

Cognitive behaviour therapy (CBT)

Two-day training course for the management of hot flushes and night sweats



Thursday 19 & Friday 20 November 2020

Woodside Conference Venue, Glasshouse Lane, Kenilworth, Warwickshire, CV8 2AL

This course provides an introduction to group cognitive behaviour therapy for menopause symptoms.

Cognitive behavioural based self-management skills are increasingly popular within physical health settings and have been demonstrated to be effective in helping women who are experiencing problematic menopausal symptoms. This course will help healthcare professionals to build confidence and skills to effectively support women who are interested in developing these skills themselves. The training will be delivered in a lecture and workshop format and involves experiential learning exercises. Delegates will learn to apply their new knowledge and skills to facilitate self-management strategies within a 6 session group intervention, or working individually with patients.

This is a combined theory and practical training module aimed at doctors, nurses and other healthcare professionals (e.g. applied psychologists and registered counsellors) who work regularly in the field of women's health or within a primary care setting. Course attendees will be equipped with the knowledge and skills required to run CBT groups for women experiencing problematic menopausal symptoms. A certificate of attendance will be issued electronically after completion of the training and the course carries 12 CPD points.

Who are the course organisers?

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.

Why consider this course?

CBT aims to equip menopausal women with self-management skills to facilitate coping and reduce psychological distress commonly associated with hot flushes, night sweats and other menopausal symptoms. This course will give an in depth introduction to this evidence based 6 session intervention which will equip delegates with the knowledge and skills to facilitate groups within their own health care setting or to work individually with patients to develop self-management strategies. 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 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 menopause issues. The accompanying materials are designed to enable professionals to guide women to develop self-management strategies using a cognitive behavioural approach. It is applicable to registered healthcare professionals working with women experiencing distressing menopausal symptoms, in primary and secondary care, and with women who have undergone breast cancer treatments.

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

Booking

The cost of the course is £475, including 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), Routledge Taylor Francis.

You can obtain a copy of the booking form or register on-line at www.thebms.org.uk/education.

Payment via credit/debit card can also be made over the telephone on 01628 890 199.

Refunds for cancellations will only be given up to 30 days before the course start date and will incur a £30 administration charge.

The course programme can be found in full overleaf.

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Programme

Thursday 19 November 2020

0900 Registration and refreshments

0920 Welcome and introduction

0930 A biopsychosocial approach to menopause

The role of psychological factors that influence the menopause experience.

Cognitive Behavioural Therapy and physical health issues

What is CBT? Role in physical health. The role of thinking and the vicious cycle. Breaking the cycle.

The intervention and its evidence. Quantitative and qualitative studies.

1130 Refreshments

1145 Group session 1 – Being informed – an introductory session to include biological and psycho-social aspects of menopause and an overview of the intervention, including initial lifestyle changes

What is menopause?, the thermo-neutral zone, a cognitive behavioural model of hot flushes and night sweats, hot flush triggers, paced breathing.

1300 Lunch

1400 Group session 2 – Reducing stress

The fight or flight response, a cognitive behavioural model of stress, stressed thinking and the vicious cycle.

Behavioural strategies to include problem solving, pacing, time for yourself.

1530 Refreshments

1545 Group session 3 - Cognitive behavioural approaches to hot flushes

Common cognitive responses to hot flushes and distress. Identifying unhelpful thinking and its consequences. Managing social situations. Understanding control, frustration and helplessness. Coping and paced breathing. Training group tasks.

1715 Q&A for day 1

1730 End of day

Friday 20 November 2020

0845 Registration and refreshments

0900 Review of day 1

0930 Group session 4 - Sleep problems and night sweats

Understanding the role of cognitive and behavioural factors in insomnia. Understanding sleep. Behavioural approaches to insomnia based on the CBT model.

1045 Refreshments

1100 Group session 5

Understanding and managing cognitive aspects of insomnia. Managing stress and anxious thinking.

Managing daytime tiredness and fatigue.

1230 Lunch

1330 Group session 6 - Reviewing progress, maintaining change and other menopausal issues

Goal setting to maintain change and improve quality of life. Group discussion around the psychological aspect of the menopausal transition and information on strategies for other issues including weight gain, fatigue and sexual issues.

1430 Group discussion

Practical implementation issues, barriers and supervision. Preparation, assessment and inclusion/exclusion criteria, assessment, facilitating groups, setting up and time. The role of homework. Monitoring progress. Measures.

1530 Q&A for day 2

1545 End of day

Further information

Visit our website www.thebms.org.uk or contact Kate Ellis kate.ellis@bms-whc.org.uk 01628 890 199.