



NFP Teacher Training Programs *Annotated Directory*

Natural Family Planning (NFP) teacher training programs “may be local, regional, or national.” They use “a formal curriculum” and maintain “competent faculty.” The programs’ educational strategy provides “a supervised practicum, including an objective evaluation of the trainees’ knowledge and teaching skills.” (See *Standards for Diocesan NFP Ministry*, p. 13.)



NFP Teacher Training Programs
Annotated Directory

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Preface

This directory provides basic information on services provided by Natural Family Planning teacher training programs in the United States. Natural Family Planning (NFP) is the term for fertility education methods designed to achieve and avoid pregnancies through the understanding of the woman's menstrual cycle. These methods are based on the daily observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle.

NFP methods are compatible with the teachings of the Catholic Church because they respect the unitive and procreative nature of conjugal relations. In the words of Pope John Paul II, NFP methods are “a valuable help to responsible parenthood, in which all individuals, and in the first place the child, are recognized and respected in their own right and where every decision is guided by the ideal of the sincere gift of self.” (*Evangelium vitae*, #88)

The effectiveness of NFP methods for achieving or avoiding pregnancy rely upon three factors: the competency of the teacher; how well the couple learns the information; and the couple's motivation to follow specific guidelines according to their family planning intention (i.e., achieving, spacing or limiting births).

NFP methods are unique among family planning methods because their starting point is the acceptance of human fertility. Typically, modern science has sought to control births through manipulating human fertility. The word “contraception” reflects the typical scientific approach—to work against conception. NFP methods, on the other hand, do nothing to frustrate human fertility. These methods work with the biologically established fertility of men and women. Indeed, these methods go a step further than biology; they rely on couple behavior. Through the use of periodic sexual abstinence as the means by which births are spaced in marriage, NFP requires that couples work together. Couples must understand their combined fertility in order to plan or avoid pregnancies. Spouses are therefore taught to think of their fertility in terms of “us” and “we,” not “I” or “you.” This holistic approach to family planning gives NFP the distinction of being one of modern science's healthiest achievements.

Natural Family Planning teacher training programs may be local, regional, or national. Each program has its unique history with founders and pioneers that include both clergy and laity (see Appendix). Each of the schools included in this directory offer standardized curricula. All provide objective evaluations of the trainees' knowledge and teaching skills. Most have some form of supervised practicum whereby the teacher candidate is directed and observed while they teach new clients. Most have implemented the *Standards for Diocesan NFP Ministry* (United States Conference of Catholic Bishops) and are part of that national system of accountability. All provide education in authentic NFP. For additional information, please contact the programs directly.

Glossary

Billings Ovulation Method™ (BOM™)

Approximately at the time of a woman’s ovulation, a type of mucus is secreted by the cervix. This primary sign of fertility indicates when a woman is potentially fertile. The woman’s observation by sensation of her cervical mucus is the basis of the Billings Ovulation Method™ (BOM™).

Doctors John and Evelyn Billings (Australia) are the founders of the BOM. The Billings first called their method the “Ovulation Method” or “OM.” In the 1970s the World Health Organization attached the name “Billings” to indicate the authentic OM created by the Billings.

The Billings Ovulation Method™ (BOM™) is the official title of the method. Due to the early work of the Billings in training teachers world-wide, the term “Ovulation Method” or “OM” has become an umbrella term for most cervical mucus methods.

The BOM™ requires the couple to follow the method guidelines established by the Billings. Among other things, this means placing an emphasis on the woman’s “sensation” of cervical mucus as a primary way to observe cervical mucus.

Cervical Mucus Method (CMM) or “Ovulation Method” (OM)

Approximately at the time of a woman’s ovulation, a type of mucus is secreted by the cervix. This primary sign of fertility indicates when a woman is potentially fertile. The woman’s correct observation of her cervical mucus is the basis of all cervical mucus methods (CMM). Due to the early work of the Billings in training teachers world-wide, the term “Ovulation Method” or “OM” has become an umbrella term for most cervical mucus methods.

All CMMs are reliant on the extensive research and influence of Drs. John and Evelyn Billings. The variety of cervical mucus methods rests on the differences in approach to the observation of cervical mucus (e.g., sensation, sight, and/or touch). The guidelines for interpretation of cervical mucus vary per CM method approach.

Natural Family Planning

“Natural Family Planning” is the umbrella term for those methods for achieving and avoiding pregnancy that are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of the woman’s menstrual cycle. Couples using Natural Family Planning methods to avoid pregnancy, abstain from sexual intercourse and genital contact during the fertile phase of the woman’s cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy.

The methods of Natural Family Planning reflect the dignity of the human person within the context of marriage and family life, promotes openness to life and the value of the child. By complementing the love-giving and life-giving nature of marriage, NFP can enrich the bond between husband and wife. (*Standards for Diocesan NFP Ministry*, 2010)

Standards for Diocesan NFP Ministry—Approved

The United States Conference of Catholic Bishops (USCCB) has *Standards for Diocesan NFP Ministry (Standards)*. The *Standards* articulate the basic requirements for quality diocesan NFP services in the areas of: program structure and activities; client curriculum; nature and role of the diocesan teacher; and components of the NFP teacher training program.

An NFP teacher training program can freely elect to implement the *Standards* by submitting for review and evaluation, documentation to the USCCB's NFP Program. Upon successfully meeting the *Standards*, the award given to the NFP teacher training program is called "Approval." A teacher training program that meets the *Standards* is "Approved" according to the *Standards*.

Diocesan NFP programs that have implemented the *Standards* are required to use only NFP teacher training programs that meet the *Standards* and have achieved Approval. This directory indicates which NFP teacher training programs have been evaluated and meet the *Standards*.

For the complete text of the *Standards* see usccb.org/prolife/issues/nfp/standard.

Sympto-Hormonal Method (SHM)

A multi-indexed method of NFP, the Sympto-Hormonal Method (SHM) makes use of an electronic hand-held hormonal monitor in addition to the sign of cervical mucus, to teach a woman how to observe and interpret her fertility.

The fertility monitor detects two reproductive hormones in the woman's urine and provides information on three levels of fertility, i.e., low, high, and peak. The observation and charting of cervical mucus is used as a double check to the monitor's readings. This method was developed at Marquette University College of Nursing's Institute for NFP (Milwaukee, WI).

Sympto-Thermal Method (STM)

Sympto-thermal methods are multi-indexed methods of NFP. A woman is taught to observe her multiple signs of fertility.

ST methods teach a woman to observe her primary signs of fertility (cervical mucus, basal body temperature, and cervical changes). The secondary signs of fertility (breast tenderness, back pain, etc.) are also taught.

Among STM providers, variations exist in some rules, charting two or more of the primary signs of fertility, as well as differences in chart symbols. Despite the variations, all refer to the multi-indexed methods as "STM."

NFP Teacher Training Programs

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ARCHDIOCESE OF BOSTON NFP TEACHER TRAINING PROGRAM

At a glance . . .

NFP method: STM

Standards for Diocesan NFP Ministry—Approved

Will travel to train teachers

Member, New England NFP Association

Mary Finnigan, Diocesan NFP Coordinator
Marriage & Family Ministry Office
66 Brooks Drive
Braintree, MA 02184
(617) 746-5803
(617) 746-5782 FAX
Mary_finnigan@rcab.org
www.bostoncatholic.org/NFP.aspx

A. Instruction Time

Training provided over two weekends.

B. Teaching Format

On-site training includes lecture, learning activities and final exam. A final grade of 80% is required.

C. Practicum

Required: A supervised practicum of instruction, to a minimum of six clients, in a series of classes completed within one year of completing classroom training.

D. Certification/Recertification

After successful completion of the practicum, certification is granted for an indefinite period of time.

If there is a prolonged lapse in teaching, a continuing education requirement and an additional supervised practicum is required.

E. Fees

Contact coordinator.

F. Miscellaneous

Program is affiliated with the New England NFP Association.

Client materials are available in Spanish, but teacher training is in English only.

Personal use of NFP prior to teacher training is required.

ARCHDIOCESE OF SAN ANTONIO NFP TEACHER TRAINING PROGRAM

At a glance . . .

NFP method: CMM

Standards for Diocesan NFP Ministry—Approved

Spanish language classes provided

Will travel to train teachers

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Office of Marriage and Family Life
2718 West Woodlawn
San Antonio, TX 78228-0410
(210) 734-1650
(210) 734-2774 FAX
E-mail: steve.pokorny@archsa.org
Web Page: www.archsa.org

A. Instruction Time

Classroom study is a total of 36 hours.

B. Teaching Format

1. On-Site Training.
Training includes lecture, independent study, reading, role playing, practice teaching, and exams.
2. Teacher training is in English. Spanish is offered upon request.

C. Practicum

The practicum consists of a supervised observation of the teacher candidate teaching two classes (with different supervisors) and conducting two separate follow-ups (with 3-5 couples each).

The practicum also includes:

1. Submission of class outline for approval.
2. Instruction of a class with certified instructor (optional).
3. Instruction of a class under supervision of teacher trainer.
4. Two follow-up sessions conducted under supervision of certified instructor or teacher trainer.
5. Documentation on ten clients with different reproductive circumstances from first class through autonomy.

D. Certification/Recertification

Teacher evaluation is conducted once a year to maintain current certification.

Optional participation is offered for teachers in workshops and/or conferences when funds are available.

E. Fees

Fees are paid by host. Contact Director.

Fees differ depending upon method of NFP chosen by the teacher candidate.

F. Distance Learning

Distance learning is occasionally available. Those interested should contact the Office of Marriage and Family Life.

BILLINGS OVULATION METHOD™ ASSOCIATION (BOMA-USA)

At a glance . . .

NFP method: Billings Ovulation Method™ (BOM™)

Standards for Diocesan NFP Ministry—Approved

Distance learning provided via Internet; correspondence training also available

Spanish teacher training available in USA; Multi-languages through WOOMB-International

Will travel to train teachers

Note: BOMA™, USA provides training and materials in the official Billings Ovulation Method™. It offers the only approved Billings Ovulation Method™ Teacher Training Program in the United States according to WOOMB-International standards (World Organization Ovulation Method Billings).

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Website: www.boma-usa.org

Dolores Clark, MSN, RN, FNP, CPNP
Chair, Education Committee
6211 Windsong Drive
Arlington, TX 76001
817-483-3841
dewclark@gmail.com

A. Instruction Time

40 contact hours.

B. Teaching Format

1. Training is scheduled at various locations throughout the United States. Faculty is primarily comprised of BOMA master teachers and occasionally includes guest presenters, particularly physicians and priests. Teaching format includes lecture, independent study, discussions, group activities and exams.

Teacher candidates must score a minimum of 90% on the final exam in order to begin supervised practicum.

Teacher training is also available via the Internet or correspondence.

2. The teacher candidate ideally has charted and used the Billings Ovulation Method™ for at least six months prior to teacher training (some exceptions can be made). If unable to do so, the candidate must philosophically accept the principles of BOMA-USA. Users of other NFP methodologies must chart the BOM™ for a minimum of three months prior to teacher training.

3. Materials are available in English, Spanish, and Portuguese (other languages can be obtained from the world headquarters in Australia).

C. Practicum

A required supervised practicum consists of a 6-9 month period of time in which the teacher candidate instructs a minimum of 6 to 8 client/couples in a variety of reproductive circumstances. When possible, the practicum includes a one day site visit by the teacher candidate's supervisor or other members of the BOMA Education Committee.

A final examination is given.

D. Certification/Recertification

Following successful completion of the above, the teacher candidate receives certification which is valid for three years.

Certification is renewed upon submission and review of annual reports which include a summary of teacher-client instructional, outreach, and continuing education activities.

Recertification testing is required before recertification is granted. Teachers are expected to attend a BOMA conference at least once every three years.

E. Fees

Contact Executive Director.

F. Publications

A newsletter, *Billings Ovulation Method™ Association News (BOMA News)* is available to members as well as the quarterly publication from the world headquarters in Melbourne, Australia, *Bulletin of the Ovulation Method Research and Reference Centre of Australia* (published three times per year).

BOMA-USA has the U.S. publishing rights to *Teaching the Billings Ovulation Method™*, *Variations of the Cycle and Reproductive Health* (for teachers) and *The Billings Ovulation Method™* (booklet in English and Spanish for clients). Additional presentation CDs, books, videos, audio tapes and handouts are also available.

G. Miscellaneous

BOMA is the United States representative of the World Organization of the Ovulation Method Billings International (WOOMB) and the coordinating office of Billings Ovulation Method™ teachers in the United States.

Nursing CEUs awarded for completion of the in-person trainings.

Questions regarding medical aspects are referred to designated physicians.

Biennial continuing education conferences are regularly held in various locations throughout the United States.

COUPLE TO COUPLE LEAGUE (CCL)

At a glance . . .

NFP method: STM

Distance learning provided via online classes; also available via post

Spanish teacher training provided

Will travel to train teachers

Michael Manhart, PhD, Executive Director

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or

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Cincinnati, OH 45238

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E-mail: ccli@ccli.org

Web Page: www.ccli.org

A. Time to Complete Teacher Training

Estimated to be 35-50 hours.

Maximum flexibility is allowed for teacher candidates to proceed at their own pace.

B. Training Format

The teacher training curriculum is comprised of 30+ independent courses grouped in six web-based modules. Successful completion of training courses is based upon passing end-of-course tests, which can be retaken until a passing score is achieved.

The teacher training curriculum is offered in Spanish.

Courses can be accomplished in several ways. Traditional instruction is through self-paced study of downloadable courses. Toll-free teleconferences are offered periodically throughout the year for various courses. On-site teacher training (in English or Spanish) is available on a case-by-case basis by contacting the CCL Central office.

C. Practicum

A six-month mentoring program is provided to assist newly-certified teachers in gaining experience with student couples. The program includes assistance in responding to questions from clients, interpreting charts, maintaining records, and the like.

D. Certification/Recertification

Conditional certification is awarded upon completion of the training courses, and full certification is awarded upon completion of the 6-month mentoring program.

E. Fees

CCL's teacher training program is free. No fees are charged to the candidate teaching couple for the teacher training program.

F. Publications

Three full-color course manuals are available—the main student text for the main class series as well as postpartum and perimenopause texts for separate postpartum and perimenopause classes.

Family Foundations, an award-winning NFP magazine, is offered bi-monthly by subscription.

G. Miscellaneous

CCL is one of the largest NFP providers in the United States. Its NFP courses are taught by married couples who not only provide instruction in the Sympto-Thermal Method but also witness to the beauty of living marriage and sexuality as God intended.

On site client courses are offered throughout the US and can be located and registered for electronically at CCL's website: www.ccli.org.

NFP client instruction is provided in three ways: on site class instruction from a CCL teaching couple; live instruction via Internet from a CCL teaching couple; and through home study courses supervised by a personal NFP instructor and consultant.

Dedicated classes and course manuals are also available for the postpartum and perimenopause transitions.

DIOCESE OF ERIE NATURAL FAMILY PLANNING PROGRAM

At a glance . . .

NFP method: STM

Standards for Diocesan NFP Ministry—Approved

Ed and Barbara Burkett, Co-Directors
429 East Grandview Boulevard
Erie, PA 10397
(800) 374-3723 x259
bburkett@eriercd.org

A. Instruction Time

Classroom instruction is conducted over 40+ hours.

D. Teaching Format

Format includes lecture, class discussion, reading assignments, and student reports.

E. Practicum

A supervised practicum is required consisting of 2-4 clients (minimum) taught over a six month period of time.

F. Certification/Recertification

Certification is awarded at completion of training. There is no recertification process.

G. Fees

Contact Director.

H. Publications

A quarterly newsletter is published for all NFP couple clients and teachers.

FAMILY OF THE AMERICAS FOUNDATION (FAF)

At a glance . . .

NFP method: OM

Standards for Diocesan NFP Ministry—Approved

Distance learning via post

Multi-languages provided

Will travel to train teachers

Mercedes Wilson, President

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Dunkirk, MD 20754-1170

(301) 627-3346

(800) 443-3395

(301) 627-0847 FAX

E-mail: familyplanning@yahoo.com

Web Page: www.familyplanning.net

A. Instruction Time

Initial instruction takes place for approximately 1 week.

The practicum is provided for approximately 6-12 months.

B. Teaching Format

The Master Teacher Training Institutes ordinarily include a full week of lectures, films, workshops, question and answer sessions, independent study, and practice teaching.

Upon completion of the course, students take an exam. Upon successful completion of the exam, students begin the teacher Practicum (see below).

Certification is awarded upon successful completion of the Practicum.

There are three different options offered for teacher training:

1. Master Teacher Training Institutes.

Provided periodically at the home office in Dunkirk, MD, (usually in the Spring and/or Fall), a minimum of 6-10 teacher candidates is required for a course to be scheduled.

2. On site Master Teacher Institutes are provided upon request.

3. The Master Teacher Institute Correspondence Course

This format allows students to study in their own home at their own pace. Accompanying videos correspond with the 16 unit MTI Training Manual.

A training guideline booklet is given with step-by-step instructions to follow the at home study course.

C. Practicum

Each teacher candidate completes a supervised practicum. This practicum includes instruction and follow-up of a minimum of six-ten couples/clients for at least six months each. Monthly practicum forms on each client are required, as is a monthly call to the FAF office to confer with the supervisor. An on-site monitoring visit is required during the practicum.

Note: The most difficult part of the practicum is meeting the requirement of teaching clients in different reproductive circumstances (i.e. breastfeeding, coming off artificial methods, etc.). Since Family of the Americas requests that teacher candidates follow at least 6 different couples/clients for at least 3 months, the time from the beginning of the course to the final certification could take up to one year.

D. Certification/Recertification

Certification is based on successful completion of all requirements including a 90% or higher grade on the 336-question exam. Any questions missed on the exam must be retaken in order to ensure that newly certified teachers are fully qualified.

Certification must be renewed every three years. Teachers are sent updated and enrichment information and must pass the recertification examination with a grade of 90% or higher.

E. Fees

Contact Director.

Teacher candidates who attend the institute at the Family of the Americas home office are responsible for their own transportation, food, and lodging.

When the Institute is held on location (e.g., in a diocese), the host is responsible for the expenses of the FAF faculty (including transportation, food, and lodging). An honorarium is appropriate if Mercedes Wilson is requested as the primary Instructor.

Teacher candidates who select the correspondence course pay for materials, shipping and handling fees of all materials.

All teacher candidates must pay for client materials needed during the practicum, phone calls required to the central office, and the supervision visit.

F. Publications

Family of the Americas is known for producing innovative client texts that are designed to make the Ovulation Method accessible to couples of all cultures and educational levels.

The *Love and Fertility* text, video or chart have been translated into more than 21 languages including English, Spanish, French, Russian, Chinese, Japanese, Polish, Ukrainian, Italian, Korean and Arabic.

An interactive computer program entitled, "Charting Coach," as well as *Nature's Method*, a CD-ROM program are also available. See website for further resources: www.familyplanning.net.

G. Miscellaneous

A variety of teacher training aids are available in several languages.

The correspondence course can be selected in English or Spanish.

FERTILITY CARE™ CENTER of KANSAS CITY TEACHER EDUCATION PROGRAM

At a glance . . .

NFP method: CMM (Creighton Model FertilityCare™ System)

Standards for Diocesan NFP Ministry—Approved

Will travel to train teachers

Note: Accredited by the American Academy of FertilityCare™ Professionals (AAFCP).

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Website: fertilitycarekc.com

FertilityCare™ Practitioner (FCP)

This 13 month program covers basic and advanced instruction for the Creighton Model FertilityCare™ System and NaProTechnology. It includes two education phases, two supervised practica and an on-site visit. Only the educational phases are done on campus. All other educational services are provided through an innovative system of long distance supervision and on-site visitation. No teacher training classes are offered online.

A. Instruction Time

Education Phase I: Eight day course; Supervised Practicum I, six months.

Education Phase II: Six days advanced teaching skills; Supervised Practicum II, seven months (includes on site visitation by a faculty member).

B. Teaching Format

1. Education Phases I and II include lecture, group and individual study, as well as exams.
2. Supervised Practica I and II are structured faculty supervised experiences which include direct client teaching at the student's home location.
3. Final Examination: both programs include a professionally administered final examination. A grade of 75% or better is required.
4. This program is based in Kansas City, MO; however, on-site programs can be arranged.

C. Practicum

1. Supervised practicum I (6 months) is designed to develop basic FertilityCare™ System teaching skills.

2. Supervised practicum II (7 months) is designed to develop advanced FertilityCare™ System teaching skills involving management of infertility, chronic discharges, unusual bleeding, advanced behavioral issues, pregnancy evaluations, advanced case management, etc.

D. Certification/Recertification

Upon successful passing of the final examination, the new teacher receives a certificate of satisfactory completion.

After teaching an additional 10 clients, the teacher becomes eligible to apply for professional certification by the AAFCP (see F below).

E. Fees

Contact Director.

F. American Academy of FertilityCare™ Professionals (AAFCP)

The AAFCP is the accrediting body for Creighton Model Education Programs and the certifying body for the FertilityCare™ Providers.

G. Miscellaneous

Continuing education units are available for nurses.

MARQUETTE UNIVERSITY COLLEGE OF NURSING INSTITUTE FOR NFP

At a glance . . .

NFP method: SHM (Marquette Model)

Standards for Diocesan NFP Ministry—Approved

Distance education via online classes *only*

Spanish teacher training available

Note: This is the only NFP method that makes use of a hormonal monitor in its methodology.

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P.O. Box 1881
Milwaukee, WI 53201-1881
(414) 288-3838
(414) 288-1939 FAX
E-Mail: richard.fehring@marquette.edu

A. Instruction Time

Instruction includes a 3 credit theory course with nine modules of instruction and a 3 credit practice course with nine clinical sessions. The courses are provided over a semester time frame and entail a total of 72 hours of instruction time. The courses can be taken for graduate or upper level undergraduate college credits or for continuing education units. CEUs are offered to professional nurses.

B. Teaching Format

Online only with discussion rooms, PowerPoint presentations, digital text, case studies; includes practice charting, multiple assignments, a project paper required for college credit, mid-term and final examinations.

C. Practicum

A supervised practicum is required consisting of 6-10 clients (minimum) taught over a six month period of time. Oral and written case reports are required.

D. Certification/Recertification

Certification of course completion from Marquette University College of Nursing is granted to students who have completed all theory and practicum requirements.

E. Fees

Contact Director.

F. Distance Learning: Online NFP Teacher Training Program

The Marquette University College of Nursing Natural Family Planning (NFP) teacher training program is a professional online educational experience based on the *Standards for Diocesan NFP Ministry*, United States Conference of Catholic Bishops (USCCB). The program prepares the participant to provide professional NFP services and to qualify for certification through the USCCB in their home dioceses.

This educational program was designed for healthcare professionals and involves a 3-credit NFP theory course and a 3-credit NFP supervised practicum.

The Marquette University online NFP teacher training program was developed through a generous grant provided by Our Sunday Visitor Institute. (www.osv.com/). For more information and to register online see: www.marquette.edu/nursing/NFP/Teacher.

G. Miscellaneous

Eligibility requirements for the 3 credit theory course include college level junior or college graduate. Basic college level course in anatomy and physiology recommended. The 3 credit supervisory practicum is limited to students or practitioners in health related fields (i.e. professional nursing, medicine, physician's assistant). Faculty includes two NFP only obstetrician/gynecologists and a professor of theology. Supervisory faculty is all professional nurses. The practice course is only offered to health professionals, i.e., physicians, professional nurses (BSN), advanced practice nurses, and physician assistants.

NATURAL FAMILY PLANNING OF THE DIOCESE OF CLEVELAND

At a glance . . .

NFP method: STM and OM

Standards for Diocesan NFP Ministry—Approved

Will travel to train teachers

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Diocese of Cleveland
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Cleveland, OH 44102
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(216) 334-2976 FAX
E-mail: rxjacobs@clevelandcatholiccharities.org

A. Instruction Time

Instruction occurs over forty hours of classroom study, comprised of six sessions, once per month, June through November.

B. Teaching Format

On-site training includes lecture, independent study, interactive work by students, and exams.

C. Practicum

A required supervised practicum consists of a six to nine month period of time in which the teacher candidate instructs a minimum of six clients, supervised by authorized certified NFP Instructors.

D. Certification/Recertification

Certification lasts for a period of one year.

Recertification requires participation in an annual NFP seminar or its equivalent substitute, with approval of the NFP Coordinator.

E. Distance Learning

Includes modified online training: sending materials (via e-mail or postal mail) and tests to a candidate and designating a certified NFP instructor as a supervisor, who grades exams, answers questions and serves as a practicum supervisor for a class series.

This program is especially made available to the dioceses of Kalamazoo, Detroit, Youngstown and Columbus.

F. Fees

Contact the coordinator. Accommodations are not provided for non-local teacher candidates.

G. Miscellaneous

The Diocese of Cleveland NFP teacher training uses a locally developed syllabus and slides for both the Sympto-Thermal Method and the Ovulation Method. Students receive training in both methods, but are certified in only one method at a time. Each method requires a separate certification and supervised practicum.

With regard to training sites: a member of the NFP faculty or Core Committee will travel to a diocese when invited to do so. Fees would be negotiated.

NORTHWEST FAMILY SERVICES, INC.

At a glance . . .

NFP method: STM

Standards for Diocesan NFP Ministry—Approved

Distance education via Internet or post

Spanish language teacher training available

Will travel to train teachers

Note: Northwest Family Services is a leading NFP provider in the area of adolescent sexuality and chastity education, both Catholic and secular.

Rose Fuller, Executive Director

6200 SE King Rd

Portland, OR 97222

(503) 546-6377

(503) 546-9397 FAX

E-Mail: service@nwfs.org

Web Page: www.nwfs.org

A. Instruction Time

Five days of classroom instruction including an additional forty to sixty hours for individual study.

B. Teaching Format

1. On site training in Portland or in a host diocese includes active learning style, lecture, independent study and exams.
2. Independent study for online or correspondence course.

C. Practicum

A required supervised practicum consists of a twelve month period of time in which the teacher candidate instructs a minimum of ten to fifteen clients from a variety of reproductive categories.

D. Certification/Recertification

Currently, there is no provision for recertification. There is an active and inactive status for certified teachers.

E. Fees

Contact Director.

There is a reduced fee structure and training process for NFP providers transferring from other NFP systems.

F. Distance Learning

Distance learning includes either the online course (which is the most popular) or the correspondence course via the postal system.

The online course includes both online assessments with immediate responses as well as off-line assessments. It also involves the same supervised practicum required as the in-person course. An additional advantage with the online course is the access to a digital library.

G. Publications

NWFS Update, a monthly teacher e-newsletter, and *Stepping Stones*, a quarterly client e-newsletter.

See web site for more information on programs and publications.

H. Miscellaneous

Support for all teachers (in training or certified) includes consultation on difficult client cases.

Client instruction is available in both English and Spanish. It includes lecture, learning activities, individual follow-up, and reading materials.

All teachers are expected to submit an annual service delivery report.

Affiliate programs are available.

POPE PAUL VI INSTITUTE CREIGHTON MODEL FERTILITYCARE™
EDUCATION PROGRAMS

At a glance . . .

NFP method: CMM (Creighton Model FertilityCare™ System)

Spanish teacher education available

Note: Accredited by the American Academy of FertilityCare™ Professionals

Thomas W. Hilgers, MD, CFCMC, CFCE, CFCP, Program Director

Alice Sales, FCP, Education Program Coordinator

6901 Mercy Road

Omaha, NE 68106

(402) 390-9168

(402) 390-9851 FAX

E-mail: education@popepaulvi.com

Web Page: www.popepaulvi.com

A. Instruction Time/Practicum/Teaching Format

Note: Each education program has its own requirements for instruction time, practicum and format. Complete program information may be obtained by downloading the Education Program Booklet from the Pope Paul VI Institute website, www.popepaulvi.com, under the Education tab or by completing an Application Information Packet also located under the Education tab.

Instructor (FCI)

FCI is a seven month program consisting of one Education Phase (an eight-day course) and supervised practicum via long distance supervision. An Instructor must work with a designated local FertilityCare™ Practitioner.

Practitioner (FCP)

FCP is a thirteen month program consisting of two Education Phases (an eight-day course and a six-day course) and supervised practicum via long distance supervision. An On-Site Visit is required.

Note: Prerequisite - 2 years of college or RN degree.

Medical Consultant

This is a six month program consisting of two Education Phases (an eight-day course and a seven-day course) and supervised practicum via long distance supervision.

Note: This program is only for medical doctors, osteopaths, nurse practitioners, physician assistants, nurse midwives, or pharmacists.

Medical Consultant/Practitioner

This combined program of 13 months consists of two Education Phases (an eight-day course and another eight-day course) and supervised practicum via long distance supervision. An On-Site Visit is required.

Note: This program is only for medical doctors, osteopaths, physician assistants, nurse practitioners, nurse midwives, or pharmacists. A physician may audit the Medical Consultant program.

Educator

This is a 13 month program consisting of two Education Phases (an eight-day course and a ten-day course) and supervised practicum via long distance supervision. An On-Site Visit is required.

Note: Prerequisite—Bachelor degree or RN degree and certification as a *FertilityCare™* Practitioner with a minimum of one year of teaching the Creighton Model *FertilityCare™* System.

Supervisor

This 13 month program consists of two Education Phases (an eight-day course and a nine-day course) and supervised practicum via long distance supervision. An On-Site Visit is required.

Note: Prerequisite—Certification as a *FertilityCare™* Practitioner with a minimum of one year of teaching the Creighton Model *FertilityCare™* System.

B. Certification/Recertification

Upon completion of the final examination, the student receives a Certificate of Completion from the Pope Paul VI Institute and Creighton University School of Medicine Continuing Medical Education.

Certification/recertification is available for each program from the American Academy of *FertilityCare™* Professionals (AAFCP).

C. Fees

For each education program, tuition, textbook fees and lodging fees are posted in the Education Program Booklet, which may be downloaded from the Pope Paul VI Institute website, www.popepaulvi.com, under the Education tab.

D. Miscellaneous

American Academy of *FertilityCare™* Professionals (AAFCP)

The AAFCP is the accreditation body for Creighton Model *FertilityCare™* Education Programs. The AAFCP is responsible for certifying CrMFC teachers and medical consultants.

The AAFCP is the accrediting body for the Creighton Model *FertilityCare™* Centers.

All *FertilityCare™* providers are required to affiliate with *FertilityCare™* Centers of America (or *FertilityCare™* Centers International, if applicable).

CME /CEU Availability

Continuing Medical Education Units (CMEs) are available for physicians, physician assistants, nurse practitioners and nurse midwives through Creighton University School of Medicine Continuing Medical Education Division. These activities have been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Creighton University School of Medicine and Pope Paul VI Institute. The Creighton University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Continuing Education Units (CEUs) are available for nurses, social workers and allied health professionals and are provided by Iowa Western Community College, Iowa Board of Nursing Provider #6, and Iowa Board of Social Workers Provider #59.

For current availability of CME/CEUs, refer to the Education Program Booklet, which may be downloaded from the Pope Paul VI Institute website, www.popepaulvi.com, under the Education tab.

Love & Life Unlimited Conference

This education program is specifically designed for priests, religious, deacons, diocesan family life directors, NFP coordinators, pro-life directors and other religious leaders and educators. Information and registration form may be downloaded from the Events section of the Pope Paul VI Institute website, www.popepaulvi.com, under the Education tab.

Publications

A variety of published resources are available from the Pope Paul VI Institute Publications Department, including:

- *Reproductive Anatomy & Physiology: A Primer for FertilityCare™ Professional*
- *The Medical and Surgical Practice of NaProTECHNOLOGY*
- *Women Healed*
- Unabridged NaProTECHNOLOGY PowerPoint slides
- Brochures and other resources

The FertilityCare™ Practitioner/Instructor education program, texts and client teaching materials are available in Spanish. Client teaching materials have been translated into other languages as well.

To view more resources, visit the E-Store section of the Pope Paul VI Institute website, www.popepaulvi.com.

SAINT JOSEPH FERTILITYCARE™ PRACTITIONER EDUCATIONPROGRAM

At a glance . . .

NFP method: CMM (Creighton Model FertilityCare™ Method)

Will travel to train teachers

Note: Accredited by the American Academy of FertilityCare™ Professionals.

Angelique N. Garcia, LPN, BSE, CFCP, CFCE
4000 St. Joseph Place NW
Lourdes Hall #130
Albuquerque, NM 87120
(505) 831-8222
(505) 263-3509 FAX
angel@fertilitycare.net

A. Instruction Time

Education Phase I: Eight day course. Supervised Practicum I: Six months.

Education Phase II: Six day course. Supervised Practicum II: Seven months, including on-site evaluation by a Certified FertilityCare™ Educator.

B. Teaching Format

Education Phases I and II include lecture with slides, handouts, clinical group sessions, group and individual study, and exams.

Upon successful completion of Education Phase I and II (75% test score or greater), the teacher intern advances to the Supervised Practica Phases.

Supervised Practica I and II are structured faculty supervised experiences, which involve evaluation of the intern's teaching of a client couple, presentation of an Introductory Session, review of the teaching facilities, and all client cases. All criteria for completing the Supervised Practica must be met in order for the intern to be advanced to the next Educational Phase, On-Site Visit, or Final Exam.

Final Examination is administered by professional proctor and taken by all qualified interns on predetermined days and hours, throughout the world, four times a year. The exam includes multiple-choice, written and tape recorded forms of evaluation. A minimum grade of 75% in all content areas of the exam is required.

C. Practicum

Interns are closely supervised through all aspects of teaching the system during the two supervised practica, assignments and case reviews of all couples. Scheduled phone calls are made to the supervisor every month to monitor students' progress and provide opportunities for questions.

Supervised Practicum I (6 months):

This clinical experience begins immediately following Education Phase I. It is designed to develop the basic teaching skills of the FertilityCare™ System, learned during EP-I.

Supervised Practicum II (7 months):

This second clinical experience is designed to develop the advanced teaching skills necessary for teaching the FertilityCare™ System, learned during EP-I, SP-I and EP-II. Supervised Practicum II is a time for maturing, refining, activating and perfecting the student's advanced teaching skills. This is a time when interns learn to integrate their skills and knowledge. Interns are expected to develop skills in advanced case management, advanced chart reading and correcting, the conduct of pregnancy evaluations, developing the advanced business aspects, and the management of advanced behavioral issues. Included in this practicum is an on-site visit by the intern's faculty supervisor.

D. Certification/Re-certification

Once the intern qualifies for and passes the final examination (75% or greater), the new Practitioner receives a certificate of completion, and can use the title "FertilityCare™ Practitioner" (FCP).

After an additional field service year and the teaching of 10 new clients, the FCP is eligible to apply for professional certification by the American Academy of FertilityCare™ Professionals (AAFCP). Certification requires a complete case list, continuing education, and the review of one client case by a Certified FertilityCare™ Educator or Supervisor on the AAFCP Certification Commission.

Recertification is required every four years.

E. Fees

Contact Director.

F. Miscellaneous

St. Joseph FertilityCare™ Practitioner Education Program uses only the most recent, updated Curriculum and teaching materials available from the PPVI Institute for the Study of Human Reproduction, and the FertilityCare™ Centers of America (FCCA). Interns are asked to complete evaluation forms for each educational phase and supervised practicum. These evaluations are used to ensure program quality and student satisfaction.

Continuing education units are available for nurses.

Off-Site Programs are conducted for sponsoring agencies or organizations willing to host the program, and sponsor interns outside of Albuquerque, New Mexico or the United States. St. Joseph FertilityCare™ Practitioner Education Program is based in Albuquerque, NM, serving the Archdiocese of Santa Fe, but also conducts Practitioner Trainings internationally in cooperation with FertilityCare™ Centers International (FCCI), and FertilityCare™ Centers of Europe (FCCE). The St. Joseph program has conducted trainings in Mexico, Ireland, and England, and now has teachers throughout England, Ireland, Scotland, Slovakia, Switzerland, Croatia, Germany, Poland and the Ukraine.

**SAINT JOSEPH SCHOOL OF NURSING FERTILITYCare™ PRACTITIONER
EDUCATION PROGRAM**

At a glance . . .

NFP method: CMM (Creighton Model FertilityCare™ Method)

Note: Accredited by the American Academy of FertilityCare™ Professionals.

Kathy Rivet, CFCE
St. Joseph Hospital, FertilityCare™ Services
172 Kinsley Street
P.O. Box 2013
Nashua, NH 03061
(603) 595-3947
Email: krivet@sjnh.org

A. Instruction Time

Eight days of initial emersion education, followed by subsequent practicums.

B. Teaching Format

Educational Phase I:

An eight day total emersion educational experience prepares the FertilityCare™ Practitioner Intern to teach the Creighton Model FertilityCare™ System.

The curriculum consists of history of Natural Family Planning, anatomy and physiology, the hormones of the menstrual cycle, breastfeeding, menopause, psychodynamics of contraception and the Creighton Model FertilityCare™ System, human sexuality, the beginnings of human life and the effectiveness of natural and artificial methods of family planning.

The clinical group sessions train the Intern to teach the FertilityCare™ System according to the standardized curriculum and include basic chart reading and correcting, how to conduct the standardized Introductory Session and Follow-Up sessions, documentation, and the Supervised Practicum I Responsibilities.

An assessment at the end of this education phase assures the competency of the student to begin teaching clients during their internship.

Educational Phase II:

Following successful completion of Supervised Practicum I the intern is qualified to attend Education Phase II. This 6 day long educational experience covers advanced case management in infertility, continuous mucus discharge, unusual bleeding, and NaProTechnology. How to conduct pregnancy evaluations are also taught along with management of advanced behavioral issues, communication, marketing, and advanced

business aspects of managing a FertilityCare™ Center. An Oral Exam at the end of Education Phase II helps to prepare the intern for their second supervised practicum.

C. Practicum

Supervised Practicum I

This practicum begins with the successful completion of Education Phase I and ends with Education Phase II. During the practicum the Intern returns to his/her home and begins teaching the FertilityCare™ System.

Every Practitioner Intern is assigned a Faculty Supervisor who works closely with him/her during their practicum. The Supervisor provides the support and direction that a Practitioner Intern requires. All books, charts, slides, and teaching materials needed to teach are provided. Each Intern teaches a minimum of 6 client couples during the practicum. Written and recorded assignments as well as scheduled telephone calls with the Supervisor are part of the practicum.

Supervised Practicum II

This practicum begins with the successful completion of Education Phase II and ends with the Final Exam. During this time the Intern teaches an additional 12 client couples, submit assignments, have monthly phone calls with the Supervisor and experience an On Site Visit from the Supervisor. The On Site Visit is a time when the faculty supervisor will go to the intern's home location and observe his/her teaching, review files, and conduct a comprehensive case review of all the intern's clients.

D. Certification

When all the requirements are complete the Intern is given approval to take a national standardized final exam. This exam is proctored in the student's home location and is offered four times a year.

E. Fees

Contact Director.

SAINT LOUIS UNIVERSITY NURSING CENTER FOR FERTILITY EDUCATION

At a glance . . .

NFP method: SHM (Marquette Model)

Standards for Diocesan NFP Ministry—Approved

Distance learning via Internet

Note: Only nurses or physicians are accepted for the program.

Mary Lee Barron, PhD, APRN, FNP-BC, NFPNP

Director

Nursing Center for Fertility Education

Saint Louis University School of Nursing

3525 Caroline Mall

St. Louis, MO 63104-1099

(314)977-8978

(314) 977-8849 FAX

E-mail: barronml@slu.edu

Web Page: www.nursing.slu.edu/ncfe

A. Instruction Time

This is an online program with various start times. Contact Director for dates.

Note: Only nurses or physicians are accepted for the program.

B. Teaching Format

Online only, 11 week didactic; midterm and final exam with a 75% minimum score required. Computer requirements with online learning format include Broadband necessary to support audio lectures.

C. Practicum

Follows didactic portion, meets United States Conference of Catholic Bishops *Standards* for minimum number of client couples followed prior to certification.

D. Certification

Certification is granted at the successful completion of the practicum.

E. Fees

Contact Director.

SOUTHERN STAR NATURAL FAMILY PLANNING PROGRAM

At a glance . . .

NFP method: STM

Standards for Diocesan NFP Ministry—Approved

Will travel to train teachers

Stella Kitchen, Director
209 Pink Dogwood Lane
Pooler, GA 31322
(912) 330-9464
E-mail: stella.kitchen@gmail.com

A. Instruction Time

Four full days, offered either on four consecutive days or two separate weekends. One scheduled training session per year or on an as need basis.

B. Teaching Format

1. Format includes lecture, independent study, quizzes and final exam.
2. A 90% grade is required on all tests but teacher candidate can be retested in any areas of deficiency.

At the conclusion of the training session the teacher candidate is required to provide a practice teaching session to faculty.

C. Practicum

Practicum consists of a six month period of time in which the teacher candidate instructs a minimum of four clients.

D. Certification/Recertification

Certification is granted to teacher candidates who have attained a minimum of 90% on all tests, have demonstrated an ability to teach the method with confidence, and have completed the supervised practicum.

Recertification is granted after three years based on review of client records and in person (or in the case of out of State graduates, by phone) interview with the director. Graduates should strive to attend relevant enrichment programs.

E. Fees

Contact Director.

F. Miscellaneous

Originally developed for the Diocese of Harrisburg, this Sympto-Thermal program is tailor-made for diocesan structures.

Appendix

“In Their Own Words”

Brief Histories of National Natural Family Planning Organizations

1. [The Billings Ovulation Method™ in the United States](#)
 2. [The Story of Family of the Americas](#)
 3. [The Story of The Pope Paul VI Institute for the Study of Human Reproduction](#)
 4. [CCL Formed to Advance *Humanae Vitae*](#)
 5. [The Story of Northwest Family Services](#)
 6. [The Marquette System of Natural Family Planning](#)
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The Billings Ovulation Method™ in the United States

Hanna Klaus, M.D.

In the late 1960's, Msgr. Robert E. Deegan, Director of Health and Hospitals of the Archdiocese of Los Angeles, invited the Drs. John and Evelyn Billings to the United States. He facilitated the first American publication of the Drs. Billings' book *The Ovulation Method™*. It wasn't until the Airlie House Conference, convened by the Human Life Foundation in 1972, that the Billings became known more widely in the United States.

Mercedes Wilson (then living in Covington, Louisiana) had introduced color stamp charting into the Billings Ovulation Method™ after she had learned the method in Australia and brought it back to her native Guatemala. She traveled extensively in the U.S.A. to introduce the Billings Ovulation Method™ (BOM™) and offered teacher training in New Orleans. Many Billings teachers had their first training in New Orleans during the years 1972-74. Mrs. Wilson came to St. Louis in May 1973 and met with those of us who had already read Dr. Billings' book and who had begun to form the teaching center which was later called the Aware Center. Some of the Billings Ovulation Method™ Association (BOMA) leaders of the 1980s and '90s were among the early teacher candidates. BOMA president, Kay Ek began to teach for the diocese of St. Cloud in Minnesota with her husband Dave in 1972; and BOMA Board of Directors member Marge Harrigan, began to teach for the diocese of Corpus Christi, TX in 1973. Many other Billings Centers began in 1974-5.

The St. Louis Aware Center was founded in May 1973 by Margaret McGauley, the late Mary Frances Reed, Hanna Klaus, M.D., and Sr. Natalie Elder, D.C., CNM. Sometime later, Merrilee Underhill, Mary Gayle Doyle, the late Ann O'Donnell, and Sr. Ursula Fagan joined them. In 1973, Dr. Klaus was Assistant Professor of Obstetrics and Gynecology at St. Louis University Medical Center. Dr. Klaus was sent by her department to Sydney, Australia to attend a Congress on the Billings Ovulation Method™ in July and August of that year. Following the Congress, she went to Melbourne to meet with the Drs. Billings, Dr. James Brown, and Kathy Smythe. On return, she began to train the others to teach the Billings Ovulation Method™.

At the 1973 Meeting in Sydney between two and three hundred enthusiastic users of the Billings Ovulation Method™ were present as "walking statistics." However, use effectiveness data were very thin, and the contribution of the U.S. Centers was prospective record keeping of sufficiently high quality to permit evaluation of the use effectiveness of the method.

The first U.S. use-effectiveness study of the BOM™ was presented at the International Congress for Psychosomatic Obstetrics and Gynecology in Tel Aviv in 1974. Two years later, a collaborative study was initiated with the BOM™ Centers of St. Louis; Kansas City, Missouri; Wichita, Kansas; St. Cloud, Minnesota; Lincoln, Nebraska; and Joliet, Illinois. This study was published in the June 1979 issue of *Contraception*.

The St. Louis Center had begun to train teachers as early as autumn of 1973. Formal teacher training was begun in 1974, and included Joliet, Illinois; Lincoln, Nebraska; Kansas City, Missouri; and establishment of the Aware Center in Wichita, Kansas.

Msgr. John B. Seli, formerly director of the Family Life Center, Diocese of Pittsburgh, PA came to Washington, D.C. in 1974 to found the Natural Family Planning Federation. Kay Ek, John Brennan, M.D., and Hanna Klaus, M.D., were the OM providers on the Board who also joined the Human Life Foundation when it merged with the Natural Family Planning Federation. The Human Life and Natural Family Planning Foundation sought to serve the entire Natural Family Planning field with educational materials and program resources.

By November 1974, the Human Life and NFP Foundation (HLNFPPF) had embarked on a project of preparing teaching materials for the Billings Ovulation Method™ and Sympto-Thermal Methods. Mary Catherine Martin (staff of the HLNFPPF) invited two of the Aware Center's teachers to Washington and briefed them. This activity served as the basis of a series of booklets on NFP. A more sophisticated system of educating trainers was later developed by Mary Catherine Martin and adapted by Hanna Klaus for the Billings Ovulation Method™ teachers at the Meeting of WOOMB International in Los Angeles in 1983 hosted by Msgr. Deegan. At that time, a year-long trainer education program was initiated. Faculty included Kay Ek, Marge Harrigan, and Hanna Klaus. The Billings teachers had incorporated as WOOMB - USA and elected Mercedes Wilson as the first President in the late 1970's.

In the mid-1980's, Mrs. Wilson reformed her group into the Family of the Americas Foundation and extended her interest beyond Natural Family Planning. In 1990 the U.S. Billings teachers felt the need for a stronger organization with regular access to continuing education and resource materials. They formed the Billings Ovulation Method™ Association (BOMA). BOMA is incorporated and coordinated through the Natural Family Planning Office of the Diocese of St. Cloud, MN.

A version of this article first appeared in *Natural Family Planning Diocesan Activity Report*, Vol. 3, No. 3, Summer, 1992, DDP/NFP, USCCB, Washington, DC.

The Story of Family of the Americas

The daughter of a Guatemalan father and an American mother, Mercedes Wilson, founder of The Family of the Americas Foundation, grew up in Guatemala. Although Mrs. Wilson has spent the majority of her adult years in the United States, she is no stranger to other lands. She also lived in such diverse places as the Middle East, England, and even Australia. This international spirit has contributed to the unique character of the Family of the Americas Foundation, a non-profit organization dedicated to the service of the family through NFP education and other fertility appreciation programs.

In 1968, while living in Australia, Mercedes Wilson first learned about the natural signs of fertility. Having read an article in the local paper about a new natural method of family planning, she visited a center where the Billings Ovulation Method™ was being taught by Dr. Evelyn Billings. To her amazement, in less than half an hour she learned this simple and safe method that enables a woman to postpone pregnancy without endangering her physical and emotional health with chemical agents or dangerous devices.

After learning the basic information, Mrs. Wilson wondered why such vital facts had not been brought to the attention of all women. She wanted to share this well kept secret with other couples. In the beginning Mrs. Wilson worked with the originators of the Billings Ovulation Method™ (BOM™) during its develop-mental stages in the 1970's. She was especially interested in simplifying the teaching technique so that it would be easily understood by people of different cultures, especially in the developing countries. With this in mind, Mrs. Wilson began to design a client record-keeping system (charting) which is now used all over the world. This charting system is different from the original BOM™ and therefore, has become an established variation of the BOM™. Although the variation, Mrs. Wilson continued to call the FAF version of the method the "Ovulation Method" in honor of the Drs. Billings who established the system.

Mrs. Wilson's efforts and her continued interest and enthusiasm led her to establish an organization through which she could share her knowledge. Family of the Americas Foundation (FAF) was that organization. Incorporated in 1977, FAF is guided by a Board of Directors. What started as a small, local teaching center has now developed into an international organization with offices in Maryland and Guatemala. FAF has a staff of seven full-time, two part-time and several volunteer workers who have extensive experience in carrying out client services, teacher training, and educational programs in over 100 countries. The FAF office/teaching headquarters is located in the Maryland suburbs of Washington, D.C. The Foundation has a complete audio/visual production facility, comprising 525 square feet, which utilizes broadcast quality color video and DVD equipment.

FAF offers various programs, many of which encourage parents to meet their mutual responsibilities to each other and to their children. Fundamental to the purposes of FAF are educational programs on the responsibilities of sexuality and parenting. FAF's education programs have been developed with the input of expert educational consultants and evaluators, and implemented by faculty who are world-renowned for their knowledge and expertise in the fields of pediatrics, genetics, psychiatry, psychology, family and child development, economics/population studies, and natural family planning.

NFP programs have been the Foundation's principal emphasis, with training and materials being offered on a worldwide basis. FAF entered into a Cooperative Agreement with the United States Agency for International Development (USAID) for \$1.8 million in 1984. FAF has been responsible for preparing over 2,400 teacher trainers in the FAF's OM from 44 developing countries

in Africa, Asia, and Latin America. Since then, courses have been taught in English, Spanish, French, and Chinese. Materials are also being distributed in Portuguese, Italian, German, Korean, Japanese, Swahili, and Arabic. Three other translations have just been completed and are in the process of being published in Slovakian, Ukrainian, and Lithuanian.

FAF's goal in providing its variation of the OM training programs has been to maintain the simplicity of the Billings Ovulation Method™, while providing teachers with the technical knowledge, the scientific background, and the practical experience necessary for teaching in a standardized, simple manner. The training is offered by experts in the U.S.A. Training programs are held in FAF's Maryland headquarters annually. This training program is also available as a correspondence course complete with 8 hours of video and a comprehensive manual with teaching slides and posters.

The strength of the FAF training program has been evidenced by extremely favorable data from a three-year research study of the effectiveness of their variation of the OM conducted in Shanghai, the People's Republic of China. Chinese medical personnel who received training from FAF faculty participated in the clinical study. Instruction in the FAF OM was received by nearly 700 couples, who were monitored for at least three years. The study reported an effectiveness rate of 98.9% and a continuation rate of 87.9%.

Family of the Americas has also done special work among adolescents through its "Fertility Appreciation for Families" program, funded by a \$1.2 million dollar grant from the Department of Health and Human Services (DHHS) from 1983 to 1987 under the Adolescent Family Life Act. This program for parents and adolescents promoted family-centered sexuality education, helping parents to assume their role as the principal educators of their children in matters of human sexuality. By the end of the program, nearly 2,500 adult participants and over 3,500 adolescents had been reached. Significantly, this program was able to drastically reduce the incidence of pregnancies among unwed teenagers, ages 15-19, to around 5 pregnancies per thousand. This was substantiated by an independent report of two University of New Orleans researchers, who compared similar statistics from other sources for the same group and time period. Their report indicated that, in a similar study by the Alan Guttmacher Institute, approximately 96 pregnancies per thousand was typical, while a Planned Parenthood program with teens incurred around 113 pregnancies per thousand. This is a clear indication that FAF has an overwhelmingly successful parenting program that helps teens become responsible while lowering out-of-wedlock pregnancies.

In 2000, Family of the Americas Foundation received funding from Our Sunday Visitor to study couples who practice Natural Family Planning. A survey was conducted under the direction of an independent statistician, Dr. Robert Lerner (a Sociologist from the University of Chicago with a degree in Economics). The protocol stipulated that he would not only evaluate the findings, but also compare them to two of the largest U.S. government funded surveys that asked similar questions of respondents. The Natural Family Planning group studied consists of typical middle class families of the United States of America, who attend Evangelical, Catholic, and Protestant churches. From this first study, however, (others need to be conducted to confirm our findings), we can ascertain that Natural Family Planning may be the best safeguard for the family against divorce.

In addition to the above, FAF has also sponsored International Congresses for the Family to raise awareness of social issues affecting the family. Twenty-two such Congresses have been held in various major cities worldwide with thousands of participants of each Congress.

Written by FAF staff. An earlier version of this story first appeared in *Natural Family Planning Diocesan Activity Report*, Vol. 3, no. 2, Spring, 1992. DDP/NFP, USCCB, Washington, DC.

The Story of The Pope Paul VI Institute for the Study of Human Reproduction

Margaret P. Howard, MAM, CFCE

The Pope Paul VI Institute for the Study of Human Reproduction was founded as a living memorial to Pope Paul VI and to the teachings of the Catholic Church, particularly *Humanae vitae* (*Of Human Life*), which challenges “men of science, who can considerably advance the welfare of marriage and the family, along with peace of conscience... to explain more thoroughly the various conditions favoring a proper regulation of births.” (*HV*, no. 24)

Thomas W. Hilgers, MD, was so inspired by the encyclical that he began his research into Natural Family Planning in 1968. From that research, two separate but integral concepts were developed: the Creighton Model FertilityCare™ System (CrMS) and NaProTechnology (Natural Procreative Technology). Primarily, the Pope Paul VI Institute is working toward developing a culture of life through responsible reproductive health care for women.

The Development of the Creighton Model FertilityCare™ System

Dr. Hilgers and his wife, Sue, were involved early in the Pro-Life movement. A concern for working on the long term solutions to end the abortion crisis propelled them into Natural Family Planning (NFP). “As couples learn to respect each other’s fertility and to respect each other, the children conceived will be respected.” In 1973 Dr. Hilgers joined the faculty of St. Louis University to continue Pro-Life work and NFP research. He found that the Billings Ovulation Method™, first described by Drs. John and Lynn Billings, was a key medical breakthrough. Dr. Hilgers’s early studies corroborated the medical research done by the Billings.

In 1977, Dr. Hilgers came to Creighton University in Omaha, Nebraska. He continued his research and developed a standardized application of the Billings Ovulation Method™ and standardized education for NFP teachers. During a visit to Omaha in 1978, Dr. Billings was quoted in the *Omaha World Herald* as saying “the world is looking to Omaha for the scientific backing of the method which is being provided by the results published by Dr. Hilgers. The standard of it (the Creighton program) is unique. It is the most important scientific work on NFP in this country.” Research has allowed the Creighton Model FertilityCare™ System to provide an effective means of regulating births for couples with all variations of reproductive cycles. Perhaps the greatest breakthrough is that the success of the standardized charting has allowed for the development of NaProTechnology, a women’s health care science. The application of NaProTechnology has benefited countless women who experience infertility or other reproductive disorders, such as premenstrual syndrome, postpartum depression, polycystic ovarian disease and unusual bleeding.

The Development of the Pope Paul VI Institute

Ground was broken for the Pope Paul VI Institute in 1985. The research that was begun in St. Louis and then continued at Creighton University has remained as an integral component of the Pope Paul VI Institute.

The Institute has three primary areas of interest: research, education and patient care. The major divisions of the Institute are the: National Women’s Health Center; National Hormone Laboratory; Reproductive Ultrasound Center; FertilityCare™ Allied Health Education Programs; Center for NaProEthics; FertilityCare™ Center of Omaha; and the Publications department. In addition, the Chapel of the Holy Family is an important part of these activities. Masses are offered and Adoration of the Blessed Sacrament takes place weekly for clients, patients, and the staff and their families. Respect for human life is central to the passion of those who work at the Institute!

The work of the Institute is timely, addressing many urgent, contemporary and ethical issues as they relate to human reproduction. Pope Paul VI's challenge to the medical community is being answered at the Institute. We share Pope Paul VI's vision of always treating human procreation as a priceless gift to be shared by those who love each other and who also love their Creator. Another program offered to priests and religious educators is the *Love and Life Unlimited Conference*. This program challenges its participants to ponder, promote and proclaim Christ's love for us through the mystery of human sexuality and married love.

The FertilityCare™ Allied Health Education Programs are designed to train nurses and others to provide Creighton Model FertilityCare™ System services. The programs also train physicians, physician assistants, osteopaths, nurse practitioners, nurse midwives, and pharmacists to provide NaProTechnology. Dr. Hilgers is quoted as saying, "The potential that work in the natural regulation of fertility has for the rejuvenation of the family is immense. The only limitation is our vision and our faith!"

Based on charting patterns identified through the Creighton Model FertilityCare™ System, the FertilityCare™ Provider can identify a number of medical considerations: a) the possibility of low progesterone levels from the post-Peak phase of the cycle; b) the possibility of low estrogen levels from limited mucus cycles; and c) the patterns of irregular bleeding or unusual discharge, which can be referred for medical input.

The Medical Consultants who are trained to provide NaProTechnology are able to: a) time the drawing of blood for measuring hormones so that the most effective identification of various hormone levels is achieved; b) determine the correct timing for follicular assessment via ultrasound; c) determine the best medications and treatments, timed according to the Creighton Model chart, for optimal effect for the treatment of infertility and recurrent miscarriage; d) contribute toward the reduction of pre-term birth; and e) assist women suffering from premenstrual syndrome and/or postpartum depression.

The Creighton Model Education Programs are accredited by the American Academy of FertilityCare™ Professionals (AAFCP). Continuing Medical Education units (CMEs) are available through Creighton University School of Medicine Continuing Medical Education Division for physicians, physician assistants, nurse practitioners and nurse midwives. These activities have been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Creighton University School of Medicine and Pope Paul VI Institute. The Creighton University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Continuing Education Units (CEUs) are available for nurses, social workers and allied health professionals and are provided by Iowa Western Community College, Iowa Board of Nursing Provider #6, and Iowa Board of Social Workers Provider #59.

For additional information about the Pope Paul VI Institute, the Creighton Model FertilityCare™ System, NaProTechnology, the education programs, or to order audio and video tapes, textbooks, and brochures from the Publications department, visit the web site, www.popepaulvi.com.

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CCL Formed to Advance *Humanae Vitae*

John F. Kippley

The remote foundations of Couple to Couple League (CCL) go back to the middle sixties when I was doing parish outreach work to the uncommitted and explaining the Catholic faith in a regular series of classes. It was my responsibility to explain the Church's teaching on sexuality, and it was in this context that I developed the covenant theology of sex, publishing my first article in February, 1967. In 1967-1968 my wife, Sheila, researched and wrote *Breastfeeding and Natural Child Spacing*.

In the immediate aftermath of *Humanae vitae* (1968), I was appalled by what was passing for theology in favor of contraception. It was essentially saying that since the Church's teaching would involve the daily cross of sexual restraint at some times for some couples, the teaching was erroneous. Therefore I wrote a book titled *Birth Control and the Marriage Covenant*, the forerunner of the current *Sex and the Marriage Covenant*.

Luke 11:46

For me personally, the publication of that book in 1970 was the beginning of CCL. I had reaffirmed the teaching of the Church, showing both the errors of the dissenters and providing a somewhat new and positive theology to support it. I felt I had gone out of my way to affirm this difficult and unpopular teaching of the Church, and it was then I felt very much the force of Luke 11:46: *And He said, "Woe to you lawyers . . . for you load men with burdens hard to bear, and you yourselves do not touch the burdens with one of your fingers."* Having affirmed the "burden" of marital chastity, I felt obliged (and still do) to do as much as I can to provide the practical help to make that teaching both more livable and therefore, to some, more believable.

My wife Sheila and I had taught ourselves the Sympto-Thermal Method of NFP through an article by Dr. Konrad A. Prem that we had read in the journal, *Child and Family*. Thus, the next summer when we moved to the Twin Cities, we made personal contact with Dr. Prem. We learned he was a professor of OB/GYN at the University of Minnesota School of Medicine and a long time teacher and promoter of the STM. He was delighted to help us get an organization started, for he had become convinced that an organization such as CCL was to become, was necessary for the proper teaching and support of client couples.

Dr. Prem, Sheila and I started our first four-meeting course in the Fall of 1971 in Shoreview, a suburb north of St. Paul; from that course and the next one that started in February, the nucleus of our Twin Cities chapter was begun. Later, a chance to teach college theology brought us to Cincinnati the Summer of 1972, and within two years it was apparent that I had two full-time jobs on my hands—college and CCL. Two year start-up grants from the Archdioceses of Cincinnati and St. Paul-Minneapolis enabled me to go to work full-time for CCL beginning in July 1974.

The first few years were fun. Expansion was rapid; there was lots of interest; classes were large; the pains were growing pains. Our first office was in the uninsulated third floor of the 100-year-old Kippley home. It never got above 62 on cold days in winter, and that was by mid-afternoon. Of our first two employees, Donna Kneip stayed with us for many years as did Marguerite Gehrum. They would get the inventory from the basement, carry it up to the third floor for processing, and then carry it down to the main floor for shipping. Better than belonging to a health club! I cannot verify this, but they tell me they had to bring their own pencils due to our tight budget!

CCL in the 1980s

International expansion started in mid-1979 with the certification of Gerard and Hilde

Loriaux in Belgium; they had attended a course I taught in upstate New York while they were on temporary military duty in the U.S., and they wanted to bring CCL back home. The next step in international development was the 1980 move of a Virginia teaching couple, Tom and Olivia McFadden, to Ireland; they worked full-time for over a decade to establish the CCL apostolate in Ireland and England. Service to a gradually increasing number in other countries was the brightest spot of the eighties, just as the development of interest and service to Eastern European countries has been the brightest spot in the nineteen-nineties.

The great challenge of the eighties was dealing with the decreasing interest in NFP. When CCL started in 1971, there were still a great many people who had formed their consciences according to the teaching of the Church—because the teaching was taught. Increasingly in the eighties, the teaching of the Church was not consistently taught; indeed, young people were often taught to dissent from it. This was reflected in a significant reduction in the numbers of new clients taught by CCL and by every other NFP program. We faced the problem of disappointed volunteer teachers by increasing our central staff to be in closer touch with our volunteer teachers in the field and with cooperative diocesan personnel.

Recognizing the need for education, we published many resources including books, booklets, brochures, and audio-visual programs dealing with NFP and chastity issues. Facing the need for complete and understandable education in NFP in areas not served by resident volunteer teachers, we developed the CCL distance learning course.

The 1990s

The publication of a revised edition of *Breastfeeding and Natural Child Spacing* in 1989 closed out the eighties, and the publication of Marilyn Shannon's *Fertility, Cycles and Nutrition* the next summer opened the nineties. This was followed by the publication of *Sex and the Marriage Covenant* in the summer of 1991. A small book on marriage preparation entitled, *Marriage Is for Keeps*, was published in 1992. We believe it is not a matter of *if* but only *when* that responsible authorities in the Catholic Church and other Christian bodies start to take those actions which will make it obvious to any observer that they are serious about teaching the traditional norms of marital chastity and providing the best of practical help. A number of such actions are described in Chapter 9 of *Sex and the Marriage Covenant*.

We believe that our regular course on Natural Family Planning and our book, *Marriage Is for Keeps*, offer an unprecedented supplement to whatever concerned priests and marriage ministers are doing to prepare couples for Christian marriage. We believe that is worthy of note that when we started CCL in the fall of 1971, we were teaching the three signs of mucus, cervix, and temperature; we were teaching ecological breast feeding; we were teaching basic marital morality; and we were doing this in a series of four two hour meetings spaced a month apart. The first two meetings now take about 2 ½ hours since we started doing some workbook exercises and added a bit more material, but aside from that the basics are the same. We have been reaffirmed repeatedly that our original plan was and remains a good one that serves well the needs of families today.

Post script: Since John and Sheila Kippley have retired, CCL continues to flourish. The Kippleys have also created a new NFP education Internet organization called NFP and More, see: www.nfpandmore.org.

John F. Kippley is the Co-Founder of the Couple to Couple League. This article has been edited for use here. An earlier version first appeared in *CCL Family Foundations*, March-April 1993. It was reprinted with permission in *Natural Family Planning Diocesan Activity Report*, Vol. 4, No. 2, Spring, 1993. DDP/NFP, USCCB, Washington, DC.

The Story of Northwest Family Services

Beth Wells

The fundamental thing that strikes one in reviewing the roots and history of Northwest Family Services is the interplay of time, serendipity, and grace. The threads began to draw together in a Lenten study group. This gathering brought Mike and Rose Fuller and Fr. Richard Huneger together in a meeting that was to change the lives and paths of both the Fullers and Fr. Huneger.

Mike and Rose had been searching for answers to their questions about NFP and the Church's teachings on married love. The 1970s were times of upheaval and confusion and the Fullers, like so many other couples during those years, had been met with great variety of conflicting responses to their questions. In the course of discussion, Fr. Huneger was asked to explain the Church's teaching on birth control. Rose remembers that "his answer was the first that seemed intelligent and comprehensive. It made sense." They were beginning to find some answers.

Out of acquiring the skills and developing the structure to provide NFP services for their parish, St. John the Baptist in Milwaukie, Oregon, Rose and Mike helped to establish a parish team dedicated to learning more about NFP and the Church's teachings. Fr. Huneger, impressed by the commitment of these couples to the Church and to good scholarship, felt impelled to lend whatever support and assistance he could to their efforts.

The tracings that brought these people together actually began years earlier. Fr. Huneger had studied theology at Innsbruck, Austria. In 1968 he took a course titled "The Medical Foundations of Marital and Sexual Ethics" from Dr. Josef Rötzer. Of those years Fr. Huneger says, "We were arrogant, full of self-importance, sure that we were theologians, and what after all, could some layman tell us? We had never read *Humanae vitae* and everything seemed open to debate. The significance of this teaching never really entered our consciousness. It all seemed terribly inconsequential and theoretical, not nearly as interesting as the theological fads of the times. I took notes copiously, but it was all water off a duck's back." It took many years for the significance of Dr. Rötzer's work to fully strike home. As the parish team reviewed existing programs and materials they found Dr. Rötzer's research and methodology to be eminently clear and comprehensive, and his synthesis of the symptoms of fertility a breakthrough.

Tutoring and collaboration began with the parish team when Dr. Rötzer visited Oregon in order to oversee Fr. Huneger's translation of his book, *Family Planning the Natural Way*. This collaboration is the foundation that Northwest Family Services is built upon.

In 1980, Mike and Rose completed the Human Life Foundation regional teacher training process. From the beginning, Northwest's philosophy was to create a learning environment that was open and invitational. They wished to teach all the signs of fertility in a positive manner, to uphold the dignity of married love, and to present the teaching of the Church in a way that people could hear and understand. The instructional approach was to be interactive, with couples applying the Sympto-Thermal principles to a variety of charting situations, including the provision of follow-up support. The instructional approach was reviewed and approved by a respected team evaluating theology, methodology, medical accuracy, and pedagogical approach. Throughout the process of development Dr. Rötzer reviewed and approved the methodology.

In 1983 Northwest Natural Family Planning Services incorporated and became an affiliate of Providence Hospital in Portland, Oregon. What had been envisioned originally as a parish program began to grow and began to offer classes in NFP for the entire community. Simultaneously, increased requests for teacher education were made by people who wished to utilize Northwest's approach.

This launched the second tier of services. Northwest developed a teacher education program that integrated lecture, diagnostic learning, and a supervised practicum with review of client files. In 1991 Northwest Family Services teacher education program was Approved according to the *Standards for Diocesan NFP Ministry*.

The movement into a second educational area, teen chastity, began in the 1987. In doing NFP presentations to teens in schools and church groups, it became apparent that there was a tremendous need on the part of young people for formation in sexual ethics and morals. Development of *The Bod Squad* - a peer education program was enthusiastically received. The Squad are young people committed to abstinence, able and willing to talk with their peers about it. These are real flesh and blood teens from the front lines of the culture. They laugh and tell stories, they fall in and out of love and crisis, they listen to alternative rock, play Chopin and the drums, they know the monologues of Monty Python and the "Serf on the Mount." They're living proof that chastity is possible in the lives of the average teenager.

In 1989, Northwest was awarded a Federal grant for a demonstration project to teach and evaluate a values based, family-centered abstinence education program. FACTS (*Family Accountability Communicating Teen Sexuality*) was born. FACTS is based on the research findings in sexuality education, and particularly those of Stan Weed, Ph.D., Director of the Institute for Research and Evaluation. Dr. Weed's research provides a wealth of information about what works and what doesn't in the field of sexuality education. In its fourth year, FACTS reached over 6,000 parents and teens in Oregon. Curriculum and workbooks for junior and senior high students and parents, along with teaching aids are available nationally. NW Family Services also provides in service presentations on teaching sexual abstinence to both public and private schools. In 1990, the name of the agency was changed from Northwest Natural Family Planning Services to Northwest Family Services to reflect the broader scope of services offered.

Northwest piloted a program entitled, *Keys to Sexual Freedom*. This is a Catholic teen abstinence program that integrates the fruit of Dr. Weed's research with Catholic teaching in a positive setting that involves and empowers parents and teens to live the gospel message. The third educational effort began in 1991. Working with teens and married couples, it seemed only natural to complete the continuum by addressing the needs of adults preparing for marriage. Piloted in the Archdiocese of Portland, *Always Faithful* utilizes the Rite of Marriage to "unpack" both the theology of marriage and practical issues. In five sessions, couples become familiar with the Catholic theology of marriage, the wedding liturgy itself, and examine issues such as family of origin, communication styles, conflict resolution, financial realities, sexuality, and NFP. Over the course of the series, participants meet five couples who share strong faith, a deep commitment to the Church's teaching on marriage and family life along with a great sense of humor. *Always Faithful* works in partnership with parishes and pastors.

Paul VI in *Humanae vitae* speaks to married couples, saying:

To them the Lord entrusts the task of making visible to men the holiness and sweetness of the law which unites the mutual love of the husband and wife with their cooperation with the love of God, the author of human life. (*HV*, no. 25)

This is the mandate the staff of Northwest Family Services seek to live out and the truth they seek to illuminate!

Beth Wells is Youth Coordinator for Northwest Family Services. A version of this article first appeared in *Natural Family Planning Diocesan Activity Report*, Vol.4 No.4, Fall, 1993. DDP/NFP, NCCB, Washington, DC.

The Marquette System of Natural Family Planning

Dr. Richard F. Fehring, PhD, RN, Director

The Marquette Model (MM) is the only NFP method to make use of hormonal readings through technology in addition to a woman's signs of fertility. In doing so, the MM brings 21st century technology to NFP.

The MM uses the ClearBlue Easy Fertility Monitor. The monitor is a device used at home which measures hormone levels in urine to estimate the beginning and end of the time of fertility in a woman's menstrual cycle. The information from the monitor can be used in conjunction with observations of cervical mucus, basal body temperature, or other biological indicators of fertility.

The Marquette Model was developed by professional nurses and physicians at Marquette University in the late 1990s. A 2007 study published in the *Journal of Obstetric, Gynecologic, and Neonatal Nursing* demonstrated a 97-98% efficacy of the Marquette Model in avoiding pregnancy when taught by a qualified instructor and correctly applied.

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