

# **A Biopsychosocial Approach to Menopause Symptoms** **Application of a Cognitive Behavioural Approach**

Join Bespoke Mental Health Canada for a workshop delivered by **Dr. Melanie Smith**

**Friday September 12, 2025**

9:00 am – 12:30 pm (PT), 12:00 pm - 3:30 pm (ET)

To **register** for this event, click **here**

**Can't attend on that date?** Just watch it 'on-demand' any time.

Menopause is a natural event that takes place within a broader psychosocial context and research shows that women's experiences will vary considerably. Common symptoms including hot flushes, night sweats, insomnia and fatigue are time limited, but can have a significant impact on quality of life. The biopsychosocial perspective recognizes factors that influence women's experience of menopause, including stress, responses to symptoms, and beliefs and expectations about menopause itself. CBT is a biopsychosocial approach that aims to equip women with information to normalize their experience of menopause, and give them strategies to manage troublesome symptoms.

*Bespoke Mental Health Canada is approved by the Canadian Psychological Association to offer continuing education for psychologists. Bespoke Mental Health Canada maintains responsibility for the program.*

**Participants who complete this workshop (either live or on-demand) are eligible to receive 3 CE credits.**

## Price

Professionals: \$100.00 CAD + tax

Students: \$80.00 CAD + tax