



Live Your Dream Physician Retreats

Rebirthing the Healer Within

(2025 Edition)

By Pamela Wible, M.D..

*Dedicated to all healers who believe in
living their dreams.*



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1.

Introduction

If you're a physician, chances are you've struggled to live your dream in medicine—most doctors are disillusioned. Chronic disillusionment doesn't just sap your joy; it leads to chronic disease. In fact, your medical career can cause both physical and mental illness (especially for empaths). Straying from your soul's purpose will inevitably lead to a lifetime of regret.

An unfulfilling career impacts your mood, relationships, and longevity, increasing your risk for heart disease, autoimmune conditions, cancer—even suicide.

Unhealed wounds from training follow you for life. You may have never revealed the depth of your despair with anyone (even yourself). You may wonder who you can trust without risking license repercussions or professional retaliation.

While antidepressants might provide temporary relief from professional misery, they don't address the core dysfunction within a broken system

Live Your Dream Physician Retreats (2025 Edition) captures countless conversations over my thirty-year career and nearly fifteen years leading physician retreats. Meet doctors who are living their dreams. May our words inspire you to live your dream too!

Pamela Wible, M.D.



2.

My Why

As a little girl, I used to smooch my nose into the bathroom mirror. I'd stare into my eyes, and ask, "Why am I here?"

My lifelong quest for meaning and purpose began early.

Later I sought professional help from a cadre of counselors, astrologers, palm and Tarot card readers—even a pet psychic who helped me communicate with my dead dog. I found myself in Southern gospel churches, Native American sweat-lodge ceremonies, tribal African grief rituals—and ultimately, medical school.

As a family doc, I'm supposed to be an expert at everything . . . What an illusion.

Life is mysterious and science doesn't always soothe me. I'm never certain I have the answers patients truly seek.

After training, my classmates and I were funneled into assembly-line medicine at big-box clinics full of doctors who were detached, disconnected—almost lifeless.

I saw emptiness in their eyes.

What happened to their passion and dreams?

Steeped in the misery of such company, I too became depressed.

I quit medicine and became suicidal. I was unable to get out of bed for six weeks. I slept through my 36th birthday.

Two days later, I had a vision that changed my life.

What would ideal medical care feel like?

What would an ideal clinic look like?

What if physicians could *actually live their dreams?*

In 2005, I invited my community to design their ideal medical clinic. More than 100 people shared their ideas. One month later, 90% of their input was incorporated into the first community-designed ideal medical clinic!

Our clinic is located within a wellness center that offers yoga, massage, counseling, and a solar-heated wheelchair-accessible pool. Patients enjoy 24/7 access to me. Since all prescheduled visits begin at noon, I haven't had to set an alarm clock for work in twenty years!

I now earn more than I ever did in assembly-line medicine. I bring in three times the revenue per hour—with the lowest overhead of my life.

The best part—I've never turned anyone away for lack of money.

My goal has always been to help other doctors live their dreams, too! So in 2012, I began leading Live Your Dream Physician Retreats.

Eventually, I retired my medical license to focus solely on helping physicians be the healers they always imagined.

I want you to know you can earn more in your ideal clinic or coaching practice—even without a medical license.

I want you to know how to be a healer in alignment with your soul's purpose.

I want you to know that happiness is your birthright.

And I want to show you . . .

Your wildest dreams can come true!



3.

Business Retreats

When I started leading retreats nearly fifteen years ago, I had no idea what I was doing.

I just knew I had to save lives—starting with my peers.

I invited small groups of physicians into the ancient Oregon forest, to an off-the-grid clothing-optional hot springs. We relaxed, soaked, shared vegetarian meals—and I revealed a ton of business strategies that helped me live my dream in medicine.

They took copious notes.

Word spread quickly.

Soon nearly fifty doctors were attending each retreat.

Physicians left our gatherings euphoric—some high on hope. Others ditching their psych meds. Many told me we didn't just save their careers—we saved their lives.

A psychiatrist confessed he'd already picked the exact date, time, and bridge for his suicide. As a last-ditch effort, he came to our retreat. He thanked us for saving his life.

I was inspired.

I was grateful.

I was also confused.

I thought I was leading a business retreat. But clearly something deeper was happening. We were helping doctors move from despair to empowerment—from near death to a life of joy. We were shining a light on a future they couldn't yet see for themselves.

Eventually, I restructured the retreats. Instead of cramming decades of business strategy into three days, I offered ten-week pre-retreat teleseminars.

The results? Awesome!

After hosting nine business teleseminar-retreat combos, I curated the [best recordings on-demand](#), so anyone could access them 24/7.

Here's what some docs had to say (most names omitted for privacy):



June 9 at 3:42pm

So a little update:

I'm in my 4th month. Up to 350(?!). Half are from my old practice (of ~1000). The other half are brand new to me. We're actually putting brand new pts on a waiting list. My goal is 400. We (my nurse and I) figure we'll let the last 50 fill up with pts from my old practice if they still want to come. I'm humbled by the growth and interest. It really has been quite fun.

I feel a little guilty because it seems too easy. I feel like I must be doing something illegal or something. Patients are thrilled. My staff (my LPN) is thrilled. I'm thrilled. It feels too good to be true, but here I am. Living the dream.

If I can do it, you can too!!

Not kidding. I don't consider myself to have much business saavy and am medicated in counseling for depression/anxiety. I spent most of Pamela's teleconferences sobbing with the phone on mute because I NEVER believed I could own my own business.

Thank you to [Jennifer Zomnir](#) for having an amazing smile and a superman shirt on when I met you at the retreat. She simply looked at me and said, "You can totally do this... if you want to."

Thank you to EVERYONE at that retreat!!!!!! It was truly life changing, not only for myself, but for my family, my patients and my community.

“Just wanted to say that u guys are **THE BEST** and that this teleconference and retreat has been the single most amazing thing I have done professionally!!!! I am so grateful for the concussion that I got in January LOL—my wake-up call to stop and pay attention to myself and my soul and to stop ignoring what I had known all along. This professional life I had been living was just all wrong and headed further south. I am grateful for google guiding me to Pamela in the middle of one sleepless night, for Pamela’s responsiveness to my call, and my vision born from this teleseminar and retreat. U guys rock and I just want to let u know how much this entire experience and support of this group has meant to me. Xoxoxox.”

More from the docs:

“Pamela Wible is amazing for her vision in helping doctors escape the assembly line. What’s truly amazing is that when you bring a group of healers together and let them get honest about their problems with the profession, our natural problem solving healing abilities result in finally healing ourselves! I find that incredible to witness.”

“I wish I’d started this program, **BEFORE** I spent \$100K on a Master’s Program!”

“Wow . . . your retreat helped keep my momentum going with my clinic 10 years ago. We hit 7 figures this year and I have been able to give full-time jobs to 4 incredible women!”

And then it got wilder.

A woman told me I cured her infertility!

“As more and more people get to know me it’s growing . . . like planting a garden for the first time . . . or growing a human. Funniest thing is what happened with my fertility! So we had been unofficially ‘trying’ for close to nine months with no success. I quit my assembly-line job and we moved to a new town at the same time. Not even a month later—I was pregnant! Just goes to show how much stress can impact fertility . . . What’s the true price of **NOT** doing something about your situation?”

Then *another* woman told me I cured her infertility by reversing her premature menopause!

**I repeat
YOU SAVED ME
& crazy enough
My pre-mature ovarian failure self somehow got
PREGNANT a month later with THIS CUTIE**

Then retreat graduates sent me ultrasounds and photos of their miracle babies!

Does this mean I'm a retreat grandma?



The climax was definitely the fan mail from their kids!

thank you for making my mom very happy and a better doctor. I am sure you are a very smart, kind, brave doctor. love,



4.

Soul Retrieval Retreats

In shamanic traditions, *soul retrieval* is the process of reclaiming vital parts of ourselves lost to trauma, grief, or disconnection. Our retreats help physicians reconnect with hidden parts of themselves so they can return to life—and to medicine—as whole, integrated human beings.

While many physicians launch their dream practices after attending a single retreat, others find it takes three, four, or even five retreats to build the courage to fully live their dream.

To simplify the journey, we now offer an on-demand [Live Your Dream 101 course](#), accessible anywhere in the world! We also provide weekly [Dream Team](#) support (see Chapter 8), along with smaller, more intimate retreats designed to help heal deeper emotional wounds.

Celebrating fifty doctors' dreams at once is exhilarating—but large retreats can sometimes feel more like a party than the sacred, quiet space needed for deep transformation.

The truth is: *business strategy only goes so far when deeper psychological wounds remain unhealed*. Physicians can't live their dreams while trapped in self-doubt, imposter syndrome, negative self-talk, depression—or suicidal thoughts.

Soul retrieval helps us recover our lost fragments—aspects of ourselves that may have split off due to generation trauma, unprocessed grief, self-betrayal—culminating in self-alienation.

If you've ever felt like you've “lost yourself” in the grind of medicine and yearn to reclaim your joy and vitality—both personally and professionally—this is your invitation to return home to your true uninhibited self.

Since 2020, all Live Your Dream retreats are intentionally smaller (capped at ten doctors) to ensure intimacy and connection. Priority is given to prior retreat graduates and those enrolled in Live Your Dream School of Medical Arts peer groups. Plus Dream Team members get 50% off retreat tuition!

Are you wondering what a physician soul retrieval feels like?

Here's what physicians have shared:

“I am now a breathing, living, being with an ocean full of beautiful life inside of me because of what happened to me during our retreat. You brought me back to life—and then you grew my soul to the point that it is actually very clear for me that I have a beautiful soul. Seeing the whole bunch of miracles that happened here was **INCREDIBLY AMAZING**. I have learned so much about being a spiritual healer from you. Seeing you in action and going through my first rotation with you was **WAY MORE** than what I expected. I will never forget your face, your tears, your words. Thank you for the initiation. Thank you for your time and love. Thank you for believing in me. Thank you for seeing what you see in me. I don't know how to thank you.”

After a resident contacted me while actively suicidal—with rope in hand—she accepted our help through peer support groups and a retreat. Later, she shared:

“I can't believe it took me so long to realize my true life's passion because I was so embarrassed that it was so out there and bizarre. I feel like my soul was reborn again. And I was given everything from the universe I would possibly need to realize my destiny. I am still in disbelief that I've been reading your articles since medical school and thinking, wow, she's so cool. And for the longest time I would follow your work secretly. And it gave me hope that someone out there was doing something about our broken system. I never thought I would meet you much less get this soul reawakening experience with you. I feel as if my life is forever changed and I am so, so deeply inspired to be guided by your light. I feel invincible. You guided me through a complete mind, body, soul retrieval that will allow me to practice medicine as a true healer. And I now truly believe that the universe will protect me at all costs because all I want to do in this world is help people heal. You have shown me that I can do just that without damaging myself to the point of suicide, you have shown me the possibilities of my true power. This retreat was the most amazing experience of my life. It really was. Thank you. You saved my life.”

Massive transformation rarely happens in a single week. That's why we offer weekly Dream Team support and layered retreat experiences.

“I want to commit fully to our Dream Team, like committing to a relationship as my tribe of healers that feed my need for collaboration which is not currently met in my practice. You are co-creating a mycelial network of ideal clinics inside their own ideal lives. I have realized that I have a lot of support needs around the tendency to collapse out of frenetic overwhelm against the onslaught of big, scary life tasks that cover a vast swath of my reality and interact with my whole amygdala fear system. I need your help and our team's help to hold, identify, nourish, and mother the frenetic overwhelmed child mind state that has often dictated my approach to work and finances.”

Like many doctors, she also feared loss of her medical career after quitting residency.

“You have been the sole catalyst of anything worthwhile that I've done since I quit residency. I mean, I came to you a broken and bleeding person. What is the poem on the Statue of Liberty? Give me your poor, huddled masses yearning to breathe free. I'll never forget the feeling of you speaking to me in a way that was very directed. I felt I was breathing the light of your breath through the air into my lungs that was birthing this life inside of me. I don't want to wait another five years to accept the level of supportive engagement I require. Why would I wait? I'm feeling so much of my life has already been wasted. So I'm totally ready to commit and I'm ready to rock. I love how you specialize in healing physicians' souls. The number of stories that you have unraveled in front of my eyes at these retreats are very large and extremely complex and symbolic and full of archetypal imagery even involving our ancestors. Your ability to see and be present for and facilitate the uncovering of extremely complex cryptic messages is amazing. . . I'm all in.”

“This has been the best retreat EVER. You are so on top of your game!”

For many, these retreats go beyond what years of traditional therapy could offer—even healing ancestral wounds:

“You and all the wise woman healers on this retreat have healed me more than the last three years of therapy and attempting to find healing on my own with a small-box way of identifying trauma and without ever connecting to source. Through channeling the power of my ancestors and giving voice to myself and my family, you have allowed me to heal, to feel aligned, and for the first time in my life feel whole. This was the piece inside me that always felt out of place. By sharing your power and wisdom, you have given me the key to put the pieces in place and to release myself and my ancestors from the cages that have been constraining us. Thank you. There are no words for the gift you have given me. My soul is now fully within me. All of my unblocked love . . .”

The big problem after our retreat—how to explain what happened to your loved ones.

“I told my family I was attending a business strategy retreat, yet it was really a retreat on how to connect to your soul's purpose and your inner power. After that, all of your business endeavors fall into place.”

The best news! All retreats include CME & are tax-deductible!



5.

Advanced Retreats

For the deepest experience of soul healing, a 1:1 advanced retreat offers the greatest transformation.

In this setting, there are no other attendees. No outside noise. Just you—held in safety, privacy, and stillness, so you can rediscover who you truly are as a healer.

Without the distraction of others' energy, solo retreats offer space to hear your own voice clearly and reconnect with your essence.

And because these are private, they can be scheduled with as little as one week's notice.

=

In-Person Retreats

Advanced retreats are hosted in Eugene, Oregon or along the breathtaking Oregon Coast. Relax in luxury while all your needs are met in a spa hotel—with massage, a Jacuzzi overlooking the Pacific Ocean, and gourmet meals delivered right to your soaking tub.

Yes. Healing can feel that good.

In the words of physicians who have attended 1:1 advanced retreats:

“In my life as the son of a doctor and a psychiatrist, I’ve run across all kinds of would-be healers and experts of the mind. I’ve never come across anyone like you—or anything like this experience. The depth of clarity and awareness that you brought to this process you were facilitating within me—I just don’t know how to talk about it or find words. You were laser-focused on lighting a path for me to discover my dreams. You were working on a different dimension that I couldn’t quite see. And you did it without any pretenses or judgment or bullshit. Now I understand the phrase ‘be careful what you wish for.’ The point is not to be careful. It is to wish—and to do it connected to someone who knows a thing or two about how to make dreams come true.”

This mid-career psychiatrist told me he revealed more about himself with me in two days than he had ever shared with anyone in his life. He felt I knew him better than his own parents and his wife. I was blown away.

Then I brought an anesthesiologist to my home garden for a portion of her retreat:

“What happened with Pamela was kind of like psychotherapeutic brain surgery—with a happy, giggly, teddy bear in a grown-up fairy garden. I don’t know how else to explain it. A combination of professional development and psychotherapy with a friend. I laughed and cried a lot, and there was some really good food (and a pretty cool cat). Having been hospitalized several times for severe depression and suicidality, I can absolutely say that Pamela’s environment is much more conducive to healing than a psychiatric ward. I’m launching my own clinic when I get home—to escape a very toxic operating room environment. Oh, and I left as the author of my hero’s journey.”

Virtual Retreats

If you’re unable to travel—but deeply desire support in overcoming obstacles to your dream life as a healer (with or without a medical license)—consider a 1:1 virtual retreat.

Virtual retreats are held weekly at a time that works best for you. We meet over Zoom for a half-day or full-day. Or choose a two-hour mentorship session when your schedule allows.

To schedule your virtual retreat, simply reach out to me [here](#).

Whether in person or online, know this:

You don’t need to do this alone.

You are not beyond healing.

Your soul is waiting for you to take inspired action.

And the path to your dream life is closer than you think.

6.

Retreat Relapse

Retreat relapse happens when someone experiences deep healing, insight, or transformation during a retreat—and then crashes when they return home. They can't sustain the excitement or implement much (if anything) in “real life.”

If you've relapsed after a retreat, please don't feel bad.

Regression into pre-retreat habits, emotional states, or disempowering behaviors after a retreat of intense personal growth is very common.

Many doctors love attending retreats. When I first began offering them, few physician retreats existed—especially retreats on personal transformation, private practice, or business ownership. I may have hosted the *first* physician business retreats (definitely the first held at a clothing-optional hot springs!).

Now physician retreats are everywhere. Most focus on yoga, meditation, relaxation, travel, or teaching healing modalities. Many are large events with canned content delivered in one-size-fits-all formats. No judgment—I used to run retreats like that, too.

But I realized something important:

Canned content = mass-produced experiences.

And mass-produced assembly-line retreats rarely lead to lasting transformation.

Most doctors don't need more information. They need *deep transformation*. And that only comes through personalized experiences tailored to their unique lives, wounds, and dreams.

Retreat relapse often occurs when you lack time for post-retreat integration and quickly return to triggering environments. Loss of community connection feels isolating after a spiritual high—without a solid support structure and accountability team to help you live your dream.

Good news! You don't have lose your dream in post-retreat self-abandonment.

Here's how to keep the momentum rolling:

Five Ways to Avoid Retreat Relapse

- 1. Be clear on your big dream.** What's the ideal outcome you want from this retreat? Be specific. What tangible lasting results would you like to experience after the event ends? Unsure what you are searching for? Start by writing down your top three goals.
- 2. Choose the right retreat.** Do you prefer a small, intimate group? Want a large social gathering? Or a curated personalized event? What's best for achieving your retreat intention? Don't just chase the dopamine high—choose a retreat that delivers your specific goals.
- 3. Create your re-entry plan.** The biggest post-retreat challenge isn't inspiration—it's integration. Block off a day after your retreat to ease back into life *slowly*. Don't jam-pack your calendar. Take time to reflect, journal, and implement one insight at a time.
- 4. Anchor your experience.** Choose one physical item (a stone, a journal, a retreat photo) to keep with you as a touchstone. When overwhelm creeps back in, hold that item to reconnect you with the clarity and courage you felt at the retreat.
- 5. Have a Dream Team.** Will you need ongoing support before and/or after the retreat to achieve your big dream? We've been offering weekly accountability and implementation support every Sunday for nearly a decade. (Details in next chapter.)

7.

Dream Team

If you're wondering how to stay on track after a life-changing retreat, you're not alone. That's why I created our Dream Team—a space where physicians support one another in real time, week after week, to stay aligned with their purpose—and their dreams.

I must apologize to attendees from my earlier retreats, I had no idea ongoing support was needed. I thought you'd be all set and live happily ever after.

Now I know better.

Many physicians have a chatty inner critic that reminds them they're not good enough. Hypercritical thoughts sneak in and sabotage our retreat plans. Add in the drama of home life and overflowing inboxes, and it's easy to get overwhelmed by minutiae.

So, ten years ago, I began offering a weekly **business mastermind** for retreat graduates. Upon realizing most physicians carry trauma—from medical training, clinical practice, and even childhood—I added a **trauma peer support group**. We've been meeting weekly since the pandemic. In the past year, we launched a **suicide prevention team**.

Today, I refer to all three groups as **Dream Teams** that support physicians who want to live their dreams—no matter their circumstances. We even have physician sponsors who help trainees financially if they can't afford \$97/month.

This year, we began offering 4-week classes with CME credit:

- Pathological Perfectionism 101
- Red Flag Behaviors 101
- Physician, Heal Thy Inner Critic 101 & 201.

Want to join us? Here's our monthly [schedule of events](#).
Want to sponsor a medical trainee in need? [Contact Dr. Wible](#).

Some docs have been part of our Dream Team for close to a decade.

From a physician who discovered us years after her retreat:

“And talk about a team! Pamela, I can't put into words how glad I am to be back—for real, back on the DREAM TEAM. Just knowing you as meant so much to me—your example of acceptance and affirmation for people like me who feel like failures, along with your openness about your own hurts, and the self-confidence you both show us and teach us to take, make it possible for us to heal.”

From a physician sharing out wisdom with doctors internationally:

“I've been meaning to send this to you for a while. You've been a blessing to me since the day I found your website while researching cash-only practices in 2016. God sent you my way to help change the trajectory of my medical career for the best. I tell everyone the money I spent on the class in 2018 was the best investment in my medical career to date. I just realized I paid for the course of my birthday—God must've been sending me a message, lol. Reconnecting with you and the DREAM TEAM last May was divine. I learn something new on every single call. I'm currently building my own educational Institute to train our obesity physicians in the UK and Africa. And guess what? I'm using what I learned from DREAM TEAM calls! I didn't even know I'd need the knowledge one day. Thank you for teaching, healers how to practice on our own terms. Thank you for helping us see how valuable we are. Thank you for helping us disconnect from abusive employment arrangements. I can go on and on and on. I appreciate the 50% discount you gave me as a medical resident. I would love to pay it forward.”

From a resident physician:

“For my dearest fairy godmother in medicine, today is my 376th day of residency. Because of you, I am living my dream. Because of you I am excited to go to work tomorrow! Tomorrow is graduation for the PGY3s. One day that will be me. Many moons ago, when I was in my first year of med school in 2013, I learned about you. I held on tight, to your teaching, wisdom, and your courage—even from afar. Believe it or not, you have been with me on my happiest days and on my darkest days. You have shone light on the world as I know it, and you have shown me that I am not alone, actually that I am in great company. I have overcome obstacles that I had not known could exist for me in the world of my dreams. Medicine is in my blood, you understand, it's in yours too. I have known since age two that I was supposed to be a healer—of caterpillars, of birds, of ants, spiders, crickets, hamsters, guinea pigs, dogs, and people. What I did not know, was that I also needed healing. Your grace, wisdom, and unabashed presence in my life—first through Facebook

posts, books, TED talks, and now in your thoughtful formation of the Dream Team—has healed me, or at least has led me toward my healing journey. One day, when I am truly free—from residency, oversight, judgement, and disciplinary action—I promise (to myself and to you) that I will share my hero’s journey. I know it will help others, just as hearing your journey has helped me.”



8.

How To Retreat

A retreat is a sacred pause—a secluded space to withdraw from the frenzy of modern life and evaluate where you are in your soul’s journey. I’ve had the honor of hosting retreats for more than six hundred physicians over the years. Here’s my best advice to help you achieve the transformation of a lifetime.

Top 10 Tips for a Life-Changing Retreat

- 1. Bring your own food.** Unless you’re at our 1:1 advanced retreat (where all meals are curated to your exact specifications), please bring simple, wholesome food that requires little to no prep. Cooking, washing dishes, or hunting for food can break your retreat flow. Unfamiliar foods may cause bloating or constipation that distract from your experience. Eat light. Eat simple. Consider fasting for part of your retreat to deepen the spiritual effect.
- 2. Stay hydrated.** Bring your water bottle. Our retreat center offers filtered water. Bring coconut water or your preferred non-alcoholic, electrolyte-rich drinks—especially if you plan to sauna/spa.
- 3. Wear comfy clothes.** Dress in layers for unpredictable weather, so you’re never too cold or too hot. Wear your robe or pajamas all day if you like! Bring waterproof shoes and a raincoat to venture out in the rain, Wild weather can be exhilarating—dress to enjoy Mother Nature.
- 4. Travel slowly.** Avoid missing our opening and closing ceremonies. Never rush in or out of a retreat. Fly into Oregon a day or two early, and stay a day or two afterward to integrate all that you’ve learned.
- 5. Limit distractions.** Use earplugs. Get your own hotel room. Avoid all cooking and food prep during retreat. Remember: internal resistance often surfaces as “distractions.”
- 6. Be well-rested.** Sleep is essential for healing. If you’re flying in from another time zone, arrive early to recover from jet lag. Nap during breaks if needed. Stay alert without being over-caffeinated. Light-sensitive? Bring an eye pillow.

7. Attend right retreat. Want to learn meditation? Go to a meditation retreat. Want to learn to cook plant-based meals? Choose a culinary retreat. Ready for a spiritual breakthrough to live your dream in medicine? Attend a *Live Your Dream Physician Retreat*.

8. Stay intentional. Set your retreat intention *before* your arrival—and update it daily. Focus on your goals. Avoid savior complex. Your retreat host will care for others. *Your job is you.*

9. Avoid drugs and alcohol. Unless you're at a psychedelic retreat, steer clear of mind-altering substances so you can remain fully alert. Of course, continue prescribed medication.

10. Selective socializing. Small group retreats are curated for your goals. Group sessions are held twice daily (morning & evening rituals). If you'd like to socialize, do so during afternoon breaks away from our sacred retreat space; If you prefer a roommate, choose mindfully in alignment with your intention.

Beware: 7 Physician Retreat Distractions

1. Savior Complex. Focus on your healing—not saving others. You are not at work,. Listen in sacred silence when others share, and avoid counseling fellow attendees.

2. Workaholism. No laptops, unless you are at a memoir writing retreat. Take a break.

3. Media Madness. Avoid TV and world politics. Detox your mind.

4. Food Distractions. Prep meals ahead. Skip restaurant lines. A retreat is an opportunity to Nourish your soul.

5. Loud voices. Speak softly. Even I'm guilty of boisterous outbursts. During rituals and ceremonies, be mindful of our shared space. We will all have opportunities to speak.

6. Group Timing. Be punctual. Our twice daily rituals are sacred forums—your presence and timeliness are part of the healing process for yourself and the group.

7. Shifting intentions. If your intention changes mid-retreat, tell me. An unclear or unspoken intention can lead to an unfulfilled retreat.

9.

2025 Events

For weekly 1:1 advanced and emergency retreats, or for half- or full-day virtual retreats, [contact Dr. Wible](#). Below are currently scheduled group retreats and ongoing weekly support.

Group Retreats

May Physician Retreat ~ Soul retrieval & integration. Replace your inner critic with your inner cheerleader. Remove all obstacles to living your dream life (with or without a medical license). 5/7 eve - 5/11 noon. Oregon Coast. \$4000 (50% off for Dream Team).

October Physician Retreat ~ Soul retrieval & integration retreat (as above). 10/29 eve - 11/2 noon. Oregon Coast. \$4000 (50% off for Dream Team).

Sunday Events

Physician Peer Support (11:00 am PT) Suffering from bullying, betrayal, exhaustion, medical mistakes, grief, guilt, anxiety, or suicidal thoughts? Forced into a PHP? Facing board sanctions? We can help. (60 min) \$97/mo. [Register here](#).

Physician Suicide Prevention Team (1:00 pm PT) ~ Intimate group of physicians sharing our suicide attempts and survival. We explore (hidden) reasons docs die by suicide & effective ways to end physician suicide now. (60 min) \$97/mo. [Register here](#).

Physician, Heal Thy Inner Critic 101 (2:00 pm PT) ~ Doctors often struggle with critical self-talk, perfectionism, approval-seeking & self-sacrifice—patterns formed in childhood & reinforced by medicine's demands. Identify core dysfunctional beliefs that limit your success and begin healing. 4-week course monthly. (90 min) \$500. 6 hours category 2 CME. [Register here](#).

Physician Business Mastermind (5:00 pm PT) ~ Master advanced business strategies for your ideal clinic, coaching, or consulting business (no medical license required). Must be [Fast Track](#) grad or own your independent practice. (60 min) \$97/mo. [Register here](#).



Pamela Wible, M.D., is an expert in physician psychology and author of *Physician Suicide Letters—Answered*, *Human Rights Violations in Medicine*, and *Physician Betrayal: How Our Heroes Become Villains*. She runs a free doctor suicide helpline and offers weekly physician retreats and peer support through Live Your Dream School of Medical Arts. Contact Dr. Wible at IdealMedicalCare.org.