

**University of Minnesota College of Veterinary Medicine Education Day
Virtual Poster Session Submission**

Title:

The Future of Flourishing in Veterinary Medicine: Systems- Informed Applied Positive Psychology in Veterinary Education

Author:

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Purpose:

Veterinary professionals face significant systemic wellbeing challenges which have impacts on individuals, teams, and the broader profession. This literature review explores the potential application of applied positive psychology in veterinary education, proposing a systems-informed approach to fostering healthy educational environments in which wellbeing can emerge. Integrating positive psychology interventions (PPIs) into veterinary education has the potential to enhance existing efforts to cultivate a culture of flourishing at the individual, group, and institutional levels.

Key Findings:

1. Systems-Informed Positive Education (SIPE):
 - o Veterinary education is an interconnected system that includes students, educators, administrators, curriculum, policies, and funding.
 - o Embedding wellbeing into the structure of veterinary institutions leads to sustainable, positive impacts.
2. Positive Psychology Interventions (PPIs):
 - o Individual Level (Me): Self-directed interventions such as character strengths, mindfulness, growth mindset, reflective practices, and stigma reduction for help-seeking behaviors.
 - o Group Level (We): Relationship-based approaches, including positive psychology informed mentoring, job crafting, strengths-based coaching, positive communication strategies, and animal-assisted interventions.
 - o Organizational Level (Us): Institutional strategies such as fostering healthy work cultures, appointing wellbeing champions, integrating arts and humanities, and implementing wellbeing-focused policies, working, and learning environments.
3. The 'Me, We, Us' Model for Systemic Wellbeing:
 - o A multi-level framework supporting the integration of evidence-based wellbeing practices into veterinary education.
 - o Encourages a shift from reactive mental health support to proactive, systemic interventions.

Conclusions:

Veterinary medicine requires a holistic, systems-informed approach to address wellbeing challenges proactively, sustainably, and effectively. By embedding applied positive psychology into teaching methods, curriculum design, and institutional policies, veterinary education can cultivate a sustainable culture of flourishing. This approach not only benefits students and educators but also strengthens the overall profession and its contributions to human, animal, and environmental health. ([Publication Link](#))