

**improve mood and sleep  
reduce hot flushes/night sweats  
manage anxiety and stress**

with

## Cognitive Behavioural Therapy

"I have found the  
information, help,  
support and advice on  
anxiety and sleep  
"life changing"

Counsellorandcoach is a practice of Baccp/Babcp  
accredited psychotherapists/counsellors helping  
individuals and groups

For more information and further details  
[www.counsellorandcoach.co.uk](http://www.counsellorandcoach.co.uk)  
07801 438567

glasgow west end | city centre  
erskine | helensburgh  
or skype

# hello menopause

"Listening to  
everyone's journey...  
your thoughts and  
feelings are normal"



# COGNITIVE BEHAVIOURAL THERAPY (CBT) for menopausal symptoms

CBT is recommended by NICE (National Institute for Health and Care Excellence) as a treatment for relieving menopausal symptoms including hot flushes/night sweats, anxiety, stress, low mood and sleep disturbance during the menopause transition.

CBT looks at how thoughts, behaviours, feelings (emotions) and physical sensations are connected. When thoughts and emotional factors are negative this can lead to being locked in a vicious cycle making us feel worse and worse. CBT provides skills and techniques to break this cycle increasing self awareness and self management to improve quality of life.

“Overall enjoyable experience. So good to know I was not on my own with regards to the physical and psychological effects (of menopause). Uplifting that someone (psychotherapist/trainer) is recognising that this is a problem for the majority of women in general but in particular in the workplace”.

“Liked that we could all relate to each other and realise we are all suffering the same effects of the menopause”

## HOW IT WORKS

### GROUP PROGRAMMES

4 consecutive group workshops that explore how thoughts, feelings and behaviours can impact menopausal symptoms. Looking at triggers, stress management, hot flush/night sweat management. How to improve sleep using relaxation and breathing techniques. The sessions will equip you with tools that will help you normalise and manage menopausal symptoms through group exercises and between session work.

Aim is to give you back control.

### ONE TO ONE PROGRAMMES

For women who would prefer a discreet one to one service. Follows the weekly format of the group programme personalised to the individual.

### MENOPAUSE AWARENESS TRAINING FOR MANAGERS

A practical programme for managers working with women who will probably experience menopausal symptoms that may affect their performance at work. How to have practical conversations, positively and proactively manage performance and provide practical tips for supporting the menopause transition.