



Mindfulness in Medical Education
Special Interest Group of ASME

Mindfulness in Medical Education (MiME)

Mission

Mindfulness and meditative practices are important, evidence-based approaches to maintaining wellbeing in many settings including healthcare. Mindfulness in Medical Education (MiME) is a Special Interest Group intending to create and disseminate knowledge and scholarship of mindfulness in medical education, enabling networking and collaboration across members and other special interest groups.

Aim

To raise awareness about the importance of mindfulness in a healthcare context through discussion, sharing of best practice and networking. The SIG also aims to support its members to undertake and disseminate wellbeing-related scholarship within healthcare professions.

Vision

- To support the wellbeing of medical students and those employed in medical education through research, teaching and sharing good practice.
- To encourage networking between colleagues and institutions in order to foster conversations and collaborations relating to mindfulness and meditative practices in medical education.
- With specific reference to the inclusion of mindfulness and meditative practices in curriculums to consider how to integrate wellbeing into medical curriculums more explicitly.
- To encourage established and new researchers to undertake studies that consider the inclusion of mindfulness and meditative practices in medical education.
- To establish and maintain connections with ASME-based and external organisations in order to further our objective to develop the teaching of wellbeing and mindful meditative practices in medical education.
- To work towards best practice guidelines and training for mindfulness teachers who are aiming to introduce mindfulness and meditative practices into medical curriculums.

For more information, email mime@asme.org.uk or visit our website for a list of all membership benefits and details of how to join online.

asme.org.uk/mime