



# **Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals**

*Myra Hunter, Melanie Smith*

[Download now](#)

[Click here](#) if your download doesn't start automatically

# Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals

*Myra Hunter, Melanie Smith*

**Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals** Myra Hunter, Melanie Smith

Following the success of *Managing Hot Flushes and Night Sweats* which outlines a self-help, CBT-based programme for dealing with menopausal symptoms, Myra Hunter and Melanie Smith have developed a pioneering group treatment for women going through the menopause. *Managing Hot Flushes with Group Cognitive Behaviour Therapy* is an evidence-based manual drawing on their research which has demonstrated, in randomised controlled trials, that group CBT effectively reduces the impact of hot flushes and night sweats. The treatment is effective for women going through a natural menopause and for women who have menopausal symptoms following breast cancer treatments and for other groups of women who have troublesome symptoms. This manual provides health professionals with everything they need to run groups to help women to manage hot flushes and night sweats.

*Managing Hot Flushes with Group Cognitive Behaviour Therapy* equips health professionals with knowledge, skills and materials to run groups to help women to manage menopausal symptoms in 6 (or 4) weekly sessions without the need for medication. It is easy to use with a companion audio exercise and downloadable/photocopiable resources on line, as well as power-point slides, homework sheets and diaries. Following Group CBT women have the information, practical skills and strategies to help them to cope with hot flushes and night sweats, and also report improvements in sleep and quality of life. This manual will be an essential resource for nurses, psychologists, counsellors, psychological wellbeing practitioners and cognitive behaviour therapists working in health care and voluntary settings.

 [Download Managing Hot Flushes with Group Cognitive Behaviou ...pdf](#)

 [Read Online Managing Hot Flushes with Group Cognitive Behavi ...pdf](#)

## **Download and Read Free Online Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals Myra Hunter, Melanie Smith**

---

### **From reader reviews:**

#### **Carlos Terrill:**

In this 21st one hundred year, people become competitive in each way. By being competitive currently, people have to do something to make them survive, being in the middle of the crowded place and notice through surrounding. One thing that often many people have underestimated that for a while is reading. Yes, by reading a guide your ability to survive boost then having chance to endure than other is high. For you who want to start reading some sort of book, we give you this Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals book as basic and daily reading e-book. Why, because this book is greater than just a book.

#### **Terri Root:**

Here thing why this kind of Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals are different and reputable to be yours. First of all looking at a book is good nevertheless it depends in the content of the usb ports which is the content is as delicious as food or not. Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals giving you information deeper and in different ways, you can find any e-book out there but there is no publication that similar with Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals. It gives you thrill reading through journey, its open up your own personal eyes about the thing that will happened in the world which is might be can be happened around you. It is easy to bring everywhere like in recreation area, café, or even in your method home by train. Should you be having difficulties in bringing the branded book maybe the form of Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals in e-book can be your alternative.

#### **Steven Ward:**

Many people spending their moment by playing outside having friends, fun activity together with family or just watching TV 24 hours a day. You can have new activity to enjoy your whole day by looking at a book. Ugh, do you think reading a book can actually hard because you have to use the book everywhere? It okay you can have the e-book, bringing everywhere you want in your Cell phone. Like Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals which is keeping the e-book version. So , why not try out this book? Let's observe.

#### **Jeremy Hutchings:**

Some people said that they feel weary when they reading a e-book. They are directly felt the item when they get a half regions of the book. You can choose the particular book Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals to make your own personal reading is interesting. Your own personal skill of reading expertise is developing when you

such as reading. Try to choose straightforward book to make you enjoy to learn it and mingle the idea about book and examining especially. It is to be very first opinion for you to like to wide open a book and read it. Beside that the e-book *Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals* can to be a newly purchased friend when you're really feel alone and confuse using what must you're doing of the time.

**Download and Read Online *Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals* Myra Hunter, Melanie Smith #VSAOIMBQ8EK**

## **Read Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals by Myra Hunter, Melanie Smith for online ebook**

Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals by Myra Hunter, Melanie Smith Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals by Myra Hunter, Melanie Smith books to read online.

### **Online Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals by Myra Hunter, Melanie Smith ebook PDF download**

**Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals by Myra Hunter, Melanie Smith Doc**

**Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals by Myra Hunter, Melanie Smith Mobipocket**

**Managing Hot Flushes with Group Cognitive Behaviour Therapy: An evidence-based treatment manual for health professionals by Myra Hunter, Melanie Smith EPub**