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FUNCTIONAL MENSTRUAL HEALTH

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## OVERVIEW

# The Menopause Doula Training Program

Helping you to help others

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[themenopauseschool.com](https://themenopauseschool.com)

# Changing the face of menopause care

## Why we do what we do:

We inspire people to learn, think, and talk differently about menstrual health. Our aim is to engage more professionals to become educators and mentors to their clients, so menstruators of all ages receive the knowledge and understanding that has too often been missing, from menstruation to menopause and beyond.

## What is the Menopause Doula program?

An IPHM accredited qualification, which teaches holistic wellness professionals (or those aspiring to be) how to guide, nurture and support others along the menstrual health timeline.

A multi-purpose training course that provides the opportunity to learn skills that will enable you to support clients with menstrual cycle awareness all the way through to navigating perimenopause symptomology, and postmenopause health challenges.

The Menopause Doula program is our Functional Menstrual Health Informed Level 2 (adv) course.

## Why you need this:

To become the safe, sensible and supportive professional your clients are looking for.

## Why your clients need this:

Menstruators are lost in an education and health care system that has, for too long, overlooked the basic knowledge needed to make great health care choices for themselves.

People deserve to know the full story, because you can't manage what you don't understand.

## What do they need to know and who is going to teach them?

- Menstrual cycle essentials, beyond the bleed - and why it's the whole cycle that matters.
- Understand that the ovaries were meant for more than periods, pregnancy and perimenopause - and the bigger picture of ovarian aging.
- Menstrual cycle awareness - optimising their internal rhythms to support emotional and physical needs simply and effectively.

- Navigating cycle related health challenges like sudden, heavy bleeding or intense cramps - taking a whole person approach and knowing how to seek further assistance.
- Know how to advocate for themselves when speaking with holistic or clinical health care advisors
- Understand the menstrual health timeline and how well supported ovarian aging is directly related to total wellbeing across life stages.

We believe holistic health and wellness professionals are the key to enabling clients to learn about all of these things and much more.

### **As the professional:**

- Do you know how to help clients with the difficulties associated with intense period pains or sudden/heavy bleeding?
- Do you know how to explain the biology behind all of those things and a commonsense approach to help them?
- Do you know how to ask the right questions that will lead to building an effective and individual menstrual health tool kit?
- Do you feel confident to step up and help?

Up to now practitioners and their clients have been misled and misdirected on how to effectively manage menstrual health with a lifetime lens, in a holistic, therapeutic way.

It's time to shift away from outdated methods of doing things and explore relevant and meaningful ways to make a lasting change.

## **This course provides an opportunity for professionals to learn the following skills:**

- ❖ How to enhance their own modality with insight-based biology relating to ovarian aging, and why that matters for client well-being outcomes
- ❖ How to teach others about menstrual cycle awareness and the menstrual health journey from puberty to postmenopause.
- ❖ Use our carefully crafted menstrual cycle awareness framework and learning materials to inspire others to be curious about menstrual health as a marker of overall health.
- ❖ How to design and lead a menopause support session with clients using our therapeutic conversation method called Menopause Talking Therapy™ - an **emerging modality** that blends education, reflection, and intuitive support.

*A Menopause School graduate (unless independently qualified to do so) does not:*

- Diagnose conditions
- Prescribe or recommend specific clinical treatments - but they do have the knowledge and skills to explain the options from lived experiences, using NICE (UK) guidelines as the framework.
- Offer physiological testing of any kind
- Sell self-care products within the context of our Menopause Talking Therapy™ protocol

## **What's inside?**

Our training materials are composed of a hybrid of pre-recorded video lessons and class notes, plus **live** enriched learning, and implementation, group sessions on Zoom.

The course content is divided into two main sections

- Level 1- The Mechanics
- Level 2 -The Engineering.

### **The Mechanics -**

- The essential functional biology needed to understand and explain the menstrual health timeline to others - including the role of the ovaries in total physiology and how they connect with all eleven operating systems in the body, impacting health and wellbeing from head to toe.

The introductory section to Level 1 is called Know Your Inner Cycle (KYIC). It is designed around our Menstrual Health Timeline framework and forms the perfect foundation for all learners. There are 7 short books and 5 videos with topics that include: The Hormone Story, Cycle Science, Infradiom Thinking\*, The Rhythm Within\*, The Tool Kit

\*part of our own signature cycle awareness system.

### **In the more advanced four pro-level lessons you will dive deeper into the following:**

- Hormone biology and other signalling molecules
- Menstrual cycle science and ovarian aging
- Menstrual cycle patterns and how to interpret them using numbers and rhythms
- How nervous system regulation; gut, liver and lymph system health, have a bi-directional relationship with menstrual health, and
- How to use 5 Virtual Vitamins to build menstrual health tool kit

## The Engineering -

- A comprehensive look at the core elements of ovarian-human physiology, in relevant and meaningful terms to menstrual health, and practical tools to expand your approach through practical, therapy-ready biology.
- Learn how to use our integrative tool called **Menopause Talking Therapy™** so you can confidently work closely with clients to guide, nurture and support them along with the menstrual health timeline, from periods to perimenopause and beyond.

### Topics you will gain deeper insight into include:

- The Menstrual Health timeline and the Tipping Point of Accelerated Ovarian Aging
- Perimenopause and episodic estradiol surges, including the four long-term trajectories, as outlined by the SWAN study.
- Signs, indicators and symptoms of change, what triggers them and how to support them
- Using the Menopause Support System Questionnaire to create confident conversations as part of **Menopause Talking Therapy™**
- Learn what questions to ask and when to co-design a menopause tool kit in a safe, sensible and supportive way.
- Discover the key elements to menopause symptom relief, both holistic and prescribed, and how to reduce long term risk factors.

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## Tell me more about Menopause Talking Therapy™

**Menopause Talking Therapy™** is a therapeutic conversation method and emerging modality developed to guide people through hormonal change with clarity, calm, and connection.

Rooted in *Functional Menstrual Health*, it blends education, personal narrative, and intuitive support to help clients make sense of their experience and co-create a personalised care plan known as an **MTK** (Menopause Tool Kit or Menstrual Health Tool Kit).

At its core, this method is:

- **Biology-led** – grounded in accurate, timely menstrual and hormonal health education across the lifespan
- **Client-centred** – responsive to mindset, lived experience, values, and emotional landscape
- **Practitioner-guided** – structured through the 3C Strategy:

- **Clarity** – Does the client understand what's happening in their body and why?
- **Calm** – Are they in a mindset that allows insight and decision-making?
- **Connection** – Can they relate this new knowledge to their own story?

Through a structured 1:1 session that includes the *Menopause Support System Questionnaire* (MSSQ), practitioners act as **Hormone Detectives** and **Menopause Doulas** - not diagnosing or treating, but guiding, nurturing, and supporting clients to reflect, reframe, and respond.

Clients leave with a sense of direction, a flexible toolkit, and often for the first time, a language for what they've been going through.

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## How is the training delivered?

We have our very own Membership area and Learning portal, staged by GoHighLevel - an all in one platform that allows us to deliver training and calls in a variety of ways, and stay connected to our whole community via our customised **Ovary Academy**, where you can connect and chat with us, and your peers from around the world.

Access is lifetime unlimited, so under and post graduates get to mix with each other forever!

You can use any web-connected device to view the content. For people who want to study on the go you can download the Kollab App and use your Menopause School login details to access the entire content and community portal.

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## What is the certification?

On completion you will receive accreditation as a Menopause School, Menopause Doula (also known as a Functional Menstrual Health Informed Practitioner - Level 2). Once all submissions are completed you have a final review session with Fiona Catchpowle, before officially graduating.

After this interview you will receive a Certificate and Record of Achievements.

**The assessments are based on core content and include -**

- x3 quizzes
- x1 written assessment

- x1 Case Study with a real client - full guidance is given in the live trainings (replays are available)

The Menopause School is an accredited training provider for the International Practitioners of Holistic Medicine (IPHM) - membership number **IPHMNC13018**

This accreditation demonstrates our commitment to providing exceptional education in the field. Students who enrol in our IPHM-accredited courses can be assured of receiving high-quality instruction that meets international standards.

### **How can you use the title Menopause Doula (TMS)?**

You can use the title on any online or offline materials. We ask that you add TMS, in brackets, after the title so it clearly denotes you are a one-of-a-kind Menopause Doula who trained with The Menopause School (TMS).

You can also refer to yourself as a Functional Menstrual Health Informed Practitioner (Level 2).

### **Why don't you use the words menopause coach?**

Because it just didn't fit right. To me the kind of support I was looking for myself when I was navigating perimenopause was a calm, clear individual, who could explain the facts in basic biology, but would also comfort me (without it being a pity party) and give me some tools to work with.

I didn't want someone who:

- asked me how I felt, what I thought, or any other self-discovery process.
- was focused in one area such as nutrition or movement

I **needed** a generalised specialist - because at that point I didn't know what I wanted, I just knew I needed something and a selection of basic options to choose from.

To me doulas can guide, nurture and support. Each of those elements requires slightly different skills, and a great doula is someone who can move through all three in an instant, depending on what the client needs at that moment in time.

I couldn't find the person I was looking for, so I became that person and now teach others to do the same.

## What does the training package include in addition to course content?

**Community** - we have our very own community zone called **The Ovary Academy** - exclusively for students only, accessible via the same portal you use to access the training content. This space is great for receiving peer to peer support and sharing thoughts and questions about what's going on in the world of menstrual health education and client support.

We host 2 live **community calls** a month, via Zoom, to connect with all out under and post grads. These are informal group sessions where you can ask questions, share updates, and find out more about how your peers are using their new skills, across the globe.

*Learning as an individual gives you skills. Learning with a community gives you growth.*

Sometimes we have guest speakers, or peer to peer mini-masterclasses from our worldwide community members.

**LIVE training** - we host 2 live **training sessions** a month, via Zoom, at different times to suit as many time zones as we can, based on the current cohort of actively studying students.

**We know people learn differently.** Not everyone wants to study through recorded content and not everyone wants to attend live events that are tricky to fit into schedules - so we offer both.

You may have completed a lesson and have some questions - you can pop a comment in the community zone, or submit your question to be answered live, whether you can make it or not, as the replay will be posted in the **Replay module of the learning tab in the Ovary Academy**.

Showing up live can make a huge difference to how fast you get through this course and how you implement the learning. Students who attend at least one training call before attempting the live Case Study find it much easier to complete and reach the final review stage, and then graduate.

Plus they are fun! No death by powerpoint on my watch 😊

\*Dates for both types of call are posted in the events tab of the community zone.

**Client-based Resources** - we have created a range of materials that you can use with our blessing, as long as you use them in a respectful way and credit The Menopause School as the creators, such as:



*Know Your Inner Cycle (KYIC)* - It is a series of short books and videos. As a practitioner you can download a free copy of the material and use it in your own workshops or group programs.

*Client information leaflets/Journal & Tracker* - we provide simple templates using Canva for you to add your own branding.

*Slide decks for presentations* - designed using our biology-led framework we have a variety of slide deck templates in Canva that you can utilise to build your own presentations.

**Updates** - never ending - is the simple answer. Once you become a member of our community you have us and anything we create for members for life!

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If you have any questions please email [info@themenopauseschool.com](mailto:info@themenopauseschool.com)

If you think we're your kind of people and would like to get started today - click [HERE](#)

