

Meaning and Medicine 2026: Sanctuary, Renewal, Growth	
Coeur d'Alene, Idaho October 15-17, 2026	
Day 1: Sanctuary – Moderators- Jon C. Tilburt, M.D., Shelley S. Noland, M.D.	
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, Room 5A
	<i>Author Roundtable</i> Cory Ingram, M.D., Room 5C
	<i>Faith, Family, and Partnership</i> Mazie Tsang, M.D. and Kevin J. Whitford, M.D., M.S., Room 5B
	<i>Medicine on the Screen</i> Jon C. Tilburt, M.D., General Session Room
	<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 General Session Room- Jon C. Tilburt, M.D.
12:30 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 – Moderator- Jyoti Patel, M.D.	
6:40 AM	Morning Movement Education
7:20 AM	Breakfast & Exhibits
8:00 AM	Day 2 Introduction: Day 1 Debrief, Reminder of Shared Norms Jyoti Patel, M.D.
8:10 AM	In Search of Flow and Flourishing: Being and Doing in Surgical Practice Shelley S. Noland, M.D., Ryan Antiel, M.D., M.S., David A. Etzioni, M.D. Session Moderator: Katherine C. Kough, M.A.
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
	Logo Therapy: An Introduction Debbie Fuehrer, M.A., L.P.C.C., Room 5C
	The Unburdened Narrative: Clearing our Baggage Through Writing and Reflection Palak D. Shah, M.D., M.P.H., Room 5B
	Medicine on the Screen Jon C. Tilburt, M.D., General Session Room
	Incorporating Mindfulness into your Practice Roberto P. Benzo, M.D., M.S., Room 5A
	Walking as a Contemplative Practice 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- Jyoti Patel, 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 – Moderator- Cory Ingram, M.D.	
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 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