Cognitive behaviour therapy (CBT)

for the management of hot flushes and night sweats

Programme

Course facilitators

Dr Melanie Smith, Highly Specialist Clinical Psychologist; CBT lead on MENOS 1&2 CBT trials for well women and women experiencing hot flushes and night sweats following breast cancer treatment; co-author of self-help and group CBT books with Professor Myra Hunter.

Dr Janet Balabanovic, Chartered Counselling Psychologist; CBT group co-facilitator and qualitative researcher for the MENOS CBT trials.

Wednesday 24 September to Wednesday 15 October 2025
Professionally recorded lecture videos & PDF slides available via the BMS website

Lecture 1:	Introducing a biopsychosocial approach; the intervention and its evidence
Lecture 2:	CBT basics and session 1 of the intervention
Lecture 3:	Stress management (intervention session 2)
Lecture 4:	Hot flushes (intervention session 3)
Lecture 5:	Managing sleep and night sweats (intervention sessions 4 & 5)
Lecture 6:	Review, maintenance and other menopause issues (intervention session 6)

Friday 10 October 2025
Interactive Zoom Q&A/group discussion day

0915-1020	Welcome & introduction Introducing a biopsychosocial approach; the intervention and its evidence CBT basics and session 1 of the intervention
1020 – 1035	**Morning break**
1035 - 1120	Stress management (intervention session 2)
1120 – 1135	**Break**
1135 - 1235	Hot flushes (intervention session 3)
1235 – 1335	**Lunch**
1335 - 1440	Managing sleep and night sweats (intervention sessions 4 & 5)
1440 – 1455	**Afternoon break**
1455 - 1630	Review, maintenance and other menopause issues (intervention session 6)

Further information

Visit our website www.thebms.org.uk or contact the BMS office at admin@bms-whc.org.uk.