

""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.

Read more <http://www.alphagalileo.org/ViewItem.aspx?ItemId=147925&CultureCode=en>