

# Meaning and Medicine 2026: Sanctuary, Renewal, Growth

Coeur d'Alene, Idaho  
October 15-17, 2026

## Day 1: Sanctuary

6:40 AM	<b>Morning Movement Education</b>
7:20 AM	<b>Registration, Breakfast &amp; Exhibits</b>
8:00 AM	<b>Introduction: Welcome, Overview, &amp; Shared Norms</b> Jon C. Tilburt, M.D., Shelley S. Noland, M.D.
8:20 AM	<b>Searching for Sanctuary in a Medical Life</b> Jyoti Patel, M.D.
9:00 AM	<b>Medicine's Meaning Crisis</b> Jon C. Tilburt, M.D.
9:40 AM	<b>Waking Up: Reflections of a Mid-Career Surgeon</b> Shelley S. Noland, M.D.
10:20 AM	<b>Refreshment Break and Exhibits</b>
10:40 AM	<b>Experiential Breakout Sessions (concurrent)</b>
	<i>Kung Fu ABC's - Finding the Flow in Every Moment</i> Stephanie Sutherland
Pre-Registration Required	<i>Authors Roundtable: Read, Write, Listen, Respond: Celebrate Physician Craft</i>
	<i>Faith, Family, and Partnership</i> Mazie Tsang, M.D., Kevin Whitford, M.D., M.S., Corey Ingram, M.D.
	<i>Medicine on the Screen</i> TBD
12:00 PM	<b>Boxed Lunch Pick-Up</b>
12:15 PM	<b>Experiential Breakout Debrief: What Was It Like? Small Group Report</b> Jon C. Tilburt, M.D.
12:40 PM	<b>Well-Being State of the Science: Why We Need Well-Being</b> Colin P. West, M.D., Ph.D.
1:20 PM	<b>Adjourn</b>
1:30 PM	Fun - Meet in Lobby with Activity Champion

7:30 PM	<b>Optional Evening Activity - Film Night</b>
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<b>Day 2: Renewal</b>	
6:40 AM	<b>Morning Movement Education</b>
7:20 AM	<b>Breakfast &amp; Exhibits</b>
8:00 AM	<b>Day 2 Introduction: Day 1 Debrief, Reminder of Shared Norms</b> Day 2 Moderator: Jyoti Patel, M.D.
8:10 AM	<b>In Search of Flow: Being and Doing in Surgical Practice</b> Ian F. Parney, M.D., Ph.D., Shelley S. Noland, Ryan Antiel, M.D., M.S.
8:50 AM	<b>Renewal 101: Novice Meditation for Practicing Professional</b> Tom Moore and Roberto Benzo, M.D., M.S.
9:30 AM	<b>Break and Exhibits</b>
9:40 AM	<b>Experiential Breakout Sessions (concurrent)</b>
	<i>Logo Therapy: An Introduction</i>
	<i>Name and Reframe Your Junk: A Flash Writing Workshop</i>
	<i>Women in Healthcare: Human Beings (Not Just Doings)</i>
	<i>Epic Recovery – An EHR Punching Bage Experience</i>
11:00 AM	<b>Experiential Breakout Session Small Group Discussion</b>
11:40 AM	<b>The Good Surgeon</b> Ryan Antiel, M.D., M.S.
12:20 PM	<b>Day 2 Reminders &amp; Adjourn</b>
12:30 PM	<b>Optional Non-CME Product Theatre Lunch</b>
1:40 PM	Fun - Meet in Lobby with Activity Champion
5:30 PM	Board the Coeur d'Alene Boat ( <i>pre-registration required</i> )
6:00 PM	Dinner Cruise
8:15 PM	S'mores and Sing Along

Day 3: Growth	
6:40 AM	<b>Morning Movement Education</b>
7:20 AM	<b>Breakfast with Small Group Topical Discussion</b>
8:00 AM	<b>Day 3 Introduction: Day 2 Debrief, Shared Norms, Evaluation Reminder</b> Day 3 Moderator: Cory Ingram, M.D.
8:15 AM	<b>Get at Least One “D”: Drama, Development, and DBT</b> Jon C. Tilburt, M.D.
9:00 AM	<b>Experiential Art (Data Physicalization)</b> Ana Akridge
9:40 AM	<b>Small Group Exercise &amp; Discussion</b> <i>Personal Mission Statement</i> Kit Kough
10:20 AM	<b>Break and Exhibits</b>
10:40 AM	<b>Moving Toward Meaning in Work and in Life: A Conversation</b> Debbie Fuerher, M.A., L.P.C.C. and Shiri Etzioni, M.D.
11:20 AM	<b>Purpose Plenary: Flourishing in a Medical Life (or at least trying)</b> Andrea N. Leep Hunderfund, M.D., M.H.P.E.
12:00 AM	<b>Wrap-Up &amp; Evaluation Reminder</b>
12:10 PM	<b>Adjourn</b>