

# Meaning and Medicine in the Mountains: Purpose & Renewal for Healing Work

Sundance, UT, September 18-20, 2025

Thursday, September 18, 2025

## Embracing Struggle

6:40AM	<b>Morning Movement Education</b> Stephanie J. Sutherland
7:20AM	<b>Registration, Breakfast and Exhibits</b>
8:00AM	<b>Introduction: Welcome, Overview, &amp; Shared Norms</b> Jon C. Tilburt, M.D. Shelley S. Noland, M.D.
8:30AM	<b>Session 1: Searching For Meaning in an Inhumane World: A Conversation</b> Jon Tilburt, M.D. Shiri Etzioni, M.D.
9:00AM	<b>Session 2: Healing Through &amp; Struggling with Words: Poetry</b> Shelley S. Noland, M.D.
9:30AM	<b>Session 3: Shifting and Gaining Perspective: Engaging the Visual Arts</b> Katherine C. Kough, M.A. Anna L. Akridge
10:00AM	<b>Refreshment Break and Exhibits</b>
10:40AM	<b>Experiential Breakouts</b> - <i>random assignment</i> 1. <b>Bonding Over Books</b> - Denise M. Millstine, M.D. – <i>Rehearsal Hall C</i> 2. <b>Experience Improv</b> - Katherine C. Kough, M.A. – <i>Rehearsal Hall A</i> 3. <b>Experience Artmaking</b> - Anna L. Akridge – <i>Redford Lawn</i> 4. <b>Experience Forest Bathing</b> - Ellen C. Meltzer, M.D., Jyoti Patel, M.D. – <i>Outside Redford Center</i>
11:40 AM	<b>Boxed Lunch Distribution</b>
12:00PM	<b>What Was It Like? Small Group Reports</b> Jon Tilburt, M.D. - <i>Moderator</i>
12:20PM	<b>Purpose Plenary - Practice, Story, &amp; A Life in Medicine</b> Larry R. Bergstrom, M.D. - <i>with Q&amp;A</i>
1:00PM	<b>Adjourn</b>
1:15PM	<b>Fun</b> - Meet in Lobby with Activity Champion
7:30PM	<b>Optional Evening Activity</b> Movie Night

Friday, September 19, 2025

**Connection & Community**

6:40AM	<b>Morning Movement Education</b> Stephanie J. Sutherland	
7:20AM	<b>Breakfast &amp; Exhibits</b>	
8:00AM	<b>Day 2 Introduction: Day 1 Debrief, Reminder of Shared Norms</b> Jon C. Tilburt, M.D. Shelley S. Noland, M.D.	
8:30AM	<b>Session 4: Story &amp; Human Connection</b> Gretchen A. Case, Ph.D.	
9:00AM	<b>Session 5: Finding Community, Sharing Your Story</b> Jodie Toresdahl	
9:30AM	<b>Break - Transition to Concurrent Session</b>	
9:50AM	<b>Breakout Option 1: Family, Faith, &amp; Partnership in Medicine: An Honest Conversation</b> Andrea Hunderfund, M.D., M.H.P.E. Jodie Toresdahl Mazie Tsang, M.D. Kevin J. Whitford, M.D., M.S.	<b>Breakout Option 2: Choose Your Adventure</b> 1. <b>Resilience</b> - Ellen Morrow, M.D., M.S., FACS – <i>Rehearsal Hall A</i> 2. <b>Storytelling</b> -Gretchen A. Case, Ph.D. – <i>Rehearsal Hall B</i> 3. <b>Meditation for Mortals</b> - Roberto P. Benzo, M.D. - <i>Rehearsal Hall C</i>
10:50AM	<i>Transition to Session 6, seated in Small Group (Boxed Lunch Pick-up)</i>	
11:00AM	<b>Session 6: Honoring Stories of Struggle: A Conversation</b> Cory Ingram, M.D. Ian F. Parney, M.D., Ph.D. Mazie Tsang, M.D.	
12:00PM	<b>Small Discussion Group Debrief</b>	
12:30PM	<b>Purpose Plenary and Q &amp; A - Bringing Your Whole Self to Work, Or Not: Two Takes</b> Andrea N. Leep Hunderfund, M.D., M.H.P.E and Roberto P. Benzo, M.D.	
1:15PM	<b>Day 2 Reminders &amp; Adjourn</b>	
1:20PM	Adjourn	
1:40PM	<b>Fun</b> - Meet in Lobby with Activity Champion	
7:30PM	<b>Optional Evening Activity</b> Sing Along & S'mores – Steven Ressler, M.D.	

Saturday, September 20, 2025

**Deeper Purpose, Meaningful Renewal**

6:40AM	<b>Morning Movement Education</b> Stephanie J. Sutherland
7:20AM	<b>Breakfast with Small group Topical Discussion (debriefing)</b>
8:00AM	<b>Day 3 Introduction: Day 2 Debrief, Shared Norms, evaluation reminder</b> Jon C. Tilburt, M.D.
8:15AM	<b>Session 7: Daring Toward Purpose: Facing Fear, Fatigue, and Change</b> Jon C. Tilburt, M.D.
8:45AM	<b>Session 8: Reading &amp; Meaning</b> Denise Millstine, M.D.
9:15AM	<b>Small Group Exercise &amp; Discussion - <i>Writing Prompt</i></b>
9:40AM	Break and Exhibits
10:20AM	<b>Session 9: Resources for Rescue, Renewal, Rejuvenation, Re-investment, Re-direction – <i>Presentation and Discussion</i></b> Cory Ingram, M.D.
11:00AM	<b>Purpose Plenary: Careful &amp; Kind</b> Victor M. Montori, M.D. - <i>with Q&amp;A</i>
11:50AM	<b>Wrap-Up &amp; Evaluation Reminder</b>
12:00PM	<b>Adjourn</b>