

PROFESSIONAL DEVELOPMENT

The Menopause-Informed Therapist

With **Sara Harris** - Counsellor, Women's Health Therapist & Menopause Coach



Perimenopause & Menopause: Supporting Women in Clinical Practice

A full day professional development workshop for clinicians to develop their understanding of menopause and to develop the skills required to support women in clinical practice.

Menopause is universal across culture & society - but each woman's experience of menopause is not.

Why this workshop?

Perimenopause and menopause can profoundly influence a woman's mental health, emotional wellbeing, cognition, relationships, and quality of life. Yet many mental health professionals receive little formal training in recognising and supporting clients through this transition.

This practical and evidence-informed workshop provides counsellors, psychologists, social workers, coaches, and allied health professionals with the knowledge and confidence to identify menopause-related presentations and effectively support women in clinical practice.

Learning Outcomes

- Understand the hormonal and physiological changes of perimenopause and menopause
- Recognise common mental health, cognitive, and emotional symptoms
- Identify when hormonal changes may be contributing to client presentations
- Explore the impact of menopause on identity, relationships, work, and wellbeing
- Learn practical counselling strategies to support women through this transition
- Increase confidence in discussing menopause and women's health within therapy
- Understand referral pathways and multidisciplinary support options

All the details

Date: 15th November 2026

Time: 9am - 4.30pm

Location: Online via Zoom

Cost: \$380 including GST

Bookings: see QR code link to register



About your facilitator - Sara Harris

Sara has 25+ years experience in the area of wellbeing. Her love of the people and the body, has taken her on a path of study to complete various courses including a Masters of Counselling & a Masters of Womens Health Medicine.

Sara comes with her own lived experience of menopause, as well as supporting thousands of women through the challenges that can arise at the various life stages of the female life cycles.

A woman's journey through menopause is a very delicate and personal one that needs to be heard.