

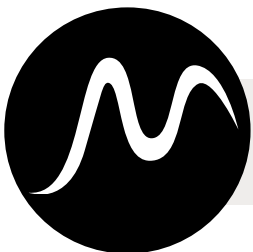
LEARNING OUTCOMES

The
Menopause
Doula

TRAINING COURSE

*Joining the dots from periods to
perimenopause, and beyond*

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WWW.THEMENOPAUSESCHOOL.COM

LEARNING OUTCOMES



The Menopause Doula Training Course

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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.



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 menopause (the transition) happens.
- That menopause 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.
- 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 menstruators, either as part of ovarian aging, removal of ovaries (surgical menopause), or induced by medication
- Recognise that menopause 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 long-term menopause 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 menopause during the postmenopause lifespan, which can be a third of a menstruator's 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.



(continued)

- .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.

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 community platform is available for Q&A, peer-to-peer support, and to connect with mentors.

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.



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 must not 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 MSMD content
- Specific exercise routines other than broad recommendations as outlined in the MSMD content
- Specific Nutritional programs beyond real food and the broad recommendations as outlined in the MSMD content
- Specific holistic treatment other than broad recommendations as outlined in the MSMD content
- Specific medical treatment other than broad recommendations as outlined in the MSMD content.

THE VISION



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 [Women and Equalities Commission written report, July 2022](#), 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.

THE VISION



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.

> 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 menopause (the transition) happens.
- That menopause 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.

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.