CLIENT CASE STUDY PROCESS

As part of this course, you will start to implement your learnings with a case study client and then submit your findings. This is not intended to be a stressful or difficult task; we just want to provide you with an opportunity to put your new knowledge into practice in a supported environment. Please reach out to Georgia or Wendy if you have any questions.

A note on Scope of Practice and Insurance

As always, please be aware of your scope of practice when planning your sessions with your client and ensure you are covered by your insurance to work with clients in a one-to-one setting. As an example, if you are not a qualified nutritionist, you may speak broadly about evidenced nutrients and the benefits of a Mediterranean diet, but please be aware of your boundaries and don't advise on nutrient value, calories, conditions etc.

If you believe that recommending or advising a client on any lifestyle changes falls outside of your current Scope of Practice, then please get in touch with Georgia, as we have a different case study process for you.

TIMELINE ***Do not worry if you get off track with this timeline.***

Week 4: Before you begin working with a case study client, please ensure you have submitted your screening form to Wendy and received feedback.

Week 5 - 7: Start to think about who could be a suitable client. Have a read of the document titled '*Considerations for Choosing your Case Study Client*'.

Week 6: Module 12 is devoted to helping you prepare for your client.

Week 6 or 7: Risk stratification pre-screening and goal setting. If pre-screening identifies that your client has a complex medical history, do not be afraid to choose a different client.

Week 8: Use this week to prepare your 'action plan' and prepare any resources you need. See document titled '*Ideas for Structuring your Sessions with your Client.*'

Weeks 9 - 12: Action plan implementation. Start having conversations with your client about your learnings from the first half of the course.

Week 12: Live Call - we will invite volunteers to share their case study progress so that we can do some problem solving together.

Weeks 12 - 15: Action plan implementation. Continue having conversations with your clients about your learnings from the second half of the course.

Week 15: Live Call - we will invite more volunteers to share their case study progress.

CLIENT CASE STUDY PROCESS

NUMBER OF SESSIONS

It is up to you and your client to agree the number of sessions you will have, and whether they will financially compensate you for those sessions.
At a minimum, we suggest trying to have 4 sessions with your client, but most of our Practitioners have around 6 sessions. Some Practitioners continue to work with their client after the exercise is over.
Please make sure your client has the time to commit to having sessions with you, so that you gain enough practice and have enough material to submit.

A NOTE TO SHARE WITH YOUR CLIENTS

If you would like to provide your client with information about this process and My Menopause Transformation, please send them the letter titled *'An optional note to share with prospective case study client to explain the course.'*

RESOURCES

In Week 5 (Food for Thought) you will find several resources that you can use with your client. You are also welcome to share a link to any blogs from the MyMT™ website with them if they are interested in reading more about a particular subject.
You are welcome to use any of your own templates (e.g. food or sleep diaries) as we do not provide these.

SHARING AND SUBMISSION PROCESS

During the last two live calls, we will invite volunteers to share their progress with their client so that Wendy can provide feedback and we can do some problem solving together as a group. Past graduates have found this a wonderful learning opportunity as each client presents with different symptoms and lifestyles. Although some Practitioners prepare slides to share, others just read off their notes. We aim to create a relaxed, open learning environment so all Practitioners benefit from your presentation and reflections.

After you have had at least 3 sessions with your case study, you can submit your notes through the learning platform. We ask you to submit information on:

- Age and stage of menopause
- Overview of pre-screening and risk stratification findings and goals
- Overview of symptoms
- Session discussion points
- Results
- Your reflections

Wendy will provide you with written feedback after the course.

Ira
Personal Trainer

In my case study I have helped a client in post menopause to manage her symptoms and within 6 weeks she saw improvements to sleep quality, had more energy whilst reducing her HRT treatment and made dietary changes without stressful calorie counting - she lost 3 cm of abdominal circumference.

Cate
Nutritionist

The case study experience has been incredibly enlightening for my client and me.

It's amazing how each session has helped us realise the importance of a balanced lifestyle for lifelong wellness.

MyMT™ EDUCATION
MY MENOPAUSE TRANSFORMATION
by Dr Wendy Sweet (PhD)