

Cognitive Behavioural Therapy for Menopause

What does this course cover?

This is an six session webinar course to help you understand more about the link between Menopause and anxiety and depression.

How can CBT help me?

CBT helps us to understand the link between how we feel, think and act. On this webinar, you will learn practical skills to feel better now and in the future



Session topics

- Understanding the Menopause
- Symptoms of anxiety and depression
- Planning activities and rest
- Exercise
- Managing worries
- Negative thoughts and thought challenging
- Managing stress and anger
- Maintaining progress

Frequently asked questions



I'm anxious about turning my camera on or speaking

We understand that speaking on a webinar or turning on your camera can be a source of anxiety.

You do not need to turn your camera on during this webinar.

What if I can't make a session?

Please call us as soon as possible to let us know that you won't be able to attend.