



Priory Wellbeing Centre Southampton

Group CBT for managing menopause symptoms

This group course uses cognitive behavioural therapy (CBT) to help you better manage common and distressing menopause symptoms such as hot flushes and night sweats.

Many menopause symptoms can feel worse during times of stress. Through this course, you'll learn practical techniques such as paced breathing, relaxation and helpful ways of thinking that can make symptoms feel more manageable in everyday life. CBT has been shown to help women cope with menopause symptoms so they feel less overwhelming and easier to live with.

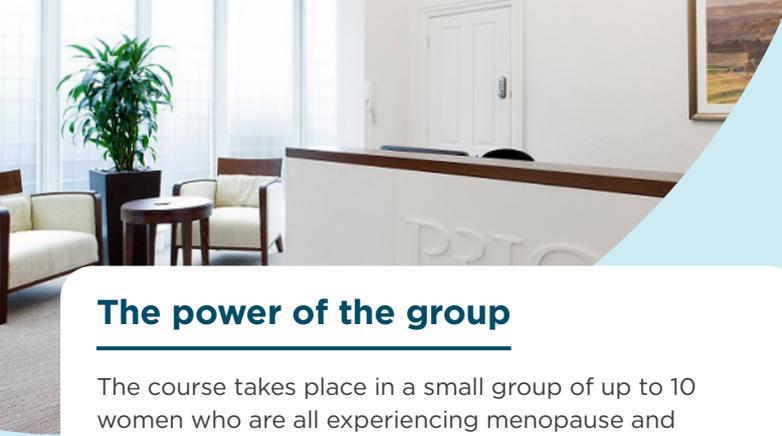
The aim of this course is to support you in managing your symptoms, either without medication or alongside any treatment you may already be using. It also provides space to explore the emotional changes that often come with menopause.

The course runs over six sessions and takes place in a small group. Many women find comfort in sharing experiences and learning alongside others who understand what they're going through. For those who feel isolated during menopause, group therapy can offer reassurance, connection and support.

This course is available to biologically female women who are currently experiencing perimenopause or menopause and finding symptoms such as hot flushes or night sweats difficult to cope with.

Course overview

- + A six-session group CBT course for women experiencing perimenopause or menopause
- + Focuses on managing hot flushes, night sweats and related symptoms
- + Teaches practical tools such as paced breathing, relaxation and coping strategies
- + Helps reduce the impact of stress and improve day-to-day wellbeing
- + Addresses both physical symptoms and emotional changes
- + Suitable alongside medication or as a standalone approach
- + Supportive group setting with shared understanding and reassurance



The power of the group

The course takes place in a small group of up to 10 women who are all experiencing menopause and facing similar challenges. Sessions are guided by two experienced facilitators, creating a safe, supportive and well-structured space.

Being alongside others who understand what you're going through can feel reassuring and empowering. The group setting allows you to share experiences, learn from different perspectives and realise that you're not alone.

It's completely normal to feel unsure about joining a group at first. We take the time to build trust within the group and make sure everyone feels comfortable. There's no pressure to share more than you feel ready to, and many women find that the group becomes a valuable source of connection and understanding over time.

Our specialists

The course is led by two experienced female facilitators who bring complementary skills and perspectives to the group. One is a qualified CBT therapist and the other is an integrative therapist, allowing the course to combine structured, evidence-based techniques with a holistic, person-centred approach.

One of our facilitators is also accredited by the British Menopause Society (BMS). This means they have specialist training and up-to-date knowledge in menopause care, recognised by a leading UK authority in this area. BMS accreditation reflects a high standard of expertise in understanding menopause symptoms, treatment options and best practice support.

Together, our facilitators create a safe and understanding environment where you can speak openly and feel genuinely listened to. They'll help you develop practical skills to manage your symptoms, while also supporting the emotional and psychological changes that come with menopause.

Further information and pricing

The group CBT for managing menopause symptoms course is available on a self-funded basis or through private medical insurance (PMI).

The fee is £85 per session for those who are self-funding. If you plan to use PMI, outpatient group rates will apply and you will need to secure authorisation from your insurer before starting the course. For more information including the next start date, please contact Priory Wellbeing Centre Southampton on **02380 713000** or by emailing southamptonwellbeing@priorygroup.com.

For the most up to date information on our services, please visit our website.

Course timetable

Each session lasts for 90 minutes and the course runs weekly over 6 weeks, providing a total of 9 hours of group support. Sessions take place in-person at Priory Wellbeing Centre Southampton, in a calm and supportive setting.

- + **Session 1 - introduction to CBT and understanding menopause symptoms**
- + **Session 2 - stress management and improving wellbeing**
- + **Session 3 - managing hot flushes with relaxed breathing, thoughts and behaviour**
- + **Session 4 - managing night sweats and improving sleep (part 1)**
- + **Session 5 - managing night sweats and improving sleep (part 2)**
- + **Session 6 - reviewing progress and strengthening skills for the future**

At the end of the course, you'll also be offered an individual follow-up session with one of our facilitators. This provides space to reflect on your progress and, if needed, signpost you to further support.

Who the course is suitable for

This course is designed for biologically female women who are currently experiencing symptoms of perimenopause or menopause, such as hot flushes or night sweats.

For safety and wellbeing reasons, this course isn't suitable for individuals with a severe psychiatric disorder, a current risk of suicide, significant substance misuse, or physical health difficulties that would make group participation challenging. If this applies to you, please contact us and we will be happy to discuss alternative treatment options that may be more appropriate.