



CBT for Menopause

Presented by Victoria Wilkins PhD



THURSDAY APRIL 2ND, 2026



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ABSTRACT

Cognitive behavioral therapy (CBT) is a recommended intervention for the treatment of menopause symptoms by The Menopause Society, NICE, and the International Menopause Society, especially when menopause hormone treatment cannot be used or is not desired. CBT has been used to treat vasomotor symptoms, sleep difficulties, mood and anxiety symptoms, cognitive concerns, and sexual dysfunction. Mindfulness-based interventions (MBIs) have also been gaining traction in treating menopause symptoms. This talk reviews the literature on CBT, including MBIs, and provides examples of these treatments in the menopause sphere. The talk also considers treating menopause symptoms in relation to culture, psychosocial stressors, mental health, and aging.

SPEAKER

Victoria Wilkins, PhD is Associate Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and the psychologist on The Women's Unit at New York-Presbyterian Hospital. She is the psychology externship coordinator and also supervises psychology postdoctoral fellows in reproductive psychology. She has clinical expertise in assessing and treating adult and geriatric affective disorders, including depression and bipolar disorders, as well as anxiety and bereavement. She has particular interest in working with individuals living with chronic medical illnesses, women experiencing perinatal and menopausal mood and anxiety disorders, and individuals coping with loss, especially perinatal loss. Her primary orientation is cognitive-behavioral in her work with both inpatients and outpatients at New York-Presbyterian Hospital/Weill Cornell Medicine, including patients experiencing menopause symptoms.

LEARNING OBJECTIVES

1. Describe the stages of menopause and understand the differences among perimenopause, menopause, and post menopause.
2. Identify the menopause symptoms for which CBT has an evidence base.
3. Identify experiences within menopause for which CBT could be useful but are understudied.
4. Explain how to use CBT skills for menopause symptoms.

REFERENCES

1. Green, S. M., Donegan, E., Frey, B. N., Fedorkow, D. M., Key, B. L., Streiner, D. L., & McCabe, R. E. (2019). Cognitive behavior therapy for menopausal symptoms (CBT-Meno): a randomized controlled trial. *Menopause the Journal of the North American Menopause Society*, 26(9), 972–980. <https://doi.org/10.1097/gme.0000000000001363>
2. Thurston, R. C., Thomas, H. N., Castle, A. J., & Gibson, C. J. (2025). Menopause as a biological and psychological transition. *Nature Reviews Psychology*, 4(8), 530–543. <https://doi.org/10.1038/s44159-025-00463-9>
3. Wilkins, V. M. (2025). Cognitive Behavioral therapy for menopause symptoms. *Current Obstetrics and Gynecology Reports*, 14(1). <https://doi.org/10.1007/s13669-025-00452-y>