

Managing the Psychological Symptoms of the Menopause

WEBINAR

Wednesday 16th March 2022

All Delegates will receive

- Increased knowledge in Women's Health
- A set of Course downloads
- A certificate for your appraisal portfolio

**Course Accredited for
2 hours CPD**

Introducing your speaker

Dr Wendy Molefi

BM MRCGP DFFP DRCOG MSt. MBCT (Oxon)

Meet the Speaker ...

Dr Wendy Molefi BM MRCGP DFFP DRCOG MSt. MBCT (Oxon)



Wendy is a GP and Menopause Specialist with an Advanced Menopause Specialist Certificate with the British Menopause Society.

She is the founder of Vital Wellness Clinic which is based in Hertfordshire, and she also provides a menopause service through Spire Harpenden Hospital Menopause Clinic.

With her background in wellness coaching and mindfulness teaching, she brings a holistic and preventative approach to her clinical practice and menopause service. She has a special interest in the psychological impact of the menopause on women's quality of life.

She facilitates charitable community based menopause workshops to empower women with knowledge about the menopause and delivers talks in the corporate environment about menopause in the workplace.

Wendy holds a Masters degree in Mindfulness Based Cognitive Therapy (MBCT) from the University of Oxford. Her dissertation on 'The role of Mindfulness Based Intervention in facilitating psychological adjustment in the menopause' was published in the British Menopause Society Journal and presented at the International Mindfulness Conference in South Africa in 2019.

Your Learning Agenda ...

Managing psychological symptoms of the menopause

- ▶ Understanding psychological symptoms in the Menopause
- ▶ Patient Assessment - Making sense of the symptoms and their impact on Quality of Life
- ▶ Management options
- ▶ Case Studies

Programme ...

7:30pm - 8:15pm	Session 1
8:15pm - 8:45pm	Break and Promotional Presentation TBC
8:45pm - 9:30pm	Session 2
9:30pm	Webinar Ends

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