

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. These methods are based on 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 a 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 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 offers 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 bishops’ *Standards for Diocesan NFP Ministry* and are part of that national system of accountability. All provide education in authentic NFP. For additional information, please contact the programs directly.

Definitions

Natural Family Planning

“Natural Family Planning” is the umbrella term for those methods for achieving and avoiding pregnancies 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 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, 1990)

Ovulation Method (OM)

The observation of cervical mucus to determine fertility and infertility is the basis of the cervical mucus method or “Ovulation Method” (OM). This method was first developed by Drs. John and Evelyn Billings of Australia. In the 1970s the World Health Organization attached the name “Billings” as a synonym to indicate the authentic OM when the system created by the Billings is strictly observed. Today, a variety of approaches to the observation of cervical mucus exists, yet the term “OM” is often used as a popular reference to the natural methods which make use of the observation (seeing and/or sensing) of cervical mucus.

Sympto-Thermal Method (STM)

A multi-indexed method of Natural Family Planning. The Sympto-Thermal Method (STM) charts the primary signs of fertility; waking body temperature (Basal-Body Temperature), and cervical mucus. The secondary signs of fertility (breast tenderness, cervical changes, etc.) are also charted. This methodology is based on work of various scientists including Billings, Döering, Keefe, Prem, Rötzer, and Vollman. Many schools of STM exist.

“Approved according to the *Standards for Diocesan NFP Ministry*”

The USCCB has published *Standards for Diocesan NFP Ministry (Standards)*. This directory indicates which NFP teacher training programs have been evaluated and meet the *Standards*. According to the *Standards*, “An Approved NFP teacher training program may be local, regional, or national. It uses a formal curriculum and maintains competent faculty. It provides a supervised practicum, including an objective evaluation of its trainees’ knowledge and teaching skills.”

NFP teacher training programs can elect to take part in the national system of the *Standards* by either meeting some (standard specific) or all (comprehensive) of the items in Section IV of the *Standards*. For the complete text of the *Standards* see <http://www.usccb.org/prolife/issues/nfp/standard.shtml>

NFP Teacher Training Programs

ARCHDIOCESE OF BOSTON NFP TEACHER TRAINING PROGRAM STM

Approved according to the *Standards for Diocesan NFP Ministry*

WILL TRAVEL*

Mary Finnigan, Coordinator
Natural Family Planning
Family Life Office
2121 Commonwealth Avenue
Brighton, MA 02135-3193
(617) 746-5803
(617) 783-5642 FAX
Web Page: www.familylifeboston.com

A. Instruction Time

Classes provided over weekends.

B. Teaching Format

On-site training includes lecture, independent study, role-playing, quizzes, discussion, practice teaching and final exam. A final grade of 80% is required.

C. Practicum

A required supervised practicum of instruction to a minimum of six clients in a series of classes to be 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. However, if there is a prolonged lapse in teaching, a continuing education requirement and an additional supervised practicum would be required.

E. Fees

Contact director.

F. Miscellaneous

Program is affiliated with the New England NFP Association.
Materials are available in Spanish, but instruction is English-only.
Personal use of NFP for a minimum of 6 months before training is required.

BILLINGS OVULATION METHOD ASSOCIATION (BOMA)
BILLINGS OVULATION METHOD (BOM)

BOMA-USA provides training and materials in the authentic 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)

Approved according to the *Standards for Diocesan NFP Ministry*

HOME STUDY*

MULTI-LANGUAGE *

WILL TRAVEL *

Sue Ek, Executive Director
BOMA-USA
P.O. Box 2135
St. Cloud, MN 56302
(651) 699-8139 / FAX (320) 654-6486
E-mail: boma-usa@msn.com
Website: www.boma-usa.org

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

Instruction Time

40 contact hours.

A. 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.
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 Billings Ovulation Method for a minimum of three months prior to teacher training.

3. Materials are available in Spanish (other languages may be obtained from the world headquarters in Australia).

B. 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.

C. 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.

D. Fees

Contact Executive Director.

E. 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.

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.

F. Miscellaneous

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

STM

Approved for training in the content areas of Church Teaching and NFP Methodology according to section IV of the *Standards for Diocesan NFP Ministry*

ON-LINE STUDY*

HOME STUDY *

MULTI-LANGUAGE *

WILL TRAVEL *

Andrew B. Alderson, Executive Director

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Cincinnati, OH 45211-1184

or

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Cincinnati, OH 45238

(513) 471-2000

(513) 557-2449 FAX

E-mail: ccli@ccli.org

Web Page: www.ccli.org

A. Instruction Time

Contingent upon the teacher candidates' progress in self-study.

Typically, teacher candidates complete the certification process in six to twelve months. Maximum flexibility for the teacher candidates to proceed at their own pace is a hallmark of the CCL format. Historically, teacher certification time has varied from three months to over a year. Teachers may train in on-site training seminars comprised of two weekends totaling a minimum of 32 contact hours. These seminars are scheduled four to six weeks apart.

A revised and updated program is currently being developed that will combine interactive study with local seminars; it is expected to be launched in the summer of 2006.

B. Teaching Format

1. Self-study using a specifically designed teacher's curriculum which includes evaluation instruments.
2. Training and materials offered in English and Spanish.

C. Practicum

An observed practicum by experienced teachers is provided whenever possible.

D. Certification/Recertification

Before certification can be awarded, teacher candidates must demonstrate that they can

1. Recognize a given situation;

2. Select the correct rule and/or give the appropriate counsel;
3. Do this consistently.

Certification is granted when the teacher candidates demonstrate 100% proficiency in applying the rules. Additional testing is available for candidate couples who need more practice to achieve the required proficiency.

Initial certification is for three years. Recertification is automatic upon request for couples who have been actively teaching. Recertification testing is required for those who have been inactive for two years. Instructors must teach a minimum of two series per year.

B. Fees

No fees charged to the teacher candidate couple for the teacher training course. A cost for materials is approximately \$50.

C. Publications

A national newsletter, *Family Foundations* is available for subscription. A fully developed list of publications including books, brochures, and audio/visual materials is available upon request. These resources include information on breast-feeding, natural child spacing, theology, nutrition, marriage preparation and a virtue based curriculum for children.

D. Miscellaneous

CCL is an NFP teacher training organization which equips its teachers not only with NFP methodology, but also with a program to implement. CCL has a structure which keeps each teaching couple in contact with CCL headquarters. Chapters of CCL teachers are often formed in local areas. Although a distinct organization, CCL programming is compatible with diocesan NFP ministry.

CCL charges a client education course fee of \$75. For clients who cannot attend a class, a fee of \$70.95 is charged for the comprehensive Home Study course.

CCL promotes a full program of mother/child bonding through education in ecological breast feeding.

**DIOCESE OF ERIE NATURAL FAMILY PLANNING PROGRAM
STM**

**Approved according to the *Standards for Diocesan NFP Ministry*
Achieved Approval in 2001, waiting on Renewal**

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

bburkett@eriercd.org

A. Instruction Time

40 plus hours of classroom instruction.

E. Teaching Format

Lecture, class discussion, reading assignments, student reports.

F. Practicum

A supervised practicum is required consisting of 5-8 clients (minimum) taught over a six month period of time.

G. Certification/Recertification

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

H. Fees

Contact Director.

I. Publications

Quarterly newsletter for all couples taught and teachers.

DIOCESE OF SAN ANTONIO NFP TEACHER TRAINING PROGRAM
OM

Approved according to the *Standards for Diocesan NFP Ministry*

MULTI-LANGUAGE *
WILL TRAVEL*

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(210) 734-1650
(210) 734-2774 FAX
E-mail: hoconnor@archdiosasa.org
Web Page: www.archdiosasa.org

A. Instruction Time

Classroom study is a total of 36 hours.

B. Teaching Format

1. On-Site Training
Includes lecture, independent study, reading, role playing, practice teaching, and exams.
2. Teacher training is in English and in Spanish 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 initial class through autonomy.

D. Certification/Recertification

Evaluation - once a year to maintain current certification.

Optional participation in workshops and/or conferences when funds are available.

E. Fees

Paid by host. Contact Director.

FAMILY OF THE AMERICAS FOUNDATION (FAF)

OM

**Approved according to the *Standards for Diocesan NFP Ministry*
Achieved Approval in 1996, waiting on Renewal**

HOME STUDY *

MULTI-LANGUAGES *

WILL TRAVEL *

STANDARDS MET*

Mercedes Wilson, President

P.O.Box 1170

Dunkirk, MD 20754-1170

(301) 627-3346

(301) 627-0847 FAX

(800) 443-3395

E-mail: family@upbeat.com or familyplanning@yahoo.com

Web Page: www.familyplanning.net

A. Instruction Time

8-12 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.

There are three different options offered for teacher training:

1. Master Teacher Training Institutes.
Given periodically at the home office in Dunkirk, MD, 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 the student to study at his/her own pace. Accompanying videos correspond with the 15 unit MTI Training Manual.

C. Practicum

Each instructor will complete a supervised practicum. This practicum must include 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 office to confer with the supervisor. An on-site monitoring visit is required during the practicum.

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 must be retaken so that FAF is confident 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 for fees. Teacher candidates who attend the institute at the FAM office are responsible for their own transportation, food, and lodging.

When the Institute is held on location in a diocese, transportation, food, and lodging of the Instructors are the additional costs incurred. An honorarium is appropriate if Mercedes Wilson is requested as the primary Instructor.

Teacher candidates who select the correspondence course pay the shipping and handling which includes the shipment of all materials and videotaped lectures. All participants must also pay for client materials needed during the practicum, phone calls required to the central office, and the supervision visit.

F. Publications

FAF 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.

FAF has developed not only the Charting Coach interactive computer program and *Nature's Method* CD-ROM, but also hosts a web page on the Internet (www.familyplanning.net) from which questions can be answered, programs downloaded, and materials ordered.

G. Miscellaneous

Teacher training aids are available in several languages. The correspondence course can be selected in English or Spanish.

**FERTILITY CARE™ CENTER of KANSAS CITY PRACTITIONER PROGRAM
NATURAL FAMILY PLANNING TEACHER EDUCATION PROGRAM
OM (Creighton Model FertilityCare™ System)**

**Approved according to the *Standards for Diocesan NFP Ministry*
Accredited by the American Academy of FertilityCare™ Professionals (AAFCP).
Achieved Approval in 1994, first Renewal 2001, waiting on additional Renewal.
WILL TRAVEL ***

Phyllis A. White, CFCE, Director
1312 NW Fairway Circle
Blue Springs, MO 64014
(816) 224-1177
FAX: (816) 229-3390
E-Mail: FCCKC@sbcglobal.net
Website: fertilitycarekc.com

The Natural Family Planning Practitioner (NFPP)

This 13 month program covers basic and advanced instruction for the Creighton Model FertilityCare System and NaPro Technology. 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.

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 & individual study, as well as exams.
2. Supervised Practica I and II are structured faculty supervised experiences which involve 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 NFP teaching skills.

2. Supervised practicum II (7 months) is designed to develop advanced NFP 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 an additional field service year, 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 the Creighton Model FertilityCare™ Centers. It is also responsible for certifying CrMFC teachers and medical consultants.

G. Miscellaneous

Continuing education units are available for nurses. CMEs are available for physicians attending Education Phase 1 in Kansas City. (All physicians must attend EPH in Omaha at the Pope Paul VI Institute.)

**MARQUETTE UNIVERSITY COLLEGE OF NURSING INSTITUTE FOR NFP
STM (Hormonal Monitoring – all indicators taught – “Marquette Model”)
Approved according to the Standards for *Diocesan NFP Ministry***

ON-LINE STUDY ONLY

Dr. Richard F. Fehring, DNSc, RN, Director
P.O. Box 1881
Milwaukee, WI 53201-1881
(414) 288-3838
(414) 288-1939 FAX
E-Mail: richard.fehring@marquette.edu

A. Instruction Time

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.

B. Teaching Format

Online only with online discussion rooms, online power point, digital text, online 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.

F. Fees

Contact Director.

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.

**NATURAL FAMILY PLANNING OF THE DIOCESE OF CLEVELAND
STM & OM**

Approved according to the Standards for Diocesan NP Ministry

WILL TRAVEL *

Rose Jacobs, Coordinator
Natural Family Planning
7911 Detroit Ave.
Cleveland, OH 44102
(216) 334-2973
(216) 334-2976 FAX
E-mail: rjacobs@clevelandcatholiccharities.org

A. Instruction Time

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.

B. 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.

C. Certification/Recertification

Certification lasts for a period of one year. To be recertified, it is necessary to participate in an annual NFP seminar or its equivalent substitute, with approval by the NFP Coordinator.

D. Fees

\$625 per couple with one set of materials provided. Additional sets of materials: \$300. Additional \$200 per couple or single registration for those outside the Diocese of Cleveland. Accommodations are not provided.

E. Miscellaneous

The Cleveland Training uses a locally developed syllabus and slides for both Ovulation Method and Sympto-Thermal 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.

STM

Approved according to the *Standards for Diocesan NFP Ministry*

ONLINE STUDY*

HOME STUDY *

MULTI-LANGUAGES *

WILL TRAVEL *

Rose Fuller, Executive Director

4805 N.E. Glisan Street

Portland, OR 97213

(503) 215-6377

(503) 215-6940 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.
3. Teaching materials are available in Spanish.

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. Publications

NWFS Update, a monthly teacher newsletter, and *Stepping Stones*, a quarterly client newsletter. Check web site for more information on programs and publications.

G. 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**

OM (Creighton Model FertilityCare™ System)

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

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.

Instructor (FCI): 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): 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.

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

Medical Consultant: Six month program consisting of two Education Phases (an eight-day course and a seven-day course) and supervised practicum via long distance supervision.

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

Medical Consultant / Practitioner Combined Program: 13 month program consisting 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.

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

Auditor: A physician may audit the Medical Consultant program.

Educator: 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.

NB: 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: 13 month program consisting 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.

NB: 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 (AAFPCP). The AAFPCP is the accreditation body for Creighton Model FertilityCare™ Education Programs. All Creighton Model Education Programs are accredited by the AAFPCP.

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.

D. Miscellaneous

American Academy of FertilityCare™ Professionals (AAFPCP)

The AAFPCP is the accrediting body for the Creighton Model FertilityCare™ Centers. It is also responsible for certifying CrMFC teachers and medical consultants. 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.

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.

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 NaPro**TECHNOLOGY***
- *Women Healed*
- Unabridged NaPro**TECHNOLOGY** PowerPoint slides
- Brochures and other resources

The FertilityCareTM 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.

**ST. JOSEPH'S FERTILITYCARE™ CENTER
CREIGHTON MODEL FERTILITYCARE SYSTEM™ PRACTITIONER EDUCATION
PROGRAM**

Accredited by the American Academy of FertilityCare™ Professionals

WILL TRAVEL *

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Lourdes Hall #130
Albuquerque, NM 87120
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(505) 831-8223 FAX

A. Instruction Time

Education Phase I: Eight (8) day course. Supervised Practicum I: Six (6) months.
Education Phase II: Six (6) day course. Supervised Practicum II: Seven (7) months,
including an on-site evaluation by a Certified FertilityCare™ Educator.

B. Teaching Format

Education Phases I & II include lecture with slides, handouts, clinical group sessions,
group and individual study, and exams. Education Phase I & II must be completed
successfully (75% or greater) as the qualification to advance to the Supervised Practica
Phases.

Supervised Practica I & 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 & taken by all qualified
interns on predetermined days & hours, throughout the world, four times a year. The
exam includes multiple-choice, written & tape recorded forms of evaluation. A grade of
75% in all content areas of the exam is required.

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 (1), Ireland (7), and England (2) and now has teachers in
six (6)

European countries, including England, Ireland, Scotland, Slovakia, Switzerland, Croatia and Australia.

C. Practicum

Students 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 & provide opportunities for questions.

Supervised Practicum I (6 months): This clinical experience begins immediately following Education Phase I, and 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 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 the intern learns to integrate their skills and knowledge. The student is 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 the conduct of 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 & 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 & student satisfaction.

Continuing education units are available for nurses.

SAINT LOUIS UNIVERSITY NURSING CENTER FOR FERTILITY EDUCATION
Marquette Model Online Teacher Training Program
Approved according to the *Standards for Diocesan NFP Ministry*

Accept nurses or physicians as students

Mary Lee Barron, Director, MSN, RN, BC, FNP, NFPNP
Saint Louis University School of Nursing
3525 Caroline Mall
St. Louis, MO 63104-1099
(314)977-8978
(314) 977-8819 FAX
E-mail: barronml@slu.edu
Web Page: <http://nursing.slu.edu/ncfe>

- A. Instruction Time**
This is an online program with various start times. Contact Director for dates. 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 completion of practicum.
- E. Fees**
Contact Director.

SOUTHERN STAR NATURAL FAMILY PLANNING PROGRAM

STM

Approved according to the *Standards for Diocesan NFP Ministry*

WILL TRAVEL *

Stella Kitchen, Director
209 Pink Dogwood Lane
Pooler, GA 31322
(912) 330-9464
E-mail: stella404@hotmail.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.

Harrisburg teachers are required to attend a minimum of one in-service per year, other 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

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. 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 Method after she had learned the method in Australia and brought it back to her native Guatemala. She traveled extensively in the U.S. to introduce the method 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. Some time 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 Method in July and August of that year. Following the Congress, she went to Melbourne to meet with the Drs. Billings, Dr. Brown, and Kathy Smythe. On return, she began to train the others to teach the Ovulation Method.

At the 1973 Meeting in Sydney between two and three hundred enthusiastic users of the Billings 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 Billings Method 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, Pittsburgh, PA came to Washington 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 Foundation had embarked on a project of preparing teaching materials for the Ovulation Method and Sympto-Thermal Methods. Mary Catherine Martin 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.

This article first appeared in *Natural Family Planning Diocesan Activity Report*, Vol. 3, No. 3, Summer 1992.

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 past twenty plus 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 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 Ovulation Method during its developmental 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 which is now used all over the world. These 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 Ovulation Method 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.

The Foundation's major goal in providing OM training programs has been to maintain the simplicity of the 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 the finest experts in the Ovulation Method in the U.S. 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.

Most recently, the strength of the FAF training program has been evidenced by extremely favorable data from a three-year research study of the effectiveness of the Ovulation Method 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 OM was received by nearly 700 couples, who were monitored for at least three years. The study reported an effectiveness rate for OM 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 scientific 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.

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.”

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 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 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.

Thomas W. Hilgers, MD, Dip., ABOG, ABLS, SRS, CFCMC, CFCE is the Director of the Pope Paul VI Institute for the Study of Human Reproduction. Margaret P Howard, MAM, CFCE is Associate Administrator for Education Program Coordination for the Pope Paul VI Institute FertilityCare™ Allied Health Education Programs.

A version of this article by Judy Pittack, MS, CNFPE, first appeared in the *Natural Family Planning Diocesan Activity Report*, Vol. 3, No. 1, Winter 1992.

CCL Formed to Advance *Humanae Vitae*

John F. Kippley

The remote foundations of Couple to Couple League 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*, I was appalled by what was passing for theology in favor of contraception, for 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 our 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 also! 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.

We had taught ourselves the Sympto-Thermal Method of NFP through a "Child and Family" article by Dr. Konrad A. Prem. 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.

The three of us 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, we got the nucleus of our Twin Cities chapter including Jim and Mary Glover who are still active in this apostolate.

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 is still with us and Marguerite Gehrum retired just last year and still comes in to help with special jobs. 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.

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 where it continues on its own now that they are back in the States. 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 thus far in the Nineties. CCL currently serves by teaching in 15 countries on four continents, and we support members in all six populated continents and even in such places as Greenland. One staff person, Bill Corey, spends most of his time and energies in serving international development.

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 a tidy list of books, booklets, brochures, and audio-visual programs dealing with NFP and chastity issues during the eighties.

Facing the need for complete and understandable education in NFP in areas not served by resident volunteer teachers, we developed the CCL Home Study Course, and experience has demonstrated that it does very well what it was intended to do.

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, and we are looking forward to the publication this spring or summer of *Marriage Is for Keeps*, a small book on preparation for marriage.

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 over the past 21 ½ years that our original plan was and remains a good one that serves well the needs of families today.

John F. Kippley is the Co-Founder of the Couple to Couple League. The above article, with minor changes, 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.

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 Roetzer. 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. Roetzer's work to fully strike home.

As the parish team reviewed existing programs and materials they found Dr. Roetzer'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. Roetzer 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. Roetzer reviewed and approved the methodology. This working relationship continues to this day.

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 as a comprehensive NFP teacher training program through the Diocesan Development Program for Natural Family Planning. Northwest has trained approximately 300 teachers in 22 states.

The movement into a second educational area, teen chastity, began in the 1987. In doing NFP presentation 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. Now in its fourth year, **FACTS** has 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 has also piloted a new program, *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 of married couples and says,

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, #25)

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

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The Marquette System of Natural Family Planning

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

The Marquette Model (MM) system of Natural Family Planning brings 21st century technology to NFP by using the ClearBlue Easy Fertility Monitor, 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 recent (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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