The specialist authority for menopause & post reproductive health

British Menopause Society

Cognitive behaviour therapy (CBT)

for the management of hot flushes and night sweats

Who should consider the BMS Cognitive Behaviour Therapy (CBT) course?

CBT is increasingly popular within physical health settings and has been demonstrated to effectively help women who are experiencing problematic menopausal symptoms. Women are equipped with self-management skills to reduce the psychological distress commonly associated with hot flushes, night sweats and other menopausal symptoms. It is also suitable for women who have undergone breast cancer treatments.

The BMS CBT course is designed for doctors, nurses and other healthcare professionals (e.g. applied psychologists and registered counsellors) who work regularly in the field of women's health, in either primary or secondary care. It will give an in-depth introduction to an evidence based 6 session group intervention, enabling delegates to develop the knowledge and skills to facilitate groups within their own health care setting or to work individually with patients.

Delegates will be given an overview of the significant influence of psychological factors in coping with distress in relation to menopausal symptoms and how CBT is relevant to this. Each session of the intervention will then be presented, including the use of interactive exercises designed to build confidence in working collaboratively with patients, as well as case studies and experiential exercises to illustrate how the intervention can be applied to a variety of menopausal issues. The accompanying materials are designed to enable healthcare professionals to guide women to develop self-management strategies using a cognitive behavioural approach.

The course carries 12 CPD credits.

Please note, this training course is for registered healthcare professionals only and it is important to be able to access clinical supervision when using psychologically informed principles with patients.

What is the format of the CBT course?

A **pre-reading book**, *Managing Hot Flushes**, your manual, will be posted to delegates in good time before the course. Delegates will have access to **professionally recorded lecture videos** for the six course modules, with PDF lecture slides, via the BMS website. They can watch the lectures at a time convenient for them, before they attend a mandatory fully interactive **Zoom Q&A/group discussion day.** There will also be plenty of opportunity to ask questions on the Zoom day itself, to clarify information in the lecture videos. The use of Zoom breakout rooms will then allow for small group discussion to further learning.

Delegates must watch the lectures and attend the Zoom day (0900-1630) to meet the requirements for course completion.

The BMS CBT course programme can be found in full overleaf.

Booking

The cost of the course is **£625.00**. You can register online at www.thebms.org.uk/education.

*A copy of *Managing Hot Flushes and Night Sweats with Group CBT: An evidence based treatment manual for health professionals* by Hunter, M.S. and Smith M (2015) is included in the course fee.

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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.

Professionally recorded lecture videos and 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)

Example of Interactive Zoom Q&A/group discussion day (0900-1630)

0900-1020	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.

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