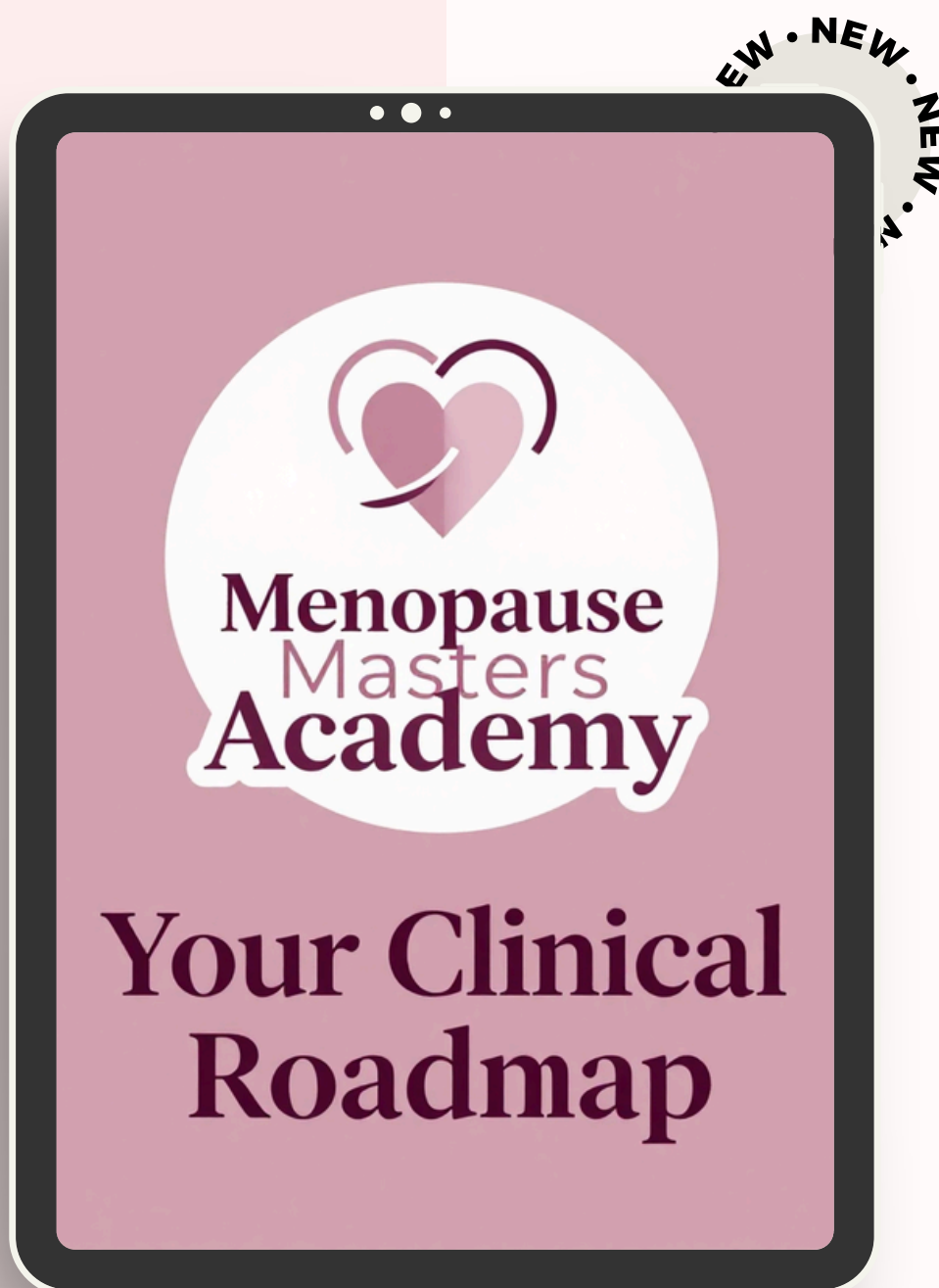




# free guide

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# Menopause Masters Academy: The Clinical Roadmap

## From Symptom Tracking to Psychological Mastery

**Goal:** To provide a clinical CBT framework to navigate the biological and psychological shifts of menopause with "Clinical Calm".

### Phase 1: Stabilisation & Foundations

- Module 0: The Foundation (The Emergency Toolkit) – Immediate access to your meditation toolkit and understanding the "Mind-Body" loop.
- Module 1: The Clinical Foundation – Setting your clinical baseline with Karen Vernon (BABCP Accredited) and the Neuro-Endocrine shift.
- Module 2: Foundations of Menopause & Mental Health – Breaking the "Catastrophic Loop" and using Guided Imagery for systemic calm.

### Phase 2: Cognitive Mastery & Sleep

- Module 3: Clinical CBT Tools for Meno-Anxiety – Using the Meno-Thought Record, catching the critic, and breaking the "Meno-Freeze."
- Module 4: Sleep Mastery – Advanced CBT-I (Stimulus Control), managing the internal clock, and sensory regulation for hot flushes.

### Phase 3: Identity, Resilience & Integration

- Module 5: The Holistic Roadmap – Nutrition essentials, movement for perimenopause, and techniques for nervous system regulation.
- Module 6: Navigating Identity & Confidence – Reclaiming your identity through self-compassion and building core resilience.
- Module 7: Support & Sustainability – Creating community connections and practicing guided self-compassion for long-term progress.
- Module 8: Wrap-Up & Celebration – Reflecting on your journey and creating your Personalised Action Plan.

### How to use this Roadmap:

**Pace Yourself:** One module per week is recommended to allow for "Neural Integration" (letting the tools actually work).

**Use the Audios:** Each module has a corresponding meditation or exercise. Don't skip them!

**Engage:** Use the Thrive Therapy Community to share your weekly wins.

[thrivetherapyacademy.teachable.com/p/menopause-masters-academy](https://thrivetherapyacademy.teachable.com/p/menopause-masters-academy)