



mindfulness

# SHARING DAY 2022

THE CHANGING LANDSCAPE OF MINDFULNESS  
IN MEDICAL EDUCATION.

THE IMPACT OF THE PANDEMIC AND FUTURE PROSPECTS.

Friday, 28<sup>th</sup> January 2022

“Mindfulness practice means that we commit fully in each moment to be present; inviting ourselves to interface with this moment in full awareness, with the intention to embody as best we can an orientation of calmness, mindfulness, and equanimity right here and right now.”

Jon Kabat-Zinn

“Mindfulness in medicine includes the capacity for non-judgmental attention to self and others in the moment during every day work and with the goal to act with clarity, resolve, compassion, practical wisdom and interpersonal effectiveness.”

Ron Epstein

More details can be found at [www.asme.org.uk/events/mimesharingday](http://www.asme.org.uk/events/mimesharingday)

### A highly interactive and experiential virtual event with speakers including:

- Renown physician, author, researcher and educator Professor Ron Epstein, University of Rochester School of Medicine and Dentistry;
- Psychiatrist, scholar, writer and educator Neil Greenberg, Professor of Defence Health Medicine, Kings College, London;
- Writer, educator and scholar and one of the pioneers of introducing mindfulness into medical education in the Antipodes, Professor Craig Hassed, Monash University, Australia.

### This one day event will include:

- Guest speakers
- Workshops on mindfulness and well being
- Abstract presentations
- ASME-MIME Research Award Presentation
- Mindfulness meditation sessions
- Opportunities to network and share scholarship

This day is open to anyone interested in mindfulness, but is particularly relevant to those who may wish to explore introducing, integrating or improving the use of mindfulness in their clinical teaching or training programs.

## Call for abstracts

We are delighted to announce that the call for abstracts for this upcoming event is now open. We welcome any themes related to mindfulness and mental wellbeing in areas of medical education and training. Authors should submit abstracts as a text summary (maximum 500 words), detailing the salient points of their research –background, methods and results.

## Presentations and Workshops

We are also happy to accept proposals for other presentations and workshops which may not be appropriate to submit as a scientific abstract.

Please see [www.asme.org.uk/events/mimesharingday#general-info](http://www.asme.org.uk/events/mimesharingday#general-info) for further details.

Deadline for submissions – **15th December 2021.**

### Conference fees

ASME members: £40 | Non-members: £80 | Students: £25

There are a few assisted places for those who cannot afford the standard rates. Please email [events@asme.org.uk](mailto:events@asme.org.uk) for further information.

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### Advancing Scholarship in Medical Education

ASME, Suite 1A, Q Court, 3 Quality Street, Edinburgh, EH4 5BP

Tel: +44 (0)131 225 9111 Email: [events@asme.org.uk](mailto:events@asme.org.uk) [www.asme.org.uk](http://www.asme.org.uk) Find us: [asmeofficial](#)   

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