

Cognitive behaviour therapy (CBT) for the management of hot flushes and night sweats

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 will be issued electronically after completion of the training and the course carries 12 CPD points.

Who are the 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.

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).

You can 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 virtual course programme can be found in full overleaf.

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Virtual course programme

Friday 5 March to Tuesday 23 March 2021

Pre-recorded lecture videos and PowerPoint 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 19 March 2021

One-day series of Q&A/group discussion webinars

- 0915-1020** Welcome & introduction
Introducing a biopsychosocial approach; the intervention and its evidence
CBT basics and session 1 of the intervention
- 1020 – 1035** **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** **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.