



**Nov-Dec 2023 *Residency Times*
From Your DIO**

The second Marvin webinar will be held during the regularly scheduled DART [Developing Active Resident Teachers] session on Wednesday, March 13, on “**Positive Psychology and Wellbeing.**” Human biology may compel individuals to focus on the negative so that they are better able to solve perceived problems and survive, but such strategies are not always useful for feeling healthy, happy, or connected with other people. This webinar will explore options for integrating the principles of Positive Psychology into one’s life to create greater satisfaction and build joy and meaning. GME is currently conferring with the Resident Council on the topic of the third Marvin webinar, to be held during the annual GME/RC Professional Development Symposium, typically scheduled for a Tuesday evening in April as a Zoom event. In the coming weeks, we’ll be providing full details and registration information for these events, or residents may contact GME Director of Education [Brent Stansfield](#).

I’m pleased to offer these Marvin wellness webinars to our trainees and am confident that these events provide attendees with a set of tools and resources for addressing the challenges of residency education. As I’ve mentioned previously, Marvin can also develop

wellness sessions tailored to the needs of individual programs *free of charge*. Please contact Marvin's Director of Clinical Services, Jacinta Harman, LCSW, at jacinta@meetmarvin.com, or drop me an email and I'd be happy to facilitate an introduction.

Anne

Anne Messman, MD, MHPE, FACEP
Associate Dean and DIO, Office of Graduate Medical Education
Professor, Dept. of Emergency Medicine
Amessman@med.wayne.edu
313.282.6577 (cell)

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