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***GME* *Faculty Development Series***

**Monthly Teams Meeting**

***Sponsored by the Office of Graduate Medical Education and Coordinated by Office of Continuing Medical Education***

**Thursday, April 24, 2025**

**5:00-6:00pm** [**Join the meeting now**](https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZjM1YWE4ZGEtNTlkYS00ODM4LWFhMjQtY2QyOTk4YmQ0N2Qw%40thread.v2/0?context=%7b%22Tid%22%3a%225f5c2410-cd60-4dbe-b97e-3c9c38140272%22%2c%22Oid%22%3a%22916a304d-eab1-46aa-b99e-6b309f27be39%22%7d) **Or call in (audio only)**

[+1 430-205-1142,,9024226#](tel:+14302051142,,9024226) , Tyler Phone Conf ID: 902 422 6#

Science of Happiness

**Speaker:**

**Yasin Ibrahim, MD**

*Associate Professor*

*Psychiatry and Behavioral Health*

*The University of Texas at Tyler*

*School of Medicine*

*Tyler, Texas*

**Objectives:**

At the end of this presentation, participants should have increased information to:

1. **Identify** the key scientific determinants of happiness and well-being, including biological, psychological, and social contributors based on current research.
2. **Analyze** common misconceptions and myths about happiness, including why people often mispredict what will bring them lasting satisfaction.
3. **Compare** cultural perspectives and variations in the definition and pursuit of happiness across different societies.
4. **Apply** evidence-based strategies and interventions to enhance personal and professional well-being.

***Faculty Development Series are designed for current clinical faculty; other select faculty involved in education and teaching residents and open to other physicians with an interest in the program being presented.***

The University of Texas at Tyler Health Science Center is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The University of Texas Health Science Center at Tyler designates this live educational activity for a maximum of ***1 .0 AMA PRA Category 1 credit*** TM. Participants should only claim credit commensurate with the extent of their participation in the activity.