

Meaning and Medicine 2026: Sanctuary, Renewal, Growth	
Coeur d'Alene, Idaho October 15-17, 2026	
Day 1: Sanctuary	
6:40 AM	Morning Movement Education
7:20 AM	Registration, Breakfast & Exhibits
8:00 AM	Introduction: Welcome, Overview, & Shared Norms Jon C. Tilburt, M.D., Shelley S. Noland, M.D.
8:20 AM	The Science and Practice of Happiness Jyoti Patel, M.D.
9:00 AM	Medicine's Meaning Crisis Jon C. Tilburt, M.D.
9:40 AM	Beyond the Incision: Identity, Meaning, and the Humanities Shelley S. Noland, M.D.
10:20 AM	Refreshment Break and Exhibits
10:40 AM Concurrent Sessions	Experiential Breakout Session
	<i>Kung Fu ABC's - Finding the Flow in Every Moment</i> Stephanie Sutherland
	<i>Author Roundtable</i> Cory Ingram, M.D.
	<i>Faith, Family, and Partnership</i> Mazie Tsang, M.D. and Kevin J. Whitford, M.D., M.S.
	<i>Medicine on the Screen</i> Jon C. Tilburt, M.D.
	<i>Walking as a Contemplative Practice</i> Patrick G. Downes, MDiv and Katherine C. Kough, M.A.
12:00 PM	Lunch <i>continuing into general session content</i>
12:15 PM	Experiential Breakout Debrief: What Was It Like? Small Group Report Jon C. Tilburt, M.D.
12:40 PM	Why We Need Well-Being: State of the Science Colin P. West, M.D., Ph.D.
1:20 PM	Adjourn

1:30 PM	Fun - Meet in Lobby with Activity Champion
7:30 PM	Optional Evening Activity - Film Night General Session Room
Day 2: Renewal	
6:40 AM	Morning Movement Education
7:20 AM	Breakfast & Exhibits
8:00 AM	Day 2 Introduction: Day 1 Debrief, Reminder of Shared Norms Day 2 Moderator: Jyoti Patel, M.D.
8:10 AM	In Search of Flow: Being and Doing in Surgical Practice Ian F. Parney, M.D., Ph.D., Shelley S. Noland, M.D., Ryan Antiel, M.D., M.S.
8:50 AM	Renewal 101: Novice Meditation for Practicing Professional Tom Moore, M.A.
9:30 AM	Break and Exhibits
10:00 AM Concurrent Sessions	Experiential Breakout Session
	<i>Logo Therapy: An Introduction</i> Debbie Fuehrer, M.A., L.P.C.C.
	<i>The Unburdened Narrative: Clearing our Baggage Through Writing and Reflection</i> Palak D. Shah, M.D., M.P.H.
	<i>Medicine on the Screen</i> Jon C. Tilburt, M.D.
	Incorporating Mindfulness into your Practice Roberto P. Benzo, M.D., M.S.
	<i>Walking as a Contemplative Practice</i> Patrick G. Downes, MDiv and Katherine C. Kough, M.A.
11:30 AM	Lunch <i>continuing in small group discussion</i>
11:40 AM	Experiential Breakout Session Small Group Discussion General Session Room- Shelley S. Noland, M.D.
12:00 PM	The Good Surgeon Ryan Antiel, M.D., M.S.
12:45 PM	Day 2 Reminders & Adjourn
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	Optional Evening Activity - S'mores and Sing Along Lakeview Terrace

Day 3: Growth	
6:40 AM	Morning Movement Education
7:20 AM	Breakfast with Small Group Topical Discussion
8:00 AM	Day 3 Introduction: Day 2 Debrief, Shared Norms, Evaluation Reminder Day 3 Moderator: Cory Ingram, M.D.
8:15 AM	Drama, Development, and DBT Jon C. Tilburt, M.D.
9:00 AM	Experiential Art (Data Physicalization) Anna L. Akridge
9:40 AM	Small Group Exercise & Discussion <i>Let Your Life Speak: Self-Perception to Action</i> Patrick G. Downes, MDiv and Katherine C. Kough, M.A.
10:20 AM	Break and Exhibits
10:40 AM	Moving Toward Meaning in Work and in Life: A Conversation Debbie Fuehrer, M.A., L.P.C.C. and Shiri Etzioni, M.D.
11:20 AM	Self-Care in the Caring Professions: A Work in Progress Heather E. Fields, M.D.
12:10 PM	Adjourn