

23rd annual

TAOS WRITING & WELLNESS RETREAT

for health professionals

August 4-10, 2024

Mabel Dodge Luhan House
Taos, New Mexico



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.

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 (19.50 hours) available for physicians, physician assistants, and nurse practitioners.



Participants from the 2013 retreat

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

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 **19.50 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. Visit [HERE](#) for supporting documentation you can use to apply for CE relevant to this activity. A certificate with a statement of attendance will be provided after the course.



“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)

2024 FACULTY

Pamela Arenella, MD is passionate about working with patients, trainees, and colleagues to help them identify and achieve their goals in life. Throughout her career she has mentored and guided others to improve their work-life balance and to explore expressions of creativity in their work to achieve improved wellbeing. Her undergraduate degree in general studies from the University of Michigan had dual concentration in psychology and communication, and she went on to complete her medical education at the University of Pittsburgh's School of Medicine. She moved to New Mexico to complete her residency training in General Psychiatry at the University of New Mexico (UNM), where she then began her academic career in Psychiatry. Her areas of expertise include addiction psychiatry, educational administration, and professional wellbeing. At the University of New Mexico, she was the medical director of the concurrent mental health and addictions clinic, participated in clinical research in addictions, served as the Vice Chair for Education, the Program Director for General Psychiatry, and the Director of Undergraduate Medical Education's Wellness Initiatives in the Office of Professional Wellbeing. She has been on faculty for UNM's Taos Writing and Wellbeing Conference for Health Care professionals since 2019. During the global pandemic, in 2020 she moved to Nova Scotia to improve her own work life balance. She has been working at Dalhousie University's Faculty of Medicine as a Professor of Psychiatry in Halifax. In Nova Scotia she has served as the Clinical Academic Lead for Addiction Psychiatry, ran a concurrent mental health and addiction consultation service, and served as the co-lead of the concurrent disorders' section of the Atlantic Node of the Canadian Research Initiative in Substance Misuse. She is board certified in General Psychiatry and Addiction Medicine. She is also a member of the Motivational Interviewing Network of Trainers (MINT).



Liz Lawrence, MD, FACP is a Professor and Senior Vice Chair in the Department of Internal Medicine at UNM. She practices primary care at UNMH's Northeast Heights Clinic. Liz became a general internist because she cherishes the long-term relationships with patients she can have as a primary care doctor. She has enjoyed practicing primary care in the past at the Albuquerque VA, in private practice, and at a Federally Qualified Health Center. Liz's area of academic interest has been clinician well-being since 2013. At that time, while in private practice caring for many physician-patients, she became disheartened to see the toll clinical work took on doctors. She created and led UNM School of Medicine's Office of Professional Wellbeing and was UNM's first Chief Wellness Officer. The work of her team in the Office of Professional Well-being has received national recognition from the American College of Physicians, the Association of American Medical Colleges, and the AMA. Liz has been facilitating the Taos Writing and Wellness Retreat since 2016 and has been the Retreat Director since 2019. It is a privilege to work with participants around the country who are interested in exploring their creativity, discussing their experiences in healthcare, and devoting time to reading and writing.



Kristin Graziano, DO, MPH, FAAFP is a lover of nature, time with friends and family, good food, and adventuring. She is a family physician who spent most of her career with the Indian Health Service in the rural southwest. She had the privilege of working and living on the Navajo and Jicarilla Apache Nations where she gained an intense appreciation for the strength and stories of her patients and the beauty of their landscapes. While practicing family medicine, she obtained her Master of Public Health at Emory University and completed a teaching fellowship at the University of Arizona. She served as an assistant professor of Family and Community Medicine at both the University of Arizona and Dartmouth Giesel School of Medicine. In 2019 she began a course of study in Narrative Medicine at Columbia University. This led her on a journey of self-discovery, creativity, and writing. She firmly believes that literature and the arts coupled with reflective writing can improve our connections with patients and help sustain our passion for medicine. Dr. Graziano teaches Narrative Medicine to the residents at the St. Vincent Family Medicine residency program in Santa Fe. Her additional interests in medicine include disease prevention, social justice, and planetary health. She currently serves on the Board of the New Mexico Health Professionals for Climate Action. She lives in Arroyo Seco with her wife, Joan, and their adorable and brilliant heeler mix rez dog, Macy.



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 one (1) scholarship opportunity - see below.** Reserve early. A deposit of \$760.00 will secure your reservation. A UNM Tuition Remission form may be used for up to \$1,652.00 for eligible UNM Faculty and Staff. Any remaining balance (including payment for spouse/companion lodging/meals) will be due before July 15, 2024. **Late registration (after July 15, 2024) 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/Taos24Reg

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 \$1,652.00. 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 15, 2024.

SCHOLARSHIPS

A scholarship for one eligible HSC student 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/taos24-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 \$1,652.00**). 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 15, 2024.** 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

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**SCHOOL OF
MEDICINE**

CONTINUOUS
PROFESSIONAL LEARNING