

Western Doctors in Recovery 5th Annual Meeting
February 22-24, 2019 / Paradise Point Resort and Spa, San Diego

Rocketing into the Fourth Dimension: Living a Spiritual Life in Recovery

Two concurrent pre-conference sessions: Women's Retreat and Men's Retreat

Thursday afternoon, February 21, at 1:00 pm to Friday, February 22 at noon

5th Annual Meeting opens at 1:30 pm on Friday afternoon and closes Sunday at noon.

Friday, Feb. 22

| | |
|---------|---|
| 1:30 pm | Welcome and Opening Remarks |
| 1:45 | CME: Kristen Schmidt, MD – <i>Neuroendocrinology: Hormones, Highs and Treatment Horizons</i> |
| 2:30 | AA session: Mike S. and Susanne T. -- <i>Long-Term Sobriety: What Is "Rocketing Into the Fourth Dimension" Now?</i> |
| 3:15 | Break |
| 3:30 | Joint AA and Al-Anon Panel: Greg B., Nancy D-B., Zoe A., Cameron N., Raffi G. -- <i>Ambivalence in Recovery: Do I Need This? Yes, No, Yes, No</i> |
| 5:00 pm | Free time before dinner |
| 6:00 pm | Dinner / Dinner speaker – Mark W. -- <i>No Effective Mental Defense</i> |
| 8:00 | Optional evening session(s) |

Saturday, Feb. 23

| | |
|------------|---|
| 6:30 am | Continental breakfast (coffee, bagels, yogurt) |
| 7:00 am | Morning AA meeting |
| 8:00 am | AA session: Paul P. -- <i>Maintaining Recovery While Completing a Residency</i> |
| 8:50 | CME: Mark Weiner, MD, DFASAM -- <i>Having the 'Medical Marijuana' Conversation</i> |
| 9:40 | Al-Anon session: Sharon W. -- <i>How Important Is It?- Holding on to Serenity</i> |
| 10:25 | Break |
| 10:40 | CME: Paul Earley, MD -- <i>RecoveryMind Training: Brief Theory and an Experiential Exercise</i> |
| 12:00 noon | Free time until dinner |
| 6:00 pm | Dinner / Dinner speaker – Paul E. – <i>Recovery Story</i> |
| 8:00 pm | Optional evening session on relationships – Penny Z. and Clara W. |

Sunday, Feb. 24

| | |
|---------|--|
| 7:00 am | Continental breakfast (coffee, bagels, yogurt) |
| 7:30 am | Morning AA meeting |
| 8:30 am | CME: Claudia Black, PhD -- <i>Addiction and Trauma: the Complexity of Working with Young Adults</i> |
| 9:30 am | Joint AA and Al-Anon Panel: Brian G., Lorraine L., Mike and Ginger M. -- <i>Growing Up in Recovery: Parenting Ourselves and Our Kids</i> |
| 10:15 | Break |
| 10:30 | CME: John Bruna -- <i>Mindfulness as a Bridge and Support to 12-Step Recovery</i> |
| 11:30 | Closing session |
| 12:00 | Adjournment |

We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

This Live activity has been reviewed and is acceptable for up to 5.00 Elective credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.