

# MENOPAUSE: AN OWNER'S MANUAL

A positive, woman-oriented, scientifically accurate educational program

What is the normal course of menopause, in all its variety from one woman to the next?

Why do women have a menopause?

How can I take charge of my experience?

Are you experiencing changes in your body and wondering what they mean and what you can expect in the future? Are you wondering how, or whether, menopause is an important life stage? Are you experiencing changes that are uncomfortable or distressing? Have you looked for information about menopause and found that your questions weren't answered, that experts disagree about basic facts, that what was described doesn't match your experience, or that there must be a better way of understanding all of this? Or have you found helpful information already but want more?

The experience of menopause is very different for different women. This educational program provides information to enable women to define and take charge of their personal experience. The program is for women approaching or completing menopause, or simply curious. Based on my research expertise and experience exploring menopause with midlife women, I will discuss: the normal course of menopause; how physical changes, personal meanings, and messages from others combine to influence what we experience; why women have a menopause; what we know and what experts disagree about; tips on evaluating research, media reports, and expert opinion; symptoms and other unpleasant experiences.

I have a long-standing interest in the personal growth and development of women, and have researched menopause and given workshops to professionals and midlife women for over 25 years. I have a Ph.D. in clinical psychology from Yale University and postdoctoral training in research health psychology from Uniformed Services University; was a member of the Board of Directors of the Society for Menstrual Cycle Research for eight years and a member of their blogging team; was a member of the Board of Directors of a grassroots menopause newsletter for two years; have over 30 professional publications, the majority based on my research and analysis of menopause and health.

I am also a practitioner of Shiatsu, a Chinese-medicine-based holistic body therapy, with a private practice in Baltimore city.

This 90-minute workshop will be offered on multiple occasions at 1:00 Eastern Time on Zoom. Or, invite me to give the workshop to your group. Lecture and discussion.

\$40.00

For more information, to enroll, to be notified of future dates, or to arrange for me to give the workshop to your group, email Paula.Derry@gmail.com

For further information about me, my website is: pauladerry.com.

*Testimonials:*

*Paula provided a new and valuable perspective for me on how to prepare for perimenopause and menopause - as a life stage and transition to understand, support, and even embrace - not one to be feared or dreaded.*

*The experience really helped me understand myself, my body, and its natural process while also allowing my body to let go of shame and bewilderment from beliefs based on the standard medical model.*