

NEW year long program structure

WHTA 2026 PF Research Update

FEMALE PELVIC FLOOR



WHTA
Women's Health
Training Associates

OVERVIEW - 2026 RES. UPDATE

MAIN PROGRAM - total 16hrs education 4 x 4hr sessions spread across the year

MAR	PF Pain Disorders Update	- 4hrs
MAY	POP & SUI Update	- 4hrs
AUG	PF in Exerc. & Sport Update	- 4hrs
NOV	OAB & Nocturia Update	- 4hrs

- full **e-handout** provided for each topic for participant download
- two **live online** options for each topic (usually on 2nd and 3rd Sunday of each month) to accommodate different time-zones (Aus/UK/USA)
- **recording** of live sessions then uploaded to WHTA on Demand on last day of month

ADDITIONAL SESSION (optional - additional fee)

- | | |
|------------|--|
| JUN | 6h session covering <ul style="list-style-type: none">• 3hrs advanced pessary management• 3 hrs pessary research update |
|------------|--|

S1 DETAIL - MARCH 2026

UPDATE ON PF PAIN DISORDERS

4 hour research update on topics such as GSM, BPS, endometriosis, provoked vestibulodynia, vaginismus, PF neuralgias etc

Handout available online 1st March

Online Live Sessions

Option 1 Sun 8th Mar: 8am - 12pm (Syd, AUS TIME)
time zone conversions....

NEW YORK Sat 7th Mar: 4pm - 8pm

LONDON Sat 7th Mar: 9pm - 1am

Option 2 Sun 22nd Mar: 7pm - 11pm (Syd, AUS TIME)
time zone conversions....

NEW YORK Sun 22nd Mar: 4am - 8am

LONDON Sun 22nd Mar: 8am - 12pm

Recording uploaded to WHTA on Demand
on 31st March 2026

S2 DETAIL - MAY 2026

UPDATE ON POP & SUI

4 hour research update on the latest assessment and treatment options for prolapse & SUI (not incl pessaries*)

*note: physiotherapists wanting an update on pessary management need to enrol in the additional session in June

Handout

available online 26th April

Online Live Sessions

Option 1 Sun 3rd May: 8am - 12pm (Syd, AUS TIME)

time zone conversions....

NEW YORK Sat 2nd May: 6pm - 10pm

LONDON Sat 2nd May: 11pm - 3am

Option 2 Sun 17th May: 5pm - 9pm (Syd, AUS TIME)

time zone conversions....

NEW YORK Sun 17th May: 3am - 7am

LONDON Sun 17th May: 8am - 12pm

Recording

uploaded to WHTA on Demand
on 31st May 2026

S3 DETAIL - AUG 2026

UPDATE ON PF IN EXERC. & SPORT

4 hour research update on the latest information on the role of the pelvic floor in exercise and sport, as well as implications of exercise and sport on the pevic floor

Handout available online 2nd Aug

Online Live Sessions

Option 1 Sun 9th Aug: 8am - 12pm (Syd, AUS TIME)

time zone conversions....

NEW YORK Sat 8th Aug: 6pm - 10pm

LONDON Sat 8th Aug: 11pm - 3am

Option 2 Sun 23rd Aug: 5pm - 9pm (Syd, AUS TIME)

time zone conversions....

NEW YORK Sun 23rd Aug: 3am - 7am

LONDON Sun 23rd Aug: 8am - 12pm

Recording uploaded to WHTA on Demand
on 31st Aug 2026

S4 DETAIL - NOV 2026

UPDATE ON OAB AND NOCTURIA

4 hr research update on the latest anatomy, physiology, assessment and treatment options for patients suffering from OAB and / or nocturia

Handout

available online 8th Nov

Online Live Sessions

Option 1 Sun 15th Nov 8am - 12pm (Syd, AUS TIME)

time zone conversions....

NEW YORK Sat 8th Aug: 4pm - 8pm

LONDON Sat 8th Aug: 9pm - 1am

Option 2 Sun 29th Nov 7pm - 11pm (Syd, AUS TIME)

time zone conversions....

NEW YORK Sun 23rd Aug: 3am - 7am

LONDON Sun 23rd Aug: 8am - 12pm

Recording

uploaded to WHTA on Demand
on 5th Dec 2026

OPTIONAL SESSION - JUN 2026

ADV PESSARY TRAINING & UPDATE

6 hour education session including

- 2 hours advanced pessary training (incl gellhorn)
- 4 hour research update on pessary management

note: participants who complete this training are eligibel to attend Gellhorn practicals (labs) with Taryn across July to September

Handout available online 6th June

Online Live Sessions

Option 1 SYD, AUS Sat 13th June: 8am - 2pm

time zone conversions....

NEW YORK Fri 12th June: 6pm - midnight

LONDON Fri 12th June: 11pm - 5am

Option 2 SYD, AUS Sun 14th June: 5pm - 11pm

time zone conversions....

NEW YORK Sun 17th May: 3am - 9am

LONDON Sun 17th May: 8am - 2pm

Recording available from 30th June 2026



Christmas Offers

**SPECIAL DISCOUNTS
on the**

**2026 PELVIC FLOOR
RESEARCH UPDATE**

**2026 PESSARY
RESEARCH UPDATE**

OTHER COURSES

for all Members
who enrol

BY DEC 31st 2025



**ALL FOUR
PRIMARY SESSIONS
AUD \$440
regular price \$595
SAVE AUD\$155!**

WHTA 2026 Research Update

NEW year long program

Four x 4hr primary sessions
+ 1 x 6hr optional session (pessaries)
all live online with a recording!

MAIN PROGRAM

MAR

PF Pain Disorders Update

MAY

POP & SUI Update

AUG

PF in Exerc. & Sport Update

NOV

OAB & Nocturia Update

optional

JUN

Adv Pessary Training & Update
AUD \$165 SAVE \$55 (reg price \$220)



more information: www.whta-members.com

EXTRA

Christmas Offers

EXCLUSIVE to WHTA Members
enrolling in the 2026 research update
program before 31st Dec 2025

FEB

15hrs

L3 Birth Choices course - recorded vers.
AUD \$440 Save \$135! reg price \$575

JUN

15hrs

L3 PF in Ex, Sport & Musc - recorded vers.
AUD \$440 Save \$135! reg price \$575

OCT

4hrs

NEW

L2 SR - Bladder Diary Analysis Workshop
AUD \$99 Save \$36! reg price \$135

Don't miss out!

Register now

**All Christmas offers end 31st Dec 2025
Final Enrolments no later than 28th Feb 2026**

www.whta-members.com



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