

HypnoMenopause® Course Curriculum

Your online course is self-paced and can be completed in your own time. You will have ongoing support from Dr. Claire Jack, including a 1-2-1 tutorial to discuss your case studies and other aspects of course work.

Course modules

Module 1 - What is Menopause?

- 1.1 Overview
- 1.2 Hormonal changes
- 1.3 Cultural construction
- 1.4 Life history
- 1.5 Life stage
- 1.6 Induced menopause
- 1.7 Premature menopause
- 1.8 The gift of menopause
- 1.9 Summary

Module 2 - Menopause symptoms

- 2.1 Overview
- 2.2 Vasomotor symptoms
- 2.3 Mood swings, anxiety and depression
- 2.4 Weight gain and body image
- 2.5 Sexuality and sexual dysfunction
- 2.6 Sleep issues

- 2.7 Brain fog
- 2.8 Fatigue and aches and pains
- 2.9 Summary

Module 3 - Hormone Replacement Therapy (HRT)

- 3.1 What is HRT?
- 3.2 Potential risks and side effects of HRT
- 3.3 Combining HypnoMenopause® and HRT

Module 4 - Psychological and complementary therapies

- 4.1 How can psychological therapy help women?
- 4.2 Overview of complementary approaches
- 4.3 Summary

Module 5 - Hypnotherapy for menopause

- 5.1 Overview
- 5.2 Research findings

Module 6 - HypnoMenopause®: An Integrated Hypnotherapeutic Approach

- 6.1 Overview
- 6.2 Mind-body connection
- 6.3 Solution focused “miracle question” and scaling
- 6.3 Hypnotherapy-CBT
- 6.4 NLP Anchor

- 6.6 Mindfulness
- 6.7 Self-hypnosis
- 6.8 Education
- 6.9 Recordings

Module 7 - HypnoMenopause® Approach Principles

- 7.1 Introduction
- 7.2 Scripts
- 7.3 Client handouts
- 7.5 Developing a multi-session programme
- 7.6 Underlying principles of HypnoMenopause® approach

Module 8 - HypnoMenopause® Session by Session Protocol

- 8.1 Overview
- 8.2 Initial consultation
- 8.3 Session 1
- 8.4 Session 2
- 8.5 Session 3
- 8.6 Session 4
- 8.7 Session 5
- 8.8 Summary

Module 9 - Marketing your services

- 9.1 Overview

- 9.2 Identifying your client's needs
- 9.3 Information provision
- 9.4 Listing on website
- 9.5 Blogging
- 9.6 Social media
- 9.7 Paid advertising
- 9.8 Group work
- 9.9 Working with other healthcare professionals
- 9.10 Corporate provision

Case studies and assignments

You are asked to complete the following assignments which are designed to increase your self-awareness as a practitioner, and ensure that you have a thorough understanding of menopause, in addition to displaying a comprehensive skill base in working with clients. Assignments include:

2 case studies working with volunteers

An open-book exam

A self-reflexive essay