu).

**For more information about the content of the retreat**, e-mail Liz Lawrence [ELawrence@salud.unm.edu](mailto:ELawrence@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 (Mountain)

### 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 17, 2019. 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 Twentyeth Annual Taos Writing and Wellness Retreat for Health Professionals August 4 - 10, 2019

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 in full \$2,360.00 (on or before 7/17/19) OR Non-refundable deposit \$760.00  
 (includes lodging, meals & all supplies) Registration in full \$2,460.00 (after 7/17/19)  
 Spouse/companion \$100.00/night for nights (food and shared room with retreat participant)  
 \$75.00 to attend morning meditation and 2 afternoon/evening wellness sessions

METHOD OF PAYMENT: CHECK (payable to UNM CME) UNM TUITION REMISSION (\$1,372.16 toward tuition)  
 To pay by credit card, visit the conference webpage on the UNM CME website: <https://som.unm.edu/education/cme/>

Please mail to: The University of New Mexico, Continuing Medical Education & Professional Development, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001.  
**UNM CME no longer accepts POs or faxed registrations with credit card information.**

**UNM Tuition Remission:** All eligible UNM Faculty and Staff may enroll using a UNM Tuition Remission Form to cover partial tuition costs listed on the registration form. A copy of the UNM Tuition Remission Form, along with a copy of the conference registration form, needs to be emailed to [HSC-CMEWeb@salud.unm.edu](mailto:HSC-CMEWeb@salud.unm.edu) or faxed to (505) 272-8604. The UNM Tuition Remission Form can be found here: <https://hr.unm.edu/benefits/tuition-remission>. Proper completion includes all required signatures. Balance is due by July 19, 2019. No refund or credit will be issued for non-attendance.

Yes, I would like to have my name, address, phone number and email included on the list of attendees provided at the meeting.  
 No, I would not like my name, address, phone number and email included on the list of attendees provided at the meeting.

## Program Objectives:

By the end of this retreat, participants should be able to:

1. Practice at least four new written communication skills to enhance their writing.
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.



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



The Office of Continuing Medical Education designates this live activity for a maximum of 22.0 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Individuals requiring special accommodations should contact Continuing Medical Education & Professional Development 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 Mable Dodge Luhan House and the Taos area, see [www.mabledodgeluhan.com](http://www.mabledodgeluhan.com).

Visit the retreat webpage at <https://som.unm.edu/education/cme/>