The Menopause Doula

TRAINING COURSE

Joining the dots from periods to perimenopause, and beyond







PLEASE NOTE:

The Core Content

The Core Content is taught via The Training Manual, Student Workbook, Prerecorded Videos, and Live Coaching Calls. It includes:

4 Modules, broken down into Lessons

Lessons which include class notes, shown in the Training Manual & Videos in the portal

Live Coaching Calls - via Facebook, and replays available in the portal Assessments - Quizzes, 60-second summaries, and Case studies

Competence is evaluated using The Core Content and does not include any further reading or additional content found in The Accelerator Hub or Menopause Network.

Competence required for accreditation:

Pass ALL 7 quizzes (each quiz must be completed with 100%)

Total marks available 35

Submit a 60-second summary for each of modules 1-3

Total marks available 30

- 1. Each video will be marked out of 10. A mark of 6 or less will require re-submission.
- 2. Answer one of the three questions (shown in the workbook), include a minimum of 5 keywords, and speak clearly.
- Attend a minimum of 2 coaching calls. (If geographic/time zone restraints apply arrangements can be made for alternatives) No additional marks are awarded for attending more than 2 coaching calls.

Total marks available 10

• Submit x5 Case Studies, using the framework set out in Module 4. Each case study is worth 20 marks. A mark of 13 or less will require re-submission

Total marks available 100

Total Pass mark set at 80% = 140/175



PLEASE NOTE:



Support

At The Menopause School, we are dedicated to providing a nurturing and supportive environment for all our students. We understand that each student is unique, with their own strengths, challenges, and aspirations. Our mission is to ensure that every student feels valued, respected, and empowered to reach their full potential.

We want you to succeed. Please reach out for support and guidance if you are finding anything about the course challenging or overwhelming. If there is a way we can help you learn better, we are happy to consider the options.

We have an open communication policy and would rather know if something is troubling you and work together to make things better.

All technical problems will be responded to promptly and we will do our best to ensure that there is minimal interruption to your studies.

Questions are welcomed and we will endeavor to reply as soon as we can. Sometimes, we find a voice or video call is often easier to understand than an email.

The Facebook Group is available for Q&A, peer-to-peer support, and to connect with a Doula Mentor.



This document outlines the different components of the training course, instructions on how to complete the course, and the accreditation requirements. Each lesson is described and there is space in this workbook to make notes. This document also includes The MSSQ, The Scope of Practice, Mission Statement, and Agreement Terms.

() How to Login

Login <u>HERE</u> to access your student dashboard. Keep your login details safe and secure. If you lose them email <u>support@themenopauseschool.com</u> and we'll set you up with new ones. Unless you log out of the dashboard your device should keep you logged in.

Module format

Each Module contains 2 or more lessons and guidance on the topics outlined. Complete the Modules in the sequence as shown in the online classroom.

Lesson format

Complete the lesson activity using the resources in the portal for each lesson:

- Video (with transcript)
- Class notes on the screen, and as a separate download
- Specific documents to support the learning of that lesson
- Reading recommendations in the library of articles and resources

Quiz questions

The quiz questions can be practiced before you take the test. The quiz relevant to each lesson is displayed on the screen after the lesson A 100% pass rate is a requirement. Retakes are permitted.

60-second summaries

Submit a minimum 45-second - maximum 60-second summary of each Module. Choose the question to answer; use the keywords for that lesson and submit via email to fiona@themenopauseschool.com
A demonstration will be given in the live coaching sessions.



Group Coaching

Please join the Facebook group <u>here</u> for notification of the dates and topics for each session.

Please prepare your questions and submit them in advance.

You must attend a minimum of 2 coaching calls prior to submitting the Case Studies

Case studies

Prepare your x5 case studies using the format outlined in Module 4. Use the Menopause Support System Questionnaire (MSSQ) Marks are allocated for the following:

- 1. Effective use of the MSSQ to learn about the background information on the client's personal menstrual health awareness
- 2. The advice you gave was within the scope of practice guidelines
- 3.An outline of how you fulfilled the client's objectives, within the scope of practice
- 4. An outline of the next best steps for the individual and a follow-up plan

Final review

On completion, you will be invited for a final review with Fiona Catchpowle





Module 1 - Exploring Menstrual Health with a lifetime lens

Introduction

In this module, we will begin with some background biology that will create a framework for later sections of the course.

There are 3 Lessons in this Module

Lesson 1 - Hormone Basics

Lesson 2 - Menstruation

Lesson 3 - The Hormone Collective

Aim:

This module provides foundation knowledge on hormone basics, menstruation, and the hormone collective. We introduce the concept of the Menstrual Health Timeline as the framework from which we will then explore both hormonal aging and reproductive aging in relevant and meaningful terms to The Modern Menopause.

Your objective is to:

- Understand the menstrual cycle in terms of overall health, beyond the role of reproduction.
- Understand and be able to explain the relevance of menstrual health, in terms of ovarian activity over age
- Explore the impact of the hormone collective and co-factors that contribute to the unique menopause experience





Need help:

Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.



Module 1 - Exploring Menstrual Health with a lifetime lens

Lesson 1 - Hormone Basics

Learning Activity:

- Read the class notes in the online classroom
- Watch the video
- Study the practice quiz questions and take the test in the online classroom after the lesson.
- On completion of the Module submit your 60-second summary

Lesson summary

An introduction to the endocrine system, hormones in general, and those in particular associated with menstruation and menopause transition.

Key points:

- The mechanics of menstruation to menopause include the endocrine system as a collective of both glands and hormones.
- The physiological process of reproductive aging is driven by ovarian activity and the hormone family of oestrogens.
- The hormone collective has a lifetime aging blueprint we call the Hormone Highway.
- The relative levels of the hormone collective affect every system of the body, every day.
- Levels can be influenced by internal and external cofactors.

Footnote: throughout we will use the UK spelling Oestrogen to represent the family name of hormones and the accepted format of estrone (E1), estradiol (E2), estriol (E3), and estetrol (E4).





Need help:

Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.



Module 1 - Exploring Menstrual Health with a lifetime lens Lesson 1 - Hormone Basics

Keywords:

The endocrine system, Hormone Highway*, the role of hormones, sex hormones, hormone collective, hormone shift, puberty, periods, perimenopause, postmenopause, and co-factors.

*The Hormone Highway is a visual learning aid and phrase created by Fiona Catchpowle. It is not a standard term found in regular reference books, other than this one. We have used the phrase to represent the biological time frame and typical pathway from menstruation to menopause.



Questions are based on the class notes and video in this lesson.

Please ensure you have read the topic thoroughly. You will require a 100% pass rate. When you have completed the quiz in the live portal, click submit.

You will see your result displayed. If you do not see 100% please take a screenshot and email it to support@themenopauseschool.com

You will receive a copy of that quiz by return and will need to submit your answers again.

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Module 1 - Exploring Menstrual Health with a lifetime lens Quiz 1 - Hormone Basics

1. True or False

A hormone is defined as a chemical messenger

2. True or False

Thyroxine is produced from the pituitary gland

3. True or False

Insulin is classed as 'happy hormone'

4. Multiple choice (select one right answer)

Oestrogen, progesterone, and testosterone are ALL made in which 2 glands?

- Thyroid + Pituitary
- Adrenal + Ovary
- Ovary + Pituitary

5. True or False

Non-ovarian oestrogen levels continue to increase over age and do not decline at all

6. Multiple choice (select one right answer)

Which two are co-factors affecting the hormone collective levels as explained in the class notes?

- Weight + Age
- Stress + Nutrition
- Nutrition + Weight





Need help:

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Module 1 - Exploring Menstrual Health with a lifetime lens

Lesson 2 - Menstruation

Learning Activity:

- Watch the video
- Read the class notes in the online classroom
- Study the practice quiz questions and take the test in the online classroom after the lesson.
- On completion of the Module submit your 60-second summary

Lesson summary

In this lesson we will cover the hormones involved in menstruation, the cycle stages, how to encourage menstrual health awareness, and the support choices for each phase.

At the end of this lesson, you will be able to join the dots between knowledge and understanding of menopause with previously held beliefs around menstruation. **Menstruation is the missing menopause memo!**

Tuning into the menstrual cycle by *listening* to the changes, both physical and emotional, provides really solid data on health and well-being.

Menstrual well-being markers provide a huge insight into overall health, it would be more than reasonable to consider Menstruation as the 5th Vital sign. The impact of menstruation goes 'beyond the bleed'.

Key points:

- Each menstruator is advised to record their menstrual cycle pattern and become body literate, using accurate words to describe their anatomy in particular.
- 2 of the key hormones in menstruation affect energy levels and metabolism, growth, structure digestion, breathing, and immunity, plus other bodily systems
- How menstrual health is viewed by the individual from a physical, emotional, and social perspective will influence how perimenopause and beyond are approached.

Footnote: we are referring to menstrual cycles not masked by hormonal contraception.





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Module 1 - Exploring Menstrual Health with a lifetime lens

Lesson 2 - Menstruation

Keywords:

Menstruation, menstrual cycle, 5th vital sign, signs & symptoms, risk & consequences, regular periods, irregular periods, ovulatory, anovulatory, tuning in, track menstruation patterns, beyond the bleed, menopause, STRAW+10



Questions are based on the class notes and video in this lesson.

Please ensure you have read the topic thoroughly. You will require a 100% pass rate. When you have completed the quiz in the live portal, click submit.

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You will receive a copy of that quiz by return and will need to submit your answers again.



Module 1 - Exploring Menstrual Health with a lifetime lens Ouiz 2 - Menstruation

1. True or False

Menstrual cycle ovarian hormones influence only physical characteristics.

2. Multiple choice (select one right answer)

Tracking menstrual cycle patterns helps with ... Thyroid + Pituitary

- understanding the length of the cycle
- frequency of the cycle
- typical blood flow during the cycle
- All 3

3. Multiple choice (select one right answer)

Which hormone is made by the corpus luteum?

- Testosterone
- Progesterone
- Oestrogen

4. Multiple choice (select one right answer)

Choose the right order of the Menstruation Timeline aka The Reproductive years

- puberty, periods, premenopause, perimenopause, menopause, postmenopause
- puberty, periods, perimenopause, premenopause, menopause, postmenopause
- periods, puberty, perimenopause, premenopause, menopause, postmenopause

5. True or False

Normal premenopausal levels for estradiol are 30 to 400 pg/mL



Need help:

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Module 1 - Exploring Menstrual Health with a lifetime lens

Lesson 3 - The Hormone Collective

Learning Activity:

- Watch the video
- Read the class notes under the video in the online classroom
- Study the practice quiz questions and take the test in the online classroom after the lesson.
- On completion of the Module submit your 60-second summary

Lesson summary

In this lesson, we take a closer look at the hormone collective and the modern menopause.

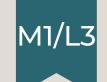
At the end of this lesson, you will understand the role of hormones as a whole, the cumulative effect they play on symptoms of menopause transition, the health risks of postmenopause in relation to the hormone collective, and an insight into the whole person approach.

When ovarian production of estradiol starts to reduce, symptoms may not be noticed as the total levels of whole-body oestrogens are still high enough for the effective functioning of the main systems.

The purpose of menopausing is to allow the body to adapt to ever-decreasing levels of oestrogen, in preparation for post-reproductive health. When periods stop and no further ovarian oestrogen is created, the body is then able to effectively manage the hormone collective with the oestrogens produced from the adrenal glands, fat cells, and some tissue-specific sites like the liver, brain, and skin, plus other sex hormones such as testosterone that is still produced in the ovaries for a few years postmenopause.

Key points:

- The mechanics of menopause have not changed but the world around us has.
- Healthy, disability-free life expectancy has dropped 1.1 years in the last 3 years to 61.3 years.
- Ovarian activity leads to changes in oestrogen levels, but the hormone collective jointly contributes to whole-body change that may lead to signs & symptoms, and risks & consequences.





Need help:

Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.

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Module 1 - Exploring Menstrual Health with a lifetime lens

Lesson 3 - The Hormone Collective

Keywords:

Hormone collective, the modern menopause, blueprint, life expectancy, disability-free, whole person, cortisol connection, stressors, insulin connection, menopause tool-kit, disruptions, wear & tear, rest & digest.



Questions are based on the class notes and video in this lesson.

Please ensure you have read the topic thoroughly. You will require a 100% pass rate. When you have completed the quiz in the live portal, click submit.

You will see your result displayed. If you do not see 100% please take a screenshot and email it to support@themenopauseschool.com

You will receive a copy of that quiz by return and will need to submit your answers again.

Module 1 - Exploring Menstrual Health with a lifetime lens Quiz 3 - The Hormone Collective

1. True or False

The purpose of menopausing is to allow the body to adapt to ever-decreasing levels of oestrogen, in preparation for postmenopause.

2. Multiple choice (select one right answer)

Which of the following is true?

- All stressors are positive
- Elevated cortisol reduces the effectiveness of oestrogen, particularly in the brain.
- Elevated levels of cortisol for prolonged periods improve the effectiveness of the hormone collective

3. True or False

As oestrogen levels drop, so does the sensitivity to the insulin response

4. Multiple choice (select one right answer)

Controllable co-factors are:

- Environment, stress, nutrition, movement, respiration, sleep, lifestyle factors
- Genetics, stress, nutrition, movement, respiration, sleep, lifestyle factors

5. True or False

Effective rest & digest = reduced risk to disease & conditions = positive health outcomes

6. True or False

Hormones work in synchrony with each other. When one changes the others do too.



Need help:

Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.



Module 1 - 60 second summary

Each video will be marked out of 10. A mark of 6 or less will require resubmission.

Choose to answer one of the following questions:

What are sex hormones and what roles do they have?

What is menstrual health?

What is the hormone collective?

- Use a minimum of 5 keywords from the Module as a whole to answer the question
- Record a video for a minimum of 45 seconds and a maximum of 60 seconds
- Submit via email, with the question you have answered and the keywords you have chosen.

Module keywords:

- L1 The endocrine system, Hormone Highway*, the role of hormones, sex hormones, hormone collective, hormone shift, puberty, periods, perimenopause, postmenopause, and co-factors.
- **L2** Menstruation, menstrual cycle, 5th vital sign, signs & symptoms, risk & consequences, regular periods, irregular periods, ovulatory, anovulatory, tuning in, track menstruation patterns, beyond the bleed, menopause, STRAW+10
- L3 Hormone collective, the modern menopause, blueprint, life expectancy, disability-free, whole person, cortisol connection, stressors, insulin connection, menopause tool-kit, disruptions, wear & tear, rest & digest.

Coaching and examples to support you will be demonstrated during the live coaching and available on replay.





Module 2 - The Modern Menopause

Introduction

In this module, we look at menopause in-depth, including what it is (and is not) as well as highlighting commonly held myths and misdirection around menopause.

There are 4 Lessons in this Module

Lesson 1 - Menopause

Lesson 2 - Signs & Symptoms

Lesson 3 - Risks & Consequences

Lesson 4 - Words Matter

Aim:

This module provides foundation knowledge on the process of perimenopause and hormonal decline. We cover the physical, psychological, and physiological signs & symptoms triggered by accelerated ovarian aging and explore how the risks & consequences are related to healthy menopausing.

Your objective is to:

- Understand the process of menopause from the point of menarche to postmenopause.
- Understand and be able to explain the relevance of indicators versus signs & symptoms of perimenopause and accelerated ovarian aging, in terms of hormone shifts and the physical, psychological, and physiological changes that can occur.
- Learn the impact of the co-factors, plus ovarian aging, that contribute to higher risks and consequences to long-term health outcomes of postmenopause





Need help:

Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.



Module 2 - The Modern Menopause

Lesson 1 - Menopause

Learning Activity:

- Watch the video
- Read the class notes in the online classroom
- Study the practice quiz questions and take the test in the online classroom after the lesson.
- On completion of the Module submit your 60-second summary

Lesson summary

The stages of the typical menopause transition and understanding the different stages of reproductive aging. The Hormone Highway stages have a variety of labels. The semantics of this labeling is probably the single biggest confusing aspect of menopause.

Key points:

- The mechanics of menopause and the Hormone Highway are labeled in several ways.
- The word menopause is not a verb, but it should be!
- STRAW+10 is the global naming system for reproductive aging.
- Ovarian activity changes over time and can be compared in terms of the Eggs-factor





Need help:

Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.

Module 2 - The Modern Menopause

Lesson 1 - Menopause

Keywords:

Menopause transition, Menopause day, Premenopause, perimenopause, menopause, postmenopause, to menopause, menopausing*, ovarian activity, the Eggs-factor, hormonal decline.



Questions are based on the class notes and video in this lesson.

Please ensure you have read the topic thoroughly. You will require a 100% pass rate. When you have completed the quiz in the live portal, click submit.

You will see your result displayed. If you do not see 100% please take a screenshot and email it to support@themenopauseschool.com

You will receive a copy of that quiz by return and will need to submit your answers again.

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Module 2 - The Modern Menopause

Quiz 4 - Menopause

1. True or False

Early menopause occurs between 50 and 55 years of age.

2. Multiple choice (select one right answer)

According to the STRAW+10 criteria, menopausal transition is also called what?

- Reproductive
- Perimenopause
- Postmenopause

3. True or False

Pregnancy is a hormone shift but not part of 'natural' reproductive aging.

4. Multiple choice (select one right answer)

Which of these statements is correct?

- The ovarian output is changing smoothly. The hormone decline is gradual over 5 years.
- The ovarian output is changing, but not smoothly. The decline is erratic and creates sharp changes in hormone levels.

5. True or False

At no point in time can the ovaries be strictly controlled by any action, neither general function nor the level of hormone output.





Need help:

Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.



Module 2 - The Modern Menopause

Lesson 2 - Signs & Symptoms

Learning Activity:

- Watch the video
- Read the class notes in the online classroom
- Study the practice quiz questions and take the test in the online classroom after the lesson.
- On completion of the Module submit your 60-second summary

Lesson summary

The grouping of symptoms as physical and psychological, predicted patterns can be observed, and why treating symptoms is better with a whole-person approach.

At the end of this lesson, you will understand the biological mechanism of symptoms, their impact on an individual level, and the connection between hormonal decline.

With age, the declining amounts of oestrogens in general, are massively influenced by the irregular ovarian output of estradiol.

- Signs & symptoms may or may not be observed.
- Risks & consequences will be present in either the short or long term, due to both hormonal and reproductive aging, with or without signs and symptoms.

There are risks & consequences to health and well-being as part of the aging process. How we age both hormonally and reproductively will contribute toward the level of risk of future 'disease' and the consequences of hormonal decline, on both mind and body.

Key points:

- The signs & symptoms do not appear in a pre-determined order.
- How we age both hormonally and reproductively will contribute toward the level of risk of future 'disease'.
- The defined symptoms of hormonal decline, each connected to a key bodily system, are relative to the individual.





Need help:

Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.

Module 2 - The Modern Menopause

Lesson 2 - Signs & Symptoms

Keywords:

Signs & symptoms, Risk & consequences, ovarian output, the menopause experience, Modify, mend, manage, menopause tool-kit, infradian rhythm, circadian rhythm, inflammation.



Questions are based on the class notes and video in this lesson.

Please ensure you have read the topic thoroughly. You will require a 100% pass rate. When you have completed the quiz in the live portal, click submit.

You will see your result displayed. If you do not see 100% please take a screenshot and email it to support@themenopauseschool.com

You will receive a copy of that quiz by return and will need to submit your answers again.



Module 2 - The Modern Menopause

Quiz 5 - Signs & Symptoms

1. True or False

The irregular ovarian output of Estradiol triggers a whole host of chemical changes

2. Multiple choice (select one right answer)

Which of these is NOT true of the menopause experience?

- The hormone collective creates a unique, whole person, menopausal experience for each individual
- The signs & symptoms appear in a set order
- There may be no apparent signs & symptoms at all

3. Multiple choice (select one right answer)

Which of these sentences is NOT correct?

- The defined signs & symptoms of hormonal decline, each connected to a key bodily system, are relative to the individual.
- The frequency, severity, and time span of symptoms are directly linked to every system in the body that oestrogens, testosterone, and progesterone play a role.
- Once we pass the tipping point of regular ovarian activity the pattern that then unfolds is the same for each person

4. Multiple choice (select one right answer)

- influenced by the hormone collective.
- controlled by the hormone collective.

5. True or False

Inflammation adds to symptoms in a negative way. The primary objective, therefore, is to find ways to calm and soothe all systems.





Need help:

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Module 2 - The Modern Menopause

Lesson 3 - Risks & Consequences

Learning Activity:

- Watch the video
- Read the class notes in the online classroom
- Study the practice quiz questions and take the test in the online classroom after the lesson.
- On completion of the Module submit your 60-second summary

Lesson summary

The long-term impact of hormonal decline, possible health outcomes, and data-driven risk factors.

At the end of this lesson, you will understand why decisions made during the reproductive years affect the health and outcomes of postmenopause.

"Levels of hormones postmenopause places women at higher risk than men of developing the following conditions - Dementia, type 2 diabetes, bowel cancer, heart disease and osteoporosis." – NICE Guidelines

Key points:

- The total menopause experience brings about change from which we evolve. There is no going back.
- Prolonged inflammation (aka wear and tear) during the menopause experience may contribute further to ongoing health risks & consequences.
- Knowledge is power. Still, you can't manage what you don't understand.
- Based on average age markers a menopausing person is destined to spend
 32 years in a postmenopausal body.





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(>) Module 2 - The Modern Menopause

Lesson 3 - Risks & Consequences

Keywords:

Risk & consequences, inflammation, Dementia, type 2 diabetes, bowel cancer, heart disease, osteoporosis, healthy menopausing, healthy aging.



Questions are based on the class notes and video in this lesson.

Please ensure you have read the topic thoroughly. You will require a 100% pass rate. When you have completed the quiz in the live portal, click submit.

You will see your result displayed. If you do not see 100% please take a screenshot and email it to support@themenopauseschool.com

You will receive a copy of that quiz by return and will need to submit your answers again.

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Module 2 - The Modern Menopause

Quiz 6 - Risks & Consequences

1. Multiple choice (select one right answer)

Which of the following trigger the variety of changes in menopause transition?

- The transition time-frame, and erratic levels of ovarian Estradiol.
- General hormones 'out of whack'.

2. True or False

The absence of symptoms means you have no risks or consequences postmenopause.

3. True or False

Levels of hormones postmenopause places women at higher risk than men of the same age, of developing the following conditions – Dementia, type 2 diabetes, bowel cancer, heart disease, and osteoporosis.

4. True or False

Hormones affect the probability of behaviour, they do not cause behaviour



Need help:

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Module 2 - The Modern Menopause

Lesson 4 - Words Matter

Learning Activity:

- See live Q&A for video content
- Read the class notes in the online classroom
- There is no quiz to follow this lesson.
- On completion of the Module submit your 60-second summary

Lesson summary

The words we choose matter when explaining the menopause experience are powerful and need to be considered carefully.

Key points:

- The preferred terms are 'a typical menopause' (over natural or normal), understanding that not every woman menstruates and not every menstruator is a woman
- Avoiding misdirection and using correct physiological terms, minimise misunderstanding by being factual and clear.
- We explain why The Menopause School words of choice are menstruator and co-menstruator.
- Use sensitive and ethical terminology that does not favour one way of menopausing over another.



Need help:

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Module 2 - The Modern Menopause

Lesson 4 - Preferred terms

Keywords:

Typica/Ususal menopause, Atypical menopause, Menstruator, Co-menstruator, Menopause Maths, Chemical Approaches, Natural Approaches, informed choice, menopause tool-kit



Need help:

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Module 2 - 60 second summary

Each video will be marked out of 10. A mark of 6 or less will require resubmission.

Choose to answer one of the following questions:

What are the stages along the menopause continuum? Explain the signs & symptoms in terms of ovarian aging What are the risks and consequences and how do they relate to healthy aging?

- Use a minimum of 5 keywords from the Module as a whole to answer the question
- Record a video for a minimum of 45 seconds and a maximum of 60 seconds
- Submit via email, with the question you have answered and the keywords you have chosen.

Module keywords:

- L1 Menopause transition, Menopause day, Premenopause, perimenopause, menopause, postmenopause, to menopause, menopausing*, ovarian activity, the Eggs-factor, hormonal decline.
- **L2** Signs & symptoms, Risk & consequences, ovarian output, the menopause experience, Modify, mend, manage, menopause tool-kit, infradian rhythm, circadian rhythm, inflammation.
- L3 Risk & consequences, inflammation, Dementia, type 2 diabetes, bowel cancer, heart disease, osteoporosis, healthy menopausing, healthy aging.
- L4 Typica/Ususal menopause, Atypical menopause, Menstruator, Comenstruator, Menopause Maths, Chemical Approaches, Natural Approaches, informed choice, menopause tool-kit

Coaching and examples to support you will be demonstrated during the live coaching and available on replay.



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Module 3 - Joining the dots

Lesson 1 - Prescribed Hormone based therapies

Learning Activity:

- See live coaching for video content
- Read the class notes in the online classroom
- There is no quiz to follow this lesson.

Lesson summary

There are a variety of options for treatments medically prescribed to support menopause symptoms. We discuss the types, application/use.

It is important for a Menopause Doula to be aware of the choices, but to also remember that prescribing is the remit of a healthcare professional.

Dr Nadira will be present for Q&As at different LIVE sessions

Key points:

- The misleading report on the WHI study
- The benefit: risk ratio of taking HRT
- Body identical, Bioidentical and non-identical (synthetic) hormones
- How to support an informed choice
- Guidelines on healthcare-led conversations and shared decision-making for patients



Need help:

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Module 3 - Joining the dots

Lesson 1 - Prescribed Hormone based therapies Keywords:

Hormone replacement therapy, HRT, Body identical, bioidentical, Benefits & Risks, Women's Health Initiative (WHI)



Need help:

Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.



Module 3 - Joining the dots

Lesson 2 - Complementary & lifestyle therapy

Learning Activity:

- Watch the video
- Read the class notes in the online classroom
- Study the practice quiz questions in this workbook and take the test in the online classroom after the lesson.

Lesson summary

Understanding the importance of nutritional insight, moving through menopause, sleeping hygiene and stress management, a whole person approach, and the benefits of using a wide range of complementary and lifestyle choices when selecting items for The Menopause Tool-kit

Key points:

- The fuelling of a midlife body needs to be approached from a whole-person perspective.
- Focus on nutrient-dense real food
- Reduce inflammation and stress
- Stay hydrated



Need help:

Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.

Module 3 - Joining the dots

Lesson 2 - Complementary & lifestyle therapy Keywords:

The Whole person approach, Food & Mood Diary*, reduce inflammation, monitor stress levels, and breath, The Menopause tool-kit, focus on a personal, sustainable approach.

*The Food & Mood Diary is an original template created by Fiona Catchpowle



Questions are based on the class notes and video in this lesson.

Please ensure you have read the topic thoroughly. You will require a 100% pass rate. When you have completed the quiz in the live portal, click submit.

You will see your result displayed. If you do not see 100% please take a screenshot and email it to support@themenopauseschool.com

You will receive a copy of that quiz by return and will need to submit your answers again.

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Module 3 - Joining the Dots

Quiz 7 - Complementary & Lifestyle Therapy

1. True or False

The fueling of a midlife body needs to be approached from a whole-person perspective.

2. True or False

When oestrogen levels start to drop at a cellular level the gut biome remains the same

3. True or False

You probably only need to modify your eating plan once when menopausing in general.



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Module 3 - 60 second summary

Each video will be marked out of 10. A mark of 6 or less will require resubmission.

Choose to answer one of the following questions:

What are the different types of HRT?

Explain the different holistic options that can support menopause transition.

- Use a minimum of 5 keywords from the Module as a whole to answer the question
- Record a video for a minimum of 45 seconds and a maximum of 60 seconds
- Submit via email, with the question you have answered and the keywords you have chosen.

Module keywords:

L1 - Hormone replacement therapy, HRT, Body identical, bioidentical, Benefits & Risks, Women's Health Initiative (WHI)

L2 - The Whole person approach, Food & Mood Diary*, reduce inflammation, monitor stress levels, breath, The Menopause tool-kit, focus on a personal, sustainable approach.

Coaching and examples to support you will be demonstrated during the live coaching and available on replay.



Need help:

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Module 4 - The Menopause Tool-kit

Lesson 1 - The Menopause Tool-kit

Learning Activity:

- Watch the video
- Read the class notes in the online classroom

Lesson summary

In this lesson, we discuss the things that can influence decisions around a menopause tool kit and how someone will choose to support the process of menopause transition. We explore how to use the Menopause Support System Questionnaire.

Key points:

- Things that influence choices
- How to use the MSSQ to create the conversation
- Connect the previous lessons with how to guide, nurture and support someone to build a personal Menopause tool-kit



Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.



Module 4 - The Menopause Support System Questionnaire

Client Version

Please answer the questions below as best you can. The questions have been designed to help create a framework from which we can build a menopause toolkit.

We are here to guide, nurture and support you using the information you can share with us during our conversation. This is the time when you get to explore all the options and choose your next best step.

What is your aim from our session? What questions do you have about menopausing?

Specifically with regard to menopause, on a *happiness scale** from 1-5, where are you now?

*feeling happy comes in many forms, such as mindset, perception, physical, and emotional.

1 may look like feelings of sadness, despair, or overwhelmed

2 may look like feeling anxious, frustrated, looking for answers

3 make look like feeling confused, apprehensive, and need more guidance before taking action

4 make look like feeling confident, calm, still learning, but overcoming obstacles

5 may look like feeling content, accepting the journey, taking action every day, noting the difficult shifts, and managing well.

Age now: Age you started your periods:

Are you using any prescription medication such as contraception or HRT?



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Module 4 - The Menopause Support System Questionnaire

Client Version

Step 1: It's helpful if we can gain some insight into your menstrual health timeline to date.

- 1. What have your periods been like over the years? What are they like now? (cycle length, blood flow, discomfort)
- 2.Do you know much about the menstrual/menopause health of your nearest female relative?
- 3.Are you able to tune into Yourself as you move through your cycle? Do you notice yourself feeling different each day and if so can you describe how it impacts you?

Step 2: It's helpful if we can understand how you are feeling right now and what you have found that helps.

- 1. Tell me which menopause symptoms you are experiencing. Can you put them into words?
- 2. Which would you describe as your top 5?
- 3. Do you know when they are worse?
- 4. What do you do currently to help manage your symptoms?
- 5. How nutrient rich is your diet? (on a scale of 1-5)
- 6. How much daily stress do you experience? (on a scale of 1-5)

Step 3: Let's look at your current routine and what you may want to do next

- 1. Which actions currently are working best?
- 2. Which actions could you upgrade?
- 3. What happiness factor items can you add to your menopause toolkit?
- 4. Are any of your choices related to time, cost, or personal beliefs?



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Module 4 - The Menopause Support System Questionnaire Client Version

To be completed with your Menopause Doula at the end of the session: Step 4:

- 1. Have your questions been answered?
- 2. What do you feel confident to start creating your menopause tool kit?
- 3. Specifically with regard to menopause, on a happiness scale* from 1-5, where are you now?

Use this space to write your menopause tool-kit action plan:



Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.



Module 4 - The Menopause Support System Questionnaire

Doula Version

Ask your client to write the answers on a piece of paper, or digital version if they prefer.

Alternatively, use the questions as a template for a conversation to build a picture of where they are on their menstrual health journey, the impact it's having, and how to take the next best step forward for them. A template for you to give your clients is also available for download in the Exercise files tab.

Step 1

This is an opportunity to explain the following -

- The genetic connection
- The role of the different hormones in relation to the 11 symptoms
- The changing levels from week 1 to week 4
- The menstrual health timeline

This information promotes intrigue and releases anxiety. The first small step in coming to terms with the journey.

This is an opportunity to learn the following -

- How comfortable they are with menstrual health literacy, which may need you need to adapt your terminology.
- Evidence strongly suggests that those who have experienced menstrual health challenges previously will find the early perimenopause symptoms are more sudden and mimic the severity of previous symptoms.
- Listen for how self-aware they are with regard to changes and guide them to the benefits of journaling to spot patterns in mood/emotions and physical symptoms.



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Module 4 - The Menopause Support System Questionnaire Doula Version

Step 2

This is an opportunity to explain the following -

- The co-factors that can influence the hormones, with a focus on nutrients and stress.
- How the changing levels of hormones affect the 11 systems
- The support for symptom relief that making small, collective changes can make

This is an opportunity to learn the following -

- The kind of symptoms that are affecting their quality of life most
- What actions do they feel confident with already?
- Listen out for triggers that you can address with the MTK with regard to nutrition (high insulin swings) and reducing stress (micro meno feng shui moments e.g. breathing, move little and often)
- Listen out for whether the symptoms are physical, psychological, physiological or vasomotor.

Building the MTK is easier when you can identify from their own words that a whole-person approach will be more effective longterm

This will help with their mindset and managing expectations moving forward, which has a positive impact on anxiety.



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Module 4 - The Menopause Support System Questionnaire Doula Version

Step 3

This is an opportunity to explain the following -

- That they are clearly very aware of their own needs, we just need to see what upgrades we can support them with.
- How can they menopause feng shui or menopause declutter their nutrition - agree on 2 next steps and focus on how this will make them feel emotionally and physically
- How can they menopause feng shui or menopause declutter their stress agree on 2 next steps and focus on how this will make them feel emotionally and physically
- How can they menopause feng shui or menopause declutter their movement - agree on 2 next steps and focus on how this will make them feel emotionally and physically
- Or if neither step is appropriate for this client, how will it make them feel if they were able to do?
- The value of journaling to monitor their progress and looking at the bigger picture

Uplifting mindset relates to reducing stress, and maintaining social connections but are best if they do not compromise another co-factor. e.g social events with friends that include alcohol will compromise the liver





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Module 4 - The Menopause Support System Questionnaire Doula Version

Step 3 (cont)

This is an opportunity to learn the following -

- How overwhelmed are they and is stress management the priority?
- How you can enable the client to build a robust toolkit that fits with them and include the 'be prepared principles' if cofactors are compromised by other choices? In the case of social connection v alcohol, how can we mitigate the impact?
- Who needs to be on their team meno to support their choices?
- If they are finding it difficult to explain their current steps, then using the tracker and journal will help them see the wood for the trees.
- What is holding them back from taking small steps?
- If they have already taken lots of action but 'nothing is working' are they being consistent?

They need to be congratulated for being proactive, but some people have thrown so much into their existing MTK and maybe need to dial down and step back. Sometimes the mending process feels and is painfully slow, but self-awareness and mindfulness by journaling help them see their journey in a different way.



Please email <u>support@themenopauseschool.com</u> if you have any questions or technical difficulties.

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Module 4 - The Menopause Support System Questionnaire Doula Version

Step 4

This is an opportunity to explain the following -

- What you chose today, may not be what you choose tomorrow
- Building an MTK takes time
- This is a self-learning process and the route they take is individual
- Look to the future and set a bigger-picture goal

This is an opportunity to learn the following -

- If their aims have been met
- If they understand the concept of the MTK
- If they feel confident to take their next best step
- How you can support them in the future

Questions to ask yourself

- Did you have any knowledge gaps?
- How did you process the information?
- What would you do differently next time?



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Module 4 - The Menopause Tool-kit

Lesson 2 - The Case Studies

Learning Activity:

• Join the LIVE coaching Call

Lesson summary

In this lesson, we explain how to write your Case Studies, provide examples, talk about the marking scheme, and advice on how to demonstrate best practices.

Key points:

- In total, we will require you to submit a recount of 5 separate conversations you have guided since your course start date.
- Each case study is worth 20 marks (you will be asked to resubmit if the mark of an individual case study is 13 or less).
- Min 300, max 1000 words & date of completion
- They must be one-to-one discussions using the Menopause System Support Questionnaire, showing the age of the client and the date of consultation
- The coaching calls will give you guidance on how to follow the guidelines

Use the space below to write your own notes and ideas:

SCOPE OF PRACTISE



Just as CPR helps you assist an individual having a heart attack, being a Menopause Doula helps you facilitate learning on the topics of menstrual and menopause health, as outlined in the course content.

You will be enabled with the knowledge and skills to guide, nurture, and support a menstruator, and additional nominated individuals, experiencing a menstrual-health-timeline challenge.

Roles & Responsibilities

To follow are the range of allowable practices as a Menopause School, Menopause Doula (MSMD) having successfully completed the Menopause School Menopause Doula Course (MSMDC).

An MSMD has the core skill to do the following within the framework of the MSMDC content:

- Talk to groups or individuals about menstrual and menopause health
- This includes explaining the indicators, signs, and symptoms of perimenopause, menopause, and postmenopause.
- Provide a safe time to listen and talk, without judgment, which allows an informed choice
- Give reassurance and information to build a picture of the menstrual health timeline to enable the person to understand the hormone highway.
- Discuss the non-clinical and clinical menopause support options
- Encourage self-help and support strategies to build a personal menopause tool-kit, using a whole-person approach within the guidelines set.
- Recognise when there are factors and concerns, to be shared with the individual, that requires signposting to other resources or practitioners, beyond complementary and lifestyle options.

The Menopause Doula accreditation is only for 'talking therapy' and to facilitate learning, it is not a physical, nutritional, or exercise-related certification. Any direction given to a client that is outside the scope of practice is done so at your own risk and the appropriate insurance must be obtained independently.

Boundaries

An MSMD does not diagnose any menstrual health or menopause condition; An MSMD does not diagnose disease or plan treatment; unless you have other qualifications that state otherwise, and if you do so it is at your own risk and is not to be associated with The Menopause School and its content.

SCOPE OF PRACTISE



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Ethical guidelines

The role of an MSMD is both challenging and rewarding. You get to work with all different types of people and help them heal from the challenges and obstacles the menstrual health timeline poses. Due to the emotive and personal nature of the work, it is very important that you remain neutral when using terminology to describe the different support options.

An MSMD does not use misleading or dismissive words to define the different approaches to building a menopause toolkit, specifically, when talking about clinical (HRT and other medications) versus complementary & lifestyle choices (non-clinical alternatives)

We would consider it unethical to use the following words when talking about the support options:

Using a chemical versus a natural approach Using HRT versus supplements (or similar phrases)

The Menopause School advocates a whole-person approach, whatever that means to the individual. As we say, "What you choose today, may not be what you choose tomorrow".

An MSMD <u>must not</u> recommend/prescribe the following unless you have other qualifications that state otherwise, and if you do so it is at your own risk and is not to be associated with The Menopause School and its content:

- Specific Supplements, other than broad recommendations as outlined in the MSMDC content
- Specific exercise routines other than broad recommendations as outlined in the MSMDC content
- Specific Nutritional programs beyond real food and the broad recommendations as outlined in the MSMDC content
- Specific holistic treatment other than broad recommendations as outlined in the MSMDC content
- Specific medical treatment other than broad recommendations as outlined in the MSMDC content.

MISSION STATEMENT



The global gender health gap is leading to a healthcare crisis.

Hundreds of years of poor quality, misleading information about female health has resulted in menstruators being unable to make simple choices on how to best manage their hormone health from periods to no periods, and beyond.

The Data

In The World Economic Forum, Global Gender Gap Report 2022, based on 146 countries shows, the US ranks 27th, and the UK ranks 22nd in the world overall. In 2022, the global gender gap has been closed by 68.1%. At the current rate of progress, it will take 132 years to reach full parity.

Evidence collected by Nottingham Women's Centre for the <u>Women and Equalities Commission written report</u>, <u>July 2022</u>, found that "many women said they lacked basic knowledge about the menopause, which meant they struggled to identify their own symptoms and reach out for support." and, "Many women reported issues with their GP; they either found that their GP was not sympathetic or understanding, or that they did not spot their menopausal symptoms. GPs do not receive mandatory training in menopause, which is surprising as women are sign-posted to their GPs to get support."

A survey carried out by BUPA shows that 34% of those who consulted a GP said they were unable to help them and a further 30% said the GP didn't know enough about menopause. The data collected by Health&Her showed that 63% of women would rather speak to anyone but their GP/Nurse.

There is clear evidence that menstruators of all ages need someone to turn to for advice and guidance, outside of the current medical healthcare provision, in the UK.

Education is Key

Holistic health advisors and wellness professionals are ideally placed to be a part of the network of support that menstruators need. The Menopause School has the ability and track record to teach them how to.

MISSION STATEMENT



Menstrual Health, a fundamental part of our biology and the mother of all creation (quite literally), continues to be a second-class citizen in the eyes of educational establishments the world over.

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The Vision

Our aim is to create a global collective of Menstrual & Menopause Health Confident Educators who will enable and empower others with the relevant and meaningful knowledge needed to make an informed choice on hormone health, from womb to tomb.

People who already have a skill set that supports a menstruator with their physical and mental health, for example, a personal trainer, massage therapist, or life coach, are ideally placed to be a part of the global collective vision.

We pledge to seek ways to close the gender health gap starting with:

- Delivering educational support on menstrual and menopause health to wellness professionals, using a whole-person, evidence-based approach.
- Create a diverse collective of professionals who can create confident conversations and advocate for those who need help with their menstrual and menopause health.
- Teach menstruators the fundamentals of menstrual health with a lifetime lens to enable informed choices and improve health outcomes.

Our mission is for all Wellness Professionals to understand the following framework:

- The Mechanics of Menopause the back story and the Biology, starting with menstrual health and how menopausing (the transition) happens.
- That menopausing is in fact ovarian aging which, during the typical lifespan has a start date and an end date, and that this timeline is approximately 40 years.

MISSION STATEMENT



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(continued)

- Menopause is defined as the permanent stop of the menstrual cycle, not a collection of symptoms, risks, and consequences.
- Understand that Menopause is not an isolated aspect of female physiology.
- Know that menopause occurs in 100% of females, either as part of ovarian aging, removal of ovaries (surgical menopause), or induced by medication.
- Recognise that menopausing is like a fingerprint. Unique to the individual.
- Understand how menstrual health is an integral part of mental health for a person who menstruates.
- Menstrual health cycle tracking is a valid way of supporting hormone health outside of periods and pregnancy.
- Acknowledge the bigger picture of the role of the hormone collective in every part of female health and well-being
- Know the difference between menopause diagnostic symptoms and longterm menopausing symptoms.
- Observe the science that explains why there are no fixed number of symptoms and the words each person uses is relevant and meaningful to them.
- Symptoms, both diagnostic and long-term, are caused by a change in hormone ratio and overall lifetime levels, triggered by ovarian aging and changes in brain activity.
- There are long-term health consequences of menopausing during the
 postmenopause lifespan, which can be a third of a menstruators life. The
 challenge is not only about navigating symptoms but doing it well, so the
 risk of poor health outcomes is significantly reduced.
- Managing symptoms is based on the 11 bodily systems and how they are
 affected in the individual. There are no single solutions, short-term fixes,
 and generic healthy lifestyle mantras. Taking action, building a menopause
 tool kit, and making changes are essential to positive outcomes.
- We are advocates of an informed choice and recognise the value that hormone replacement plays in the menstrual health lifetime journey, but not at the exclusion of a whole-person approach.
- Being a menstrual health and menopause advocate means you have the ability to guide, nurture and support someone along their hormone highway, and know when and where to signpost them for further advice.

TERMS OF AGREEMENT



The terms of the agreement when purchasing The Menopause School,
Menopause Doula Training Course are laid out below.
Included in this agreement are:
The Scope of Practise
Mission Statement

> Health Disclaimer

The Menopause School is a team of alternative healthcare tutors and practitioners. We are NOT Medical Doctors, counsellors, psychotherapists or psychiatrists. We make recommendations on diet, supplements, lifestyle, and emotional well-being to create better health. The information presented in this site and in our courses and programs is not intended as medical advice. It is for information purposes only and is not intended to diagnose, prevent, treat or cure any illness.

Refunds

There is a strict no-cancellation/refund policy on online courses where candidates have access to content on purchase. Information on the course is available for every candidate to fully appreciate the course content before purchase. Please contact us if you have any questions. Once purchased and accessed, there are no cancellations/refunds and Candidates are obliged to continue any outstanding installment payments until the balance has cleared. All of the above are at the discretion of The Menopause School. Where we feel there has been foul play or candidates have made unreasonable requests, we reserve the right to deal with every refund and cancellation request on an individual basis.

Payments

We allow people to spread the cost of their study. If you choose to pay via a payment plan, you are entering into a contract with The Menopause School to complete the payment plan in full without exception.

If you default on a payment we will revoke access to your course immediately, and we will email you a link to bring your account up to date. Defaulted Payments must be settled within 31 days of the original due date. If they are not settled, we reserve the right to revoke the payment plan entirely and request the balance in full immediately.

Any balance that remains outstanding for longer than 90 days will be deemed bad debt and your access to courses will be revoked permanently without refund. We also reserve the right to use a Debt Collection agency for longstanding unpaid accounts.