



Education Department
Royal London Hospital for Integrated Medicine



Supporting Women Through Menopause and Endometriosis: An Integrative NHS Approach

Online - 3rd July 2026 - 09:00-13:00 - £75.00

Many women experience menopause and endometriosis alongside major life stressors, long waiting times, and limited treatment options. This workshop focuses on practical, person-centred, integrative strategies that clinicians can safely use in everyday NHS practice to support women more effectively.

What the workshop will cover:

- An overview of the Integrated Women's Health service and patient pathways
- A person-centred, integrative consultation approach
- Case-based examples from specialist practice
- Lifestyle interventions to support menopause and endometriosis, including supportive dietary principles, sleep and fatigue management
- Psychological and mind-body approaches, including CBT-based strategies for hot flushes and sleep disturbance
- The role and safety of integrative therapies (e.g. acupuncture, mind-body approaches) within NHS care

Presenters: The workshop will be delivered by a multidisciplinary team from an NHS Integrated Women's Health Service, including:

- Specialty Grade Doctor in Integrated Women's Health
- Specialist Dietitian (holistically informed practice)
- Psychologist specialising in sleep and CBT-based approaches for hot flushes

Format:

- Live online (Zoom)
- Interactive and case-based
- Q&A / podcast-style expert discussions
- Opportunity to submit questions in advance
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Who is this course for?

- GPs
- Nurse practitioners and practice nurses
- Allied health professionals
- Clinicians with an interest in menopause, endometriosis, and integrated care

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Provisional Programme

09:00 -10:15	Welcome, aims, and integrative NHS context	Dr Ekaterina Mishanina
	Integrative foundations: consultation, TCIM principles; Patient journey & case-based discussion	Dr Ekaterina Mishanina
	Break	
10:15–11:00	Nutrition to support menopause & endometriosis (Q&A style)	Tracy Kelly, registered dietitian
11:05–11:50	Sleep, hot flushes & CBT-based approaches (Q&A style)	Catherine Ouriach, Clinical Psychologist
11:50-12:00	Break	
12:00-12:50	Integrative therapies in NHS practice (safety & NICE guidelines)	Dr Ekaterina Mishanina
12:50–13:00	Q&A, reflection & feedback	Dr Ekaterina Mishanina





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Application form

Full Name:		Date:	
Address:			
Post Code:		Phone:	
Email:			
Speciality:			
Statutory body		Reg. No.	

Please reserve me a place on Supporting Women Through Menopause and Endometriosis: An Integrative NHS Approach.

I understand that UCLH will invoice me for the course fees of £75.00 to the address above unless I provide an alternative.

PLEASE SEND OR EMAIL YOUR COMPLETED APPLICATION FORM TO: Janet Joseph, Academic Unit (Ref SWTMAE), The Royal London Hospital for Integrated Medicine, 60 Great Ormond Street, London WC1N 3HR. Telephone 0203 44 82311 Email: janet.joseph1@nhs.net web. www.uclh.nhs.uk/rhim