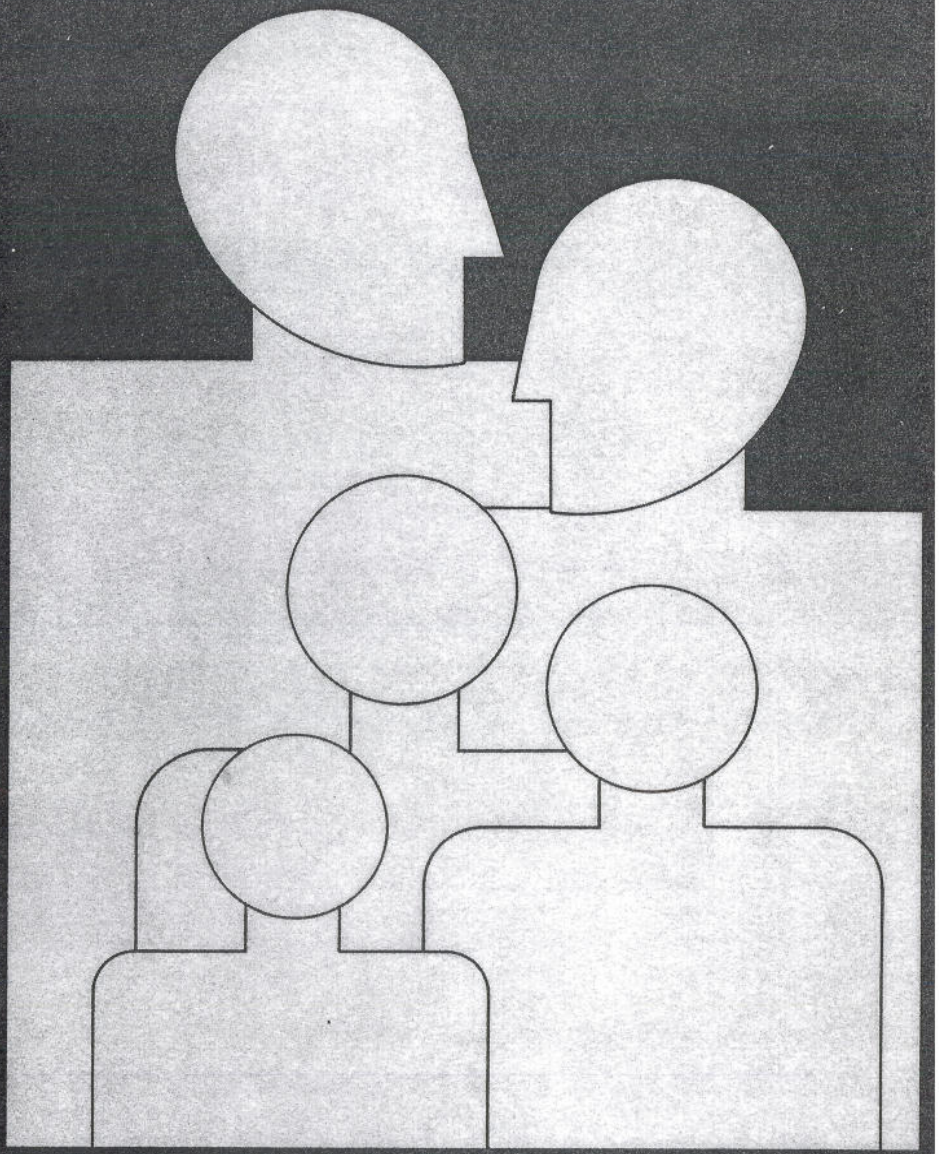
Diocesan Plan for Natural Family Planning Program Development



Diocesan Development Program for Natural Family Planning
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Diocesan Plan for Natural Family Planning Program Development

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Preface

It is a pleasure for me to recommend the Diocesan Plan for Natural Family Planning not only to married couples but to all in the Church who are engaged in family life ministry.

At this moment in history, the Plan provides for us three vitally needed supports in the mission which we share as God's people.

First, there is the reinforcement of the richness of the Church's teachings on marriage and family life. These doctrinal principles, reaffirmed so beautifully in our time by the Second Vatican Council, by the encyclical of Pope Paul VI, *Humanae Vitae*, and by the clear and faithful teaching of Pope John Paul II, include the recognition that marriage is the institution of the Creator to realize in humanity His design of life [*Humanae Vitae*, 8]. It is also a sacrament, a married couple's own "path to holiness" [*Lumen Gentium*, 41]. Procreation should be considered "in the light of an integral vision of man and his...supernatural and eternal vocation" [*Humanae Vitae*, 7], and with the conviction that the two ends of marital intercourse are inseparable. The teaching of *Gaudium et Spes* on conjugal love and responsible parenthood is essential to an understanding of *Humanae Vitae*.

Second, the Diocesan Plan is based on the foundation of solid advances in the field of natural family planning, and it gives encouragement to continuing research and development in this area of human knowledge. The basic scientific information concerning the fertility cycle has been validated. A variety of methods has been developed to emphasize the potential to initiate pregnancy as well as to plan the number of children in a manner consistent with moral, family and social responsibilities. The reliability of these methods has been well established by scientific and medical experts.

Third, I am convinced that the Diocesan Plan will be of great pastoral assistance to the people of the Church. The encyclical letter, *Humanae Vitae*, teaches the need for responsible parenthood and the possibility of natural means of family planning. The methods of natural family planning offered by this Plan strengthen married couples in the rich, positive, spiritual teaching of the Church and give effective ways of living this teaching.

Among the practical, pastoral advantages of natural family planning are the following:

- It places a positive value on conjugal love which is the total, faithful, fruitful love of marriage which lasts until death.
- It places a positive value on mature human sexuality and respect for one another as it enables married couples to understand and appreciate sexual intimacy, the dynamics of human fertility and their capacity, through sexual self-mastery, to control the number and spacing of births.
- It places a positive value on the child and the relationship of the child with parents and other members of the family.
- It strengthens communication in marriage because it involves a mature effort to set priorities, pursue agreed upon goals, and maintain an openness to the future.
- It can be learned and practiced effectively and reliably without dangerous side-effects.
- It can enhance spiritual growth in marriage because it frequently deepens a couple's faith that God is closely associated with them in the initiation of new life and it strengthens their reliance on His Providential care as they fulfill their parental responsibilities.

With all who share the pastoral ministry of the Church, I pray that the Diocesan Plan for Natural Family Planning will — in the words of Pope Paul VI — help us "to work zealously and incessantly...to safeguard marriage and keep it holy, so that it may ever be lived more and more in all its human and Christian fullness" [*Humanae Vitae*, 30].

Terence Cardinal Cooke
Chairman, NCCB Committee for
Pro-Life Activities

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Development Principles

1. Natural family planning education should be defined as part of the dialogue necessary to understanding the Church's teaching on responsible parenthood.
2. The family constitutes the fundamental unit of society and has essential units of man as person, husband; woman as person, wife; the possibility of child as person from the moment of conception.
3. Educational programs in human sexuality and natural family planning should always consider the family as the appropriate framework for the full development of persons in a sexual relationship with an openness to life.
4. Each person experiences growth and development continuously in all aspects of personality and character development, and should be respected as a unique person growing in the understanding and appreciation of his/her own sexuality.
5. The many facets of human sexuality need to be integrated by each person to find a unique expression and fulfillment in the context of a loving, interpersonal relationship. This integration will vary with individual growth and development.
6. Self-knowledge of human sexuality and the mutual assumption of responsibility and procreation is essential to the security of a couple in a loving, generous and stable relationship.[1]

[1]These principles were adapted with permission from the *Principles, Constitution, Articles of Incorporation, International Federation for Family Life Promotion*, Washington, D.C. (1976).

Statement of Goals

The diocese, through promotion of natural family planning programs and services, seeks to accomplish the following goals:

1. To provide access to natural family planning services for every person who wishes such services in the diocese.
2. To develop education and leadership training as well as expertise within the diocese to facilitate the expansion of natural family planning programs and to promote quality control and minimum competency standards for natural family planning instructor training programs.
3. To promote an organizational structure in which a diocesan administrator would serve as a primary NFP developer and coordinate the NFP expansion efforts in diocesan service agencies. In addition, the diocesan organization would provide an administrative structure to which public and private organizations, either local, state, regional, national or international, could communicate and discuss issues relevant to natural family planning.
4. To provide for the development of a natural family planning organizational structure to facilitate the development of leadership, promote harmony among method-specific groups, to provide a forum for discussion of issues and values related to the fields of family life education, human sexuality and natural family planning.
5. To increase the understanding, acceptance and support of individuals in the diocesan community, the general public, local, state, regional and national government organizations of the appropriate role of natural family planning education and services in contributing to family life development, as well as to offer natural fertility regulation as an approach toward solving some of the problems associated with fertility and its regulation.

Statement of Objectives

To expand the availability of natural family planning services to the Catholic community, the following development objectives are recommended:

1. Provide natural family planning services within the context of family life or parish program structures so that access to married couples can occur within a total family life framework.
2. Provide natural family planning services within diocesan service agencies including hospitals, maternal-child service agencies, social service agencies as well as independent natural family planning service programs to provide increased availability to services for women and couples in need of natural family planning information.
3. Provide fertility awareness education as an integral part of the basic health and human sexuality educational programs of colleges and universities in the diocese.
4. Provide fertility awareness and natural family planning method orientation to all couples who enroll in the pre-Cana preparation for marriage courses.
5. Provide natural family planning information update workshops for professionals from both public and private agencies concerned with natural family planning information through continuing education programs, graduate and under-graduate courses in professional schools of nursing, medicine, and counseling within every college and university within the diocese.
6. Provide orientation and information update sessions for priests and religious as well as administrators of diocesan agencies in which natural family planning services are part of the program.

Diocesan Plan for Natural Family Planning Program Development

To facilitate the orderly development and expansion of diocesan natural family planning services, this plan is intended to draw strength from existing personnel and program experience and to demonstrate how services can expand and improve to meet growing needs through the application of sound management and educational approaches. The personnel implied by the organizational plan can either be paid or volunteer, or an appropriate mix of both. Where local programs need assistance regional combinations are possible.

Positive program development is seen as a five-year organizational commitment. Time will be required to integrate natural family planning into the diocesan structure embracing educational, health care delivery and social service components. Early appointment of an NFP administrator will help to coordinate program development in appropriate service agencies and institutions throughout the diocese.

The diocesan NFP development plan is based upon the following fundamental components;

1. NFP program administrator;
2. NFP advisory committee;
3. A diocesan organization comprised of NFP provider groups;[2]
4. A variety of sites of NFP services in diocesan institutions and agencies.

[2]Although the more than 700 U.S. service delivery sites currently utilized by dioceses offer natural family planning methods taught and described in a variety of ways, this plan will use the term OM or ovulation method when referring to programs based primarily on cervical mucus observations and S-T or sympto-thermal method when referring to those using any combination of symptoms plus temperature.

Description of the Major NFP Program Development Components

NFP Program Administrator

The primary responsibility of an NFP program administrator would be the planning and implementation of complementary NFP development efforts within the dioceses. The program administrator would be responsible for:

1. Developing and implementing a five-year plan for natural family planning within the diocese.
2. Recruiting members to an Advisory Committee to insure involvement of existing NFP leaders along with officials and professionals from other key disciplines within the diocese.
3. Assisting unaffiliated natural family planning service groups within the diocese to join in the creation of an organizational structure to engender harmony and professional interactions within the diocese.
4. Seeking and evaluating recommendations and priorities from the NFP Advisory Committee and NFP organizations to be included in the diocesan plan.
5. Acting as the primary person resource responsible for NFP service development within diocesan institutions and programs.[3]
6. Assuming accountability through written and informal reports to the Ordinary documenting NFP program developments in the diocese.

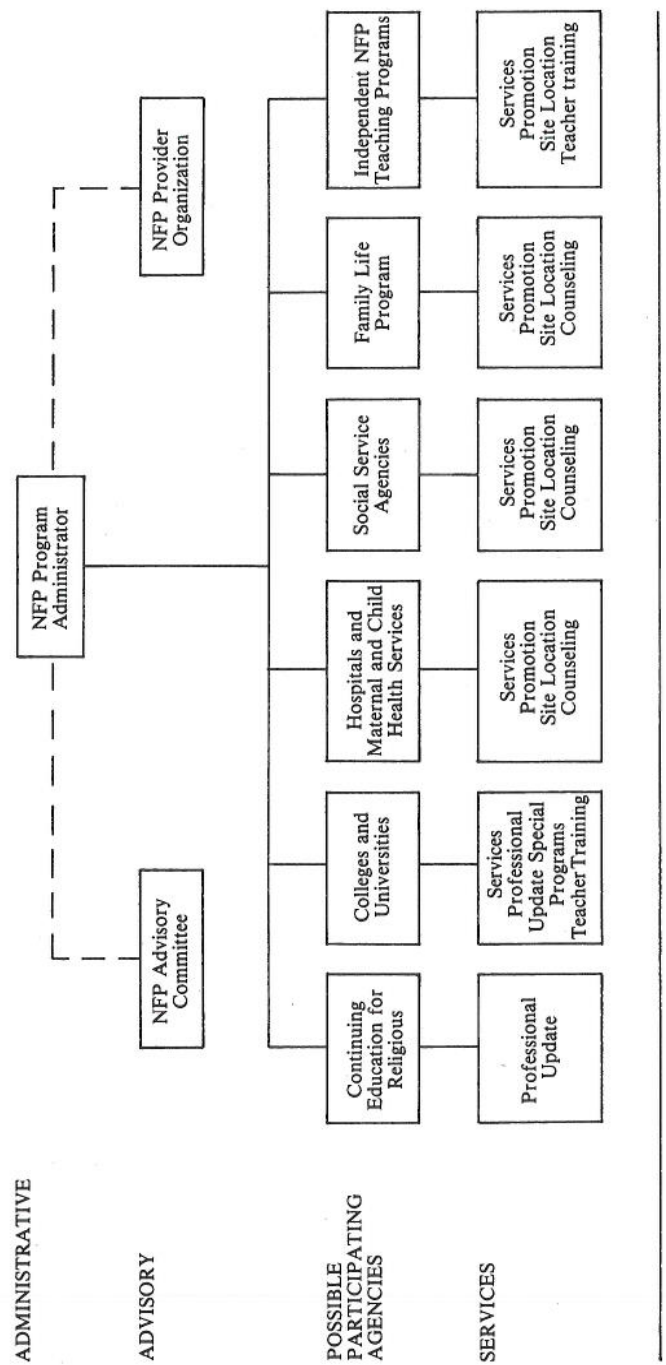
Translating this sample diocesan organization chart (Figure 1) to meet specific local needs will result in variations from diocese to diocese. However, the plan for each diocese should still retain distinctions between administrative, advisory, educational and service functions..

Preferred Competencies and Skills: In addition to a clear commitment to natural family planning the NFP program administrator should have a thorough knowledge of and commitment to the Church's teaching on responsible parenthood and marital intimacy, current natural family planning methods, related human sexuality issues and concerns. In addition, the administrator should have a working knowledge of the diocesan

[3]Program administrators may not normally be responsible for fund raising activities to support this diocesan program except as required by the Ordinary.

Figure 1 Diocesan NFP Organizational Chart

Suggested administrative, advisory, service, and educational functions have been indicated by chart position.



administrative network. The administrator should be experienced and have demonstrated an ability to work with interdisciplinary professional groups including religious, medical, health care, educational and family life programs. The administrator should encourage utilization of existing NFP services of approved methods within the diocese.

NFP Advisory Committee

If the NFP program administrator views an advisory committee as helpful and constructive, or if the Ordinary desires such as consultative group, then the committee should be comprised of a small group of key leaders within the diocese whose primary function would be to advise the program administrator of appropriate options for the growth of natural family planning services. In some dioceses, an appropriate advisory committee may already be in existence, such as a Family Life Commission.

Because natural family planning has grown up in independent organizations outside of the traditional educational and health care delivery systems, it may be particularly helpful to solicit help or participation from key professionals in the medical, health care and educational disciplines of the diocese or region.

The membership should be small, approximately twelve persons. In addition to representatives of professional service disciplines and existing NFP leadership, the membership should reflect a dynamic composition of leaders who can facilitate development of natural family planning in the variety of educational and health service delivery settings within the diocese. Each member should be supportive of natural family planning.

Preferred Composition of the NFP Advisory Committee: The following types of persons would be recommended as appropriate for membership on an NFP advisory committee:

- Several persons representing ovulation and sympto-thermal method expertise from the diocesan NFP provider groups.
- Physician specializing in obstetrics/gynecology and infertility, a family practitioner or an NFP physician from another medical specialty.
- Educational specialist, either a curriculum specialist or a professional health educator *with training experience*.
- An attorney familiar with the legal structure of the diocese.
- Psychologist or psychiatrist experienced in counseling and behavioral adjustment.
- Representatives from the senate of priests and the senate of religious in the diocese.
- Social worker experienced in marriage and human sexuality counseling.
- Consumers, young married couples, users of natural family planning.
- Representatives from the diocesan pastoral council and from other diocesan and lay organizations within the diocese, such as Catholic Charities, Catholic Physicians' and Nurses' Guilds, Catholic Health Association, Catholic Health Care Apostolate and Family Life Bureau.

The primary responsibilities of the diocesan NFP advisory committee would include but are not restricted to the following:

1. To plan, based on a diocesan needs assessment, implementation of the Diocesan Plan in light of the specific resources and priorities.
2. To assess diocesan resources and recruit additional resources and specialists to assist in implementation.
3. To augment adherence to an implementation schedule and assist evaluation efforts at appropriate periods.
4. To project to the community the formal goals and objectives of the Diocesan Plan.
5. To encourage diocesan agencies to integrate implementation of the Diocesan Plan into their own priorities and programs.
6. To set criteria and safe practice standards for instructor training and service programs.

Diocesan NFP Provider Organization

The existence in some dioceses of more than one program devoted to teaching natural family planning provides a good opportunity to enlist the services of those veterans through creation of an NFP provider organization. Developing such an organization could give the new administrator access to experienced couples and instructors not presently within the diocesan framework.

The membership of such an organization would at first be dependent on the direction of the charter group, i.e., the diocese. Later it would draft its own governing policies. The NFP provider organization should be devised as a positive forum for sharing the values inherent in natural family planning and their potential contribution to the development of conjugal relationships, human sexuality and fertility acceptance.

It would be strongly recommended that *all* new and existing NFP service organizations and special interest groups be seriously recruited as members of the diocesan NFP provider organization.

The primary purposes of the diocesan NFP provider organization would include:

1. Promoting social and professional harmony among existing and new NFP service groups as well as related professional groups.
2. Providing an opportunity for interested NFP paraprofessionals to share information and ideas about NFP program issues and development.

Natural Family Planning Instructional Sites

For a discussion of the possible NFP instructional sites within the diocese, see "Natural Family Planning Service Agency Description," beginning on page 10.

Natural Family Planning Update for Priests and Religious

Systematic efforts are needed to bring priests and religious up-to-date on medical, programmatic and educational advances in natural methods of family planning, the positive integration of periodic abstinence within the context of human sexuality for married couples, and the availability of NFP services within the diocese. Personal integration of the theology of celibacy and human sexuality helps the counseling priest or religious to understand the couple more effectively when assisting them toward successful use of the natural methods.

Each seminary and novitiate should provide time in the program of studies to allow for proper orientation of natural family planning and human sexuality within the context of the Church's teachings. Conferences could be presented for those working with families facing difficult problems or persons evidencing difficulty integrating human sexuality.

Some suggested activities for providing natural family planning information and update for priests and religious include:

1. Basic overview and state-of-the-art of natural family planning including the positive integration of periodic abstinence within the total context of human sexuality, responsible parenthood and marital intimacy:
   a. to all seminarians and novices within the diocese;
   b. to all priests and men and women religious of the diocese.
2. A combination of presentations by priests, scientists or physicians and user couples will help to integrate the theological, scientific, educational and experiential aspects of natural family planning.
3. Special conferences on pastoral counseling for persons who have problems in the integration of human sexuality and fertility management practices.

Natural Family Planning Service Agency Description

The following offers an overview of natural family planning services typically provided by educational institutions, health care delivery agencies, or social service programs in a diocese. Examples of effective NFP services by type of diocesan agencies and institutions are available. The recommendations in the Diocesan Plan offer a guide for dioceses to develop NFP services in all of these settings. These descriptions are selected to identify the major purpose of each type of natural method service.

Independent NFP Agency

Currently there are approximately 700 private or diocesan-related natural family planning locations in the United States. Approximately 200 are classified as "independent agencies". The independent classification implies that there is no supra-organizational structure within the diocese to which the agency is responsible.

Many of the independent programs are also members of larger national or regional organizations. The independent agency often contends that it has little responsibility to the diocese regarding the type, quality or quantity of natural family planning services that it provides. The respective national organizations have developed their own program guidelines and general criteria for instructor competency. In other instances these are also official diocesan programs.[4]

The independent agency generally has no restrictions on the type of client served. Some agencies place a greater orientation and instructional service to couples, and others may prefer to direct the instruction in method and follow-up primarily to the woman. As natural family planning services develop there is a growing tendency to include more involvement of couples in the instructional process and focusing more on urging joint responsibility for fertility and parenthood.

Some of the activities more commonly found in independent natural family planning agencies include but are not restricted to the following:

1. Provision of natural family planning method services to couples and women who seek such services.
2. Provision of fertility awareness orientation sessions to persons or groups who are seeking information but not natural family planning instruction.
3. Exclusive concern with a natural approach to fertility management.

[4]Some dioceses have contracted with national organizations either for the training of instructors or the provision of a natural family planning service. In these situations the national program may also be the diocesan program through the formal relationship thus established.

NFP Services within Family Life Agencies and Parishes

Natural family planning services within a family life, diocesan or parish-based agency are specifically directed to the needs of married or engaged couples. These programs generally tend to emphasize the conjugal growth aspects related to the practice of periodic abstinence within the total framework of family life, responsible parenthood and marital intimacy. The site for the instructional services may be in the family life office, although currently there are signs of a trend to establish satellite instructional sites in parishes throughout the diocese. Frequently these programs will also offer fertility awareness instruction to parents and adolescents within a total value-oriented context using the Christian family as the model setting for parenting and human sexual behavior. Instructors in family life agencies frequently provide an explanation of natural family planning in marriage preparation programs.

Referral policies of family and marriage counseling services in family life agencies can bring a wider range of social and health services to NFP candidates.

Frequently instructor couples working within a family life agency are utilized to provide orientation and information sessions to other agencies and organizations within the diocese. Similarly, instructors from one parish may exchange roles with those in another parish to insure confidentiality.

Couples successfully using the methods can assist in integrated human sexuality programs as well as fertility awareness and human sexuality programs for teenagers and parents.

NFP Services within Catholic Social Service Agencies

Catholic social service agencies within a diocese are generally concerned with professional clinical counseling for problem specific client situations.

In the traditional Catholic social service agency dealing with behavioral problem-solving counseling, natural family planning service programs may have the added dimension of offering natural family planning methods instruction for all couples and working more closely with the couples who are from "hurting" families. Instruction in NFP can be individualized and focused specifically to the needs of the couple with a problem situation. When the NFP program staff in these agencies are not social service professionals they can utilize the assistance of various members of the staff of the social service agency.

NFP Services within a Hospital or Health Care Agency

The Catholic hospital-based agency provides natural family planning services in several ways. In one model, the hospital provides the physical site for an independent natural family planning service. In such a situation, the hospital has little or no impact on the type of instruction, follow-up or general program policies of the independent natural method service agency.

The other model is one of a Catholic hospital-based service site in which the policies of the hospital administrator or board directs the natural family planning service. Frequently, in the hospital-controlled agency, the instructors are professionals, that is, they have either a nursing or a social work background as well as expertise in natural family planning. A wide range of clients will be seen in a hospital-based, natural family planning service. The couples may reflect stable, developed families, or may reflect couples from "hurting" families. Hospital-based programs frequently offer classes during the day and facilitate access to a variety of clients.

A unique advantage of providing NFP services within a Catholic hospital-based agency is the access to couples and women in pre- and post-natal services. Natural family planning methods are very complementary for couples who choose natural childbirth as a preference.

Another trend to provide natural family planning services within a medical and health service environment is occurring. Private physicians are hiring skilled NFP instructors to teach interested couples and women in their offices.

The Catholic hospital-based programs providing natural family planning services frequently offer the following:

1. Natural method instruction in the ovulation and sympto-thermal methods is offered.
2. There is often closely supervised follow-up instruction in the specific natural family planning method.
3. There is usually a medical consultant who is available for service to, or referral of couples who have an apparent infertility or gynecological problem as well as couples or women who require special consideration because of a medical problem that might affect fertility.
4. The instructional staff for the hospital-based program frequently is a combination of physicians, nurses and couples who use natural family planning.
5. There is an opportunity to provide fertility awareness information and natural family planning overview for the professional staffs within the health care setting.

Service Programs at Catholic Colleges and Universities

Since the Catholic college community includes many married couples among students and faculty, and other members of the community preparing for marriage, this is a logical location for the development of NFP services.

Currently, instruction may be found within the health clinic, student health services, or the nursing and medical schools on campus.

In addition to provisions to offer one or more natural methods to its own, often self-contained community, the Catholic college or university could provide fertility awareness instruction to all students. This would require comprehensive preparation in fertility awareness for those in a role of counseling students.

The Catholic College: Its Role in Professional Update and Training

A Catholic institution of higher learning is an appropriate location for diocesan, community or regional programs in NFP trainer and instructor training programs, continuing education, and credit courses for doctors, nurses and NFP instructors.

Workshops and seminars providing continuing medical education credit for doctors and nurses offer a means of orientation for local, national and international health care professionals.

In schools of medicine and nursing, elective courses have been designed which orient the professional student to the scientific bases for natural methods, an overview of the national and international development efforts, the positive impact toward establishing wellness in reproductive health care through fertility acceptance approaches and the position of the church's teaching regarding responsible parenthood. The academic efforts not only provide a comprehensive overview of the issues in natural family planning but also surface those potential health care providers who wish additional training to become instructors in natural family planning.

Linkages with existing natural family planning service agencies within the diocese will be helpful in developing other related conferences on human sexuality and value oriented education. The academic community may provide professional education and training support to assist the development of NFP instructor training programs.

Basic Developmental Program Options for Natural Family Planning Services

All dioceses in the United States now have access to at least one natural family planning program, trained teacher couple or teacher in training. Not every combination of teachers working together would qualify for the description as a program, nor would all of the nation's existing teachers qualify under the types of training standards being evolved for future certification of teachers. These couples and individuals do constitute a group of highly motivated individuals who have achieved competence in natural family planning largely through their own interest and persistence. Their prior investment and current efforts may be all that some dioceses have when launching the developmental program. Their skills and experience are vital to assist the diocese to implement the NFP program development goals.

Regardless of the level of experience and education achieved by either programs or teachers in the diocese, an honest and early assessment of their competence, ability to meet the needs of the entire diocese, and future role within the diocesan plan is in order. This may require outside help. Once the level of skill has been determined, the diocesan advisory group is better equipped to recommend a sequence of steps needed to upgrade what exists, recruit or develop what is needed for strong base-line programs, and then address the task of expansion.

Expansion Efforts for Large Diocesan Programs

If "large" diocesan programs are arbitrarily designated as those with more than 500 couples or women learning natural family planning each year, a helpful mental image of program size emerges for discussion of the following recommendations for expansion.

1. Prepare the diocese, community, existing natural family planning leadership, clergy, appropriate medical personnel, diocesan officials in affected agencies and the media through a supportive public relations campaign. Generate confidence in the methods, demonstrate diocesan commitment to proceed assertively and give full recognition to work already launched by the NFP pioneers of the diocese.
2. Establish a trainer resource or trainer team of multi-disciplinary experts in

natural family planning methods, neuroendocrinology, fertility and infertility, psychology, psychiatry and educational disciplines. National programs, regional organizations or other dioceses may contribute members to this team where needed. This group would be responsible for the development of trainers for the diocese if none exist, the strengthening of existing trainer resources, and the acquisition of outside trainer assistance as needed.

3. Recruit potential instructor candidates from users already in the diocese and/or employed on the staffs of service agencies.
4. Develop additional instructional sites throughout the diocese including locations within hospitals, social service agencies, family life agencies and appropriate educational institutions. These sites would be staffed by the growing cadre of teachers under supervision of the trainer resource team or a similar group concerned with instructor competence and program quality. There should be at least one teaching site in each deanery.
5. Conduct NFP instructor training sessions recruiting users from each separate site. An important concept in peer-to-peer counseling includes not only characteristic teacher-client relationship but also that NFP instructors providing services within special service agencies can have characteristics compatible with the Catholic agency in which the service will be provided.
6. Develop service sites utilizing the above strategy for subculture special groups such as Spanish and Vietnamese Catholic communities.
7. Conduct information update programs for diocesan medical, nursing, and religious communities.

Larger diocesan programs are a potential training resource to assist program development for smaller programs within the local area or region. This includes NFP instructor training and program services development.

Expansion Efforts for Small Diocesan Programs

Efforts to expand the natural family planning services within the diocese should also begin by enhancing the skills of existing natural family planning providers. The small program of one or two instructors faces a greater challenge to increase the number of instructors and sites.

The following activities are suggested for program expansion of small natural family planning programs to increase the availability of services to couples within the diocese.

1. Develop a public relations program. Media and information sessions should be offered to prepare the diocesan community, existing NFP leadership, clergy and religious, health care personnel and diocesan officials in service agencies. The media, through a supportive campaign, can assist in generating confidence in the natural methods, establishing diocesan commitment and recognizing existing services in natural family planning.
2. Develop NFP trainer resources using diocesan expert resources, however possible. Existing diocesan resources could be assembled to comprise an NFP trainer team. Such a group should consist of an experienced natural method instructor working with a physician and nurse educator. The physician could provide the basic knowledge of reproductive anatomy and physiology and the nurse educator could offer valuable assistance on educational approaches as well as assist in the supervision of new instructors.
3. Use NFP trainer teams from adjacent, larger diocesan programs when possible to assist development of trainer teams within the diocese. Although a program may be method specific and offer only one or the other of the two methods (OM or S-T), the competent instructor should be knowledgeable in both. Contact or interaction with national or regional instructor training programs and/or consultants may be valuable for the diocese wishing to expand a small diocesan program.
4. Select NFP instructor candidates from users or potential users whenever possible. An NFP instructor must be confident and competent to provide natural method instruction and the appropriate support to persons learning the method. An important selection criteria for successful instructors has been recruiting users of a natural method and preparing them to be instructors. Religious and single women who do not use natural family planning but who are able to monitor their fertility are also confident and have been trained to become excellent instructors of natural methods. NFP instructional staff should not only be comfortable with fertility signs but should also have characteristics compatible with the Catholic agency within which the service will be provided.
5. Recruit volunteers to assist in program support activities such as outreach, administrative activities, typing or record keeping. This frees instructors for teaching responsibilities especially when instructors are in short supply. A crucial consideration concerning the use of volunteers must be the protection of confidentiality in the handling of records or communications with couples.

General Considerations Large and Small Programs

A medical consultant fills a variety of roles in the program from the training of instructors as part of the trainer team to medical consultant in difficult cases or cases involving problems with infertility. Not every diocese will be able to provide an obstetrician/gynecologist for this role. Since a physician's participation may be crucial to program acceptance in the medical community, be prepared to accept readily the services of physicians from other specialties.

Responsibility for leadership in developing the educational program should rest with an individual or individuals with sound educational credentials and experience. This could be a nurse educator or a teacher.

Active participation by a priest or Catholic family life professional who can

articulate the full meaning of *Humanae Vitae* and the Church's teachings on marital intimacy and responsible parenthood to the practice of natural family planning, is a vital aspect of a diocesan-sponsored program. This articulation should occur on the level of public information programs, the instruction of couples, the preparation of teachers, and the formulation of program policy and goals.

Development of Diocesan Natural Family Planning Instructional Services

NFP Instructional Services

There are many successful models to study in planning natural family planning services. Advantages and disadvantages exist in all. The most important criteria is that the instructors be confident and competent to teach the natural methods. The second most important criteria is that there be follow-up and the opportunity for additional instruction for couples learning the methods.

Experiential learning models such as like-to-like counseling models including the couple-to-couple approach and the woman-to-woman approach have been demonstrated to be highly effective. Both of these models have a strong motivational component for the client since they provide role models for the learning woman or couple.

The self-knowledge component of natural family planning has its own motivation for the learning couple. In addition, in order to practice natural family planning successfully, the couple must themselves learn how to integrate periodic abstinence into their conjugal life style so that they can be happy with the necessary changes that the methods demand in practice. The motivation that grows as a couple learns how to express love for each other in intimate non-genital ways helps to develop and mature the personalities of both individuals. The growth of persons in a relationship is extremely motivational and to a large extent is inherent in the positive practice of natural family planning.

Overall Operational Guidelines

The success of natural family planning methods, in terms of helping couples become knowledgeable and autonomous in natural fertility management practices, is dependent on the quality of the natural family planning instructional services and follow-up instructional services that are offered to women or couples.

Seeking to achieve quality NFP instructional programs, the diocese encourages each natural family planning service to consider adopting the following guidelines in the development of the NFP program.

1. **NFP Instructional Services.** In order to provide couples with a selection of a natural family planning method that best suits the individual need of the couple, diocesan natural family planning programs are expected to:
   a. Make available method instruction in both of the current natural family planning methods including the ovulation method and the sympto-thermal method. Method specific instructional texts are available from several sources.[5]
   b. Emphasize that when any natural family planning method is utilized to avoid pregnancy, periodic abstinence during the fertile phase of the cycle is the methodology.
   c. Offer initial explanation of the ovulatory indicators observed daily as well as the method specific periodic abstinence rules of the given natural method.
   d. Offer couples the opportunity to choose the specific natural method that best meets their needs as a couple.
   e. Offer follow-up instruction including chart review, observing the ability of the client to identify the beginning and end of the fertile phase, and correct use of the appropriate methodology. Frequency of follow-up ranges from bi-weekly to monthly as determined by the needs of the couple.
   f. Offer the couple or woman follow-up instruction and chart review for a period of at least six cycles or until the couple becomes autonomous in the practice of natural family planning. Couples should have the option of follow-up for a longer period, particularly when their circumstances change.
   g. Offer individualized or small group instruction for women or couples who present special circumstances that require adaptation of the natural family planning method to their particular situation. For example, special circumstances include women who have stopped using contraceptive pill(s), women who are premenopausal, mothers who are breast-feeding and couples who are trying to achieve pregnancy.

2. **Quality Control Measures.** It is recommended that all diocesan programs offering instruction in natural family planning implement the following quality control measures to insure that the couple is receiving competent and consistent natural family planning instruction.
   a. That the director of the program periodically review charts with the program instructors to offer an opportunity for continued education for the instructors, as well as to insure effective teaching practices of the instructors through a random check of the charts.
   b. That the director of the program or medical advisor review all unplanned pregnancy charts and identify whether the conception cycle reveals a method failure, or whether the couple misunderstood the method or simply did not wish to use the method to avoid pregnancy. *NOTE:* This is a critical quality control measure to insure that the correct teaching of the natural method is being provided. Charts indicating where pregnancies occurred are invaluable for teacher training and review.
   c. That the director of the program promotes the goal of couple autonomy for all persons receiving method instruction in natural family planning. For persons learning natural family planning methods, autonomy can be defined as:
      (1) Submission of accurate cycle charts. That the daily ovulatory indicators for specific natural methods are recorded. That the woman or couple is able to consistently identify the beginning and the end of the fertile phase of the cycle and is able to consistently state the appropriate periodic abstinence rule.
      (2) Indication by the couple that they experience a level of satisfaction with the practice of periodic abstinence in harmony with their family planning intention.
      (3) Indication of the couple's ability to confidently practice the method and their readiness to seek additional counsel from the instructor if there is any change in their fertility pattern or need.
   d. That the director of the program insure provider competency by requiring a basic knowledge of all current natural family planning methods as demonstrated by achieving mastery level scores on objective tests reliably measuring knowledge levels. In addition, the director of the program will insure that the instructor has demonstrated effective client teaching practices by successfully teaching clients/couples a natural family planning method and following those clients under supervision for a period of at least six cycles.
   e. The program director is responsible for the appropriate attitude formation in instructors who provide service in their respective agencies of the approved diocesan network. Each instructor should reflect and convey principles and philosophies of the Catholic Church and the service agency or program in which instruction is offered. *NOTE:* The director of the program is advised that a desirable subjective criteria for instructors includes a preference for an instructor who uses one of the natural methods and/or at least monitors her own fertility pattern. This preference is recommended in order to provide a role model who can offer witness to the self-knowledge and practice or support of periodic abstinence in order to assist persons in the positive practice and use of natural family planning.

3. **Consultation and Referral Services.** It is recommended that all diocesan programs offering natural family planning method services include the following consultation and referral services within their program context to provide effective services to couples.
   a. Provide medical referral to the client's physician and to the NFP

[5]Existing individual instructors in a diocese probably will specialize in either the ovulation method or sympto-thermal method. It should not be assumed that instructors are either competent or willing to teach both with conviction.

program medical consultant for specific health care problems related to continuous cervical or vaginal discharge, bleeding, dyspareunia and/or any other medically related problem. Some women or couples who have continuing difficulty in monitoring daily ovulatory indicators may also require a medical referral.

b. Provide the opportunity for referral of clients who demonstrate a need for psycho-social and family counseling situations.

c. Provide the opportunity for couples trying to achieve prgenancy to see an infertility specialist if they are unsuccessful in achieving pregnancy within a nine to twelve-month period.

4. **Outreach Plan and Implementation.** It is recommended that all diocesan programs offering instruction in natural family planning develop and implement an outreach strategy which includes the following activities:

   a. Develop and implement an outreach plan specific to the community of clients served by the program and directed to couples who are most likely to want to use natural family planning.

   b. Train information outreach workers who reflect a knowledgeable skill in communicating an overview of fertility awareness and natural family planning methods. They are most effective when they have characteristics of the specific clientele trying to be reached, i.e., a young married couple to speak to pre-Cana couples, nurses to speak with other nursing personnel, older married couples to speak with couples seeking information through marriage enrichment programs.

   c. When presentations are made to couples preparing for marriage or recently married, the emphasis on family planning should always be based on a positive valuation of human life, of parenting and of the child as a gift of God and expression of the love of the spouses.

The guidelines and activities are recommended for all diocesan NFP programs as responsible development efforts occur. The major areas of programmatic concern include: (1) natural family planning instructional services, (2) quality control measures, (3) consultation and referral services, and (4) outreach plan and implementation.

Already established NFP programs should review their policies and procedures for achieving quality program development. New or beginning NFP programs will find operational guidelines and procedural manuals already available to be used as resources.[6]

Natural family planning services for a diocese are viewed in a total program context. To achieve responsible development of the overall program it is important to offer all current natural methods to provide couples with a reasonable choice for utilizing natural indicators as a means for responsible parenthood. The responsible development requires that there be qualified, competent instructors who provide instruction and follow-up to couples until

[6]See list of publications and program guides in "Appendix: Program Resources".

the couple has reached a state of autonomy in the practice of natural family planning. Each natural family planning program should have a medical consultant, an educational consultant, and a referral source for marriage counseling.

General Plan for Client Instructional Services

The common component of all natural family planning method instructional services is comprised of the basic instruction offered to clients and couples seeking natural family planning information. It is strongly recommended that the basic method instruction be simple, clear, and stated in language that the couple understands. It is further recommended that the couple receive the same or similar instructional materials to take home so that additional understanding can be achieved.

To provide the woman or couple with an informed choice of natural methods, the instructor should provide an overview in fertility awareness emphasizing the various natural method options. It is recommended that the overview include the biological and use-effectiveness rates for the ovulation method and the sympto-thermal method as well as advantages and disadvantages of each method.

Method-specific programs differ in their approach to the number of fertility indicators taught to the couple in introductory sessions and in the determination of the point at which the couple makes a selection of one method to the exclusion of the other. Some ovulation method programs may exclude any introductory instruction on temperature parameters. Others may show how temperature confirms mucus in early charts and then set aside further use of the thermometer. Sympto-thermal programs will introduce all signs to the beginners and retain these throughout instruction. Couples later may determine for themselves which of the fertility indicators they will include in their own charting based upon accumulated personal experience.

An appointment is given for return to the service site for follow-up instruction within three weeks and then monthly for up to six cycles. Additional chart review and instruction is provided on each follow-up visit. Couples should be encouraged to call the instructor any time a question arises in the interim.

The follow-up visits would primarily be directed toward helping the couples reach autonomy in the practice of a specific natural family planning method. Autonomy is further defined by the following criteria:

1. Improvement in the charting over the time frame of 4–6 cycles. Progressively better charting of the cervical mucus pattern, basal body temperature, or both, dependent on method used. Identification of the appropriate periodic abstinence rules for the specific methodology.
2. Demonstrated ability to utilize the natural occurrence of fertile or infertile times for intercourse in accordance with their stated family planning intention.
3. Indication by the couple that they experience a level of satisfaction with the practice of periodic abstinence in harmony with their family planning intention and their expression of conjugal intimacy.
4. The recognition of any basic change in their fertility pattern and the need to seek additional advice regarding method variation and/or additional instruction.

A client activity schedule is offered in Figure 2 (see following page) to provide a sample of expected client activities that would occur on the initial and follow-up instructional visits. For some agencies which would have health screening or physical examination components, these activities would be scheduled on the first visit. However, regardless of the results of a physical examination, natural family planning method instruction should begin on the first visit.

Natural family planning instructional services are beginning to take on the broader dimension of service to couples. In this respect, it is viewed as essential for informed choice that the diocese offer options to couples in selecting a natural family planning method. The major deterrent to this practice has been the instructor's bias as well as the inability to provide information about any natural methods other than the one that the instructor uses. Hence, the strong programmatic recommendation to all natural family planning service programs that dioceses be qualified and prepared to teach couples any of the current natual family planning methods.

The goal of natural method instruction is to provide the couple with information and education about means of naturally monitoring their fertility. Some couples may be interested in choosing a natural method with a single indicator such as mucus to monitor their cycle, whereas other couples may prefer a method using multiple indicators of ovulation such as temperature, cervix sign and other parameters of ovulation. In any event, the respect for persons urges NFP programs to offer choices in the natural methods of family planning and urges that the couple decide which method to choose. The choice of a natural method should not depend upon an instructor's training or willingness to teach the methodology.

Figure 2 Sample Plan: Natural Family Planning Instruction

Activity Chart

Initial Visit Fertility Awareness and Monitoring	First Follow-up Visit Continued Method Instruction	Continued Instruction and Follow-Up Visits
Registration (Instructor)	Clinic follow-up visit record completion (Secretary)	Continued follow-up/method Instruction (Instructor)
Instruction in fertility awareness and how to monitor fertility indicators for first cycle; distribute client educational booklets (Instructor)	Chart review of first cycle indicators (Instructor)	Medical follow-up for physical care resulting from health screening (Project Medical Director and/or Private Physician)
Distribute instructional booklets related to natural family planning methodologies; give charts to client for appropriate methodology (Instructor)	Natural Family Planning method review (Instructor)	Problem client referral resulting from fertility monitoring (Instructor provider; Project Medical Director and/or Private Physician)
Couples charting more than one parameter, would receive charts, thermometers and instructional materials appropriate for home use (Instructor)	Additional method instruction for either ovulation method or sympto-thermal method (Instructor)	Psychosocial counseling problem referral (Instructor Provider, appropriate referral source through social service agencies at sites)
	Appointment for monthly follow-up visits with specific instructor provider (Secretary)	Monthly follow-up visits, appointment with specific instructor provider (Secretary)
		Telephone follow-up when indicated (Instructor Provider/Secretary)

Space and Instructional Materials for Provision of Natural Family Planning Services

Each diocesan program will need to consider the space and materials essential for the provision of services. The following checklist will surface many of the considerations when selecting space for a natural family planning educational program:

1. Is the available space flexible? Will it accommodate small group instruction, approximately 8 couples or 16 persons as well as larger classroom presentations?
2. Is there special space for individualized instruction and follow-up providing privacy for the learning client?
3. Is take-home method instructional material available to complement the basic instruction provided in the class?
4. Is the site easily accessible by public transportation?
5. Is the site accessible to the persons or groups the program seeks to serve?
6. Does the site meet community safety standards for persons to assemble in small groups, individualized sessions or classroom instruction?

Comment: Many of the existing natural family planning programs provide instruction to couples in the instructor's home.

Several obvious disadvantages to this type of site include: (1) access by the general public, (2) safety of the home environment for more than one or two couples may be a concern and raise questions of insurance liability, and (3) interference of personal family commitments and the inability to provide services to larger numbers of couples interested in obtaining natural family planning information may be a problem. Confidentiality may be a problem when many people are in the home. Advantages to home instruction include: (1) a more social atmosphere for discussion of some of the conjugal benefits of the methods; and (2) time economies to the instructor-couple.

Many existing programs provide a central place for the initial instruction, and conduct follow-up instruction by means of telephone chart reviews or mail-in chart reviews with a problem identification of specific problem clients who then return to the central site for additional instruction. Telephone or mail contact is not an ideal substitute for face-to-face follow-up sessions.

Materials. Each natural family planning program service requires a certain stock of instructional materials, method-specific charts, follow-up forms, and other basic office supplies in order to provide a consistent service.

1. **Instructional Materials for Clients**
   a. Slides or flipcharts for initial instructional sessions describing fertility awareness, ovulation method and sympto-thermal method.
   b. Method instructional booklets and charts preferably with the exact same instruction that was presented in the initial classes for the specific natural method.
   c. Hand-out materials for women with special circumstances that fully describe the method variations for the special situation, e.g, breast-feeding mothers, premenopausal women.
2. **Method-Specific Charting Materials**
   a. Method-specific chart including a stock of ovulation method charts and stamps, and/or sympto-thermal charts. The charts should either be duplicable, i.e., able to be xeroxed, or be of a self-carbon format so that the instructor can review the chart and keep a copy of the cycle in the client's folder. Retention of charts for review, referral or client records implies a sound policy of confidentiality with safeguards in the agency.
   b. Basal body thermometers for couples wishing to use the sympto-thermal method for strict basal body temperature method.
   c. Follow-up forms to indicate the couple's progress in method understanding and practice, as well as instructor comments. Confidentiality must be stressed after any contact with the couple or client.
3. **Outreach Materials**

Each service agency will have its own preference for outreach information. It is suggested that a slide-tape presentation be developed using the basic fertility awareness information and perhaps narrated by a couple using the method. Slides alone may have a greater personal impact if the information outreach worker can provide a narrative while using the slides. There are available pamphlets describing natural family planning methods as well as slides, flipcharts and short films.

Natural Family Planning Instructor Training Programs

Each diocese is encouraged to develop its own natural family planning instructor training program. This does not mean that the training itself must be done in the diocese. There are a number of method-specific instructor training programs.[7] Available instructor training models usually deal with competence in a single method. The best of these offer follow-up or supervision when the new instructor begins to teach. A recommended minimum for instructor training would consist of approximately forty hours of instruction and study with a supervised six month practicum for the instructor candidates during which time they would teach and provide follow-up for new clients.

Since there are multiple agency development efforts envisioned for each diocese to facilitate access for couples, an overall diocesan instructor training program for personnel from all diocesan service agencies would be cost-effective in larger dioceses. Continuing in-service programs should also be provided for all. Such a training effort could be an appropriate activity for a college or university based within the diocese.

Diocesan Trainer Group

A diocesan NFP trainer group can be assembled to provide instructor training for the staffs of the multiple agencies suggested in this plan for services. The team should be comprised of: (1) a physician or nurse-educator who would present the neuroendocrine basis of fertility awareness, (2) natural family planning method instructors who would present the basic methodologies and special circumstances for each of the natural methods, (3) teaching couples who would present how to teach and provide follow-up to couples learning the natural family planning methods, (4) a priest or family life professional who would address the issues of the Church's teaching related to marital intimacy and responsible parenthood, (5) a person skilled in NFP method chart interpretation who would serve as supervisor for the new instructors during their clinical experience of teaching their first clients or couples a

[7] *The Sympto-Thermal Method:* Training programs offered by the Couple-to-Couple League, Cincinnati, Ohio and The Human Life Center, Collegeville, Minnesota. *The Ovulation Method:* Creighton Natural Family Planning Center, Omaha, Nebraska and WOOMB, USA., (regional and national programs for instructor training available). *Regional Trainer Programs:* In the Northwest (Alaska, Idaho, Oregon, Washington and Montana) and the six New England states have developed programs for trainers and instructors.

natural family planning method, and (6) an educator or training person who would teach the instructors appropriate instructional techniques.

Obectives for Diocesan Instructor Training Program

These would include:

1. Development of a basic instructional staff to deliver natural family planning instruction at designated sites, service institutions, or agencies. Instructors should meet the following minimum safe practice criteria:
   a. Mastery knowledge score levels of 90% or higher on objective tests related to natural family planning methods as developed by the Human Life and Natural Family Planning Foundation or equivalent reliable standards.[8]
   b. Demonstrate ability to teach couples natural family planning methods and provide method-specific follow-up for a period of six months.
2. Development of a multi-disciplinary NFP trainer team which could train or supervise additional instructor staff as the diocesan NFP delivery system expanded.
3. Provision of a systematic process for issuing statements of competency for those instructors trained within the diocesan system that would be interchangeable with other dioceses requiring similar safe practice standards for instructors.

Statement of NFP Instructor Competency

The diocese is encouraged to issue statements of competency for NFP instructors trained by the diocesan program. This is viewed as necessary in order to maintain quality control and responsibility for the services provided to couples.

A preferred level of competency would insure that within every diocese available NFP instructors are competent to provide instruction in the ovulation method and the sympto-thermal method of natural family planning. Basically there are three components of competency which include the following:

1. Knowledge competency in the underlying physiology, fertility awareness, as well as basic knowledge of the natural family planning methods.
2. Performance competency in teaching and providing support to couples learning any of the natural methods. In this performance evaluation, a competent instructor is evaluated by his/her ability to teach clients to use successfully the specific natural method.

   There are many competent NFP service programs which only offer instruction in one of the natural methods. Their statement of performance competency could specify the type given. For example, an instructor who successfully teaches the ovulation method would receive a statement of performance competency in that method. Conversely, an instructor who successfully teaches couples the sympto-thermal method would receive a statement of performance competency in that method.
3. Attitude evaluation for instructors in natural family planning is less objective than the above two evaluation procedures. One view of supportive or positive attitude is that any instructor who can teach couples and provide the necessary support and follow-up instruction for a period of six cycles clearly has an attitude that is appropriate to the instructional position.

   Another important component of attitude for the NFP instructor is the attitude that is supportive of the philosophy of the diocesan agency in which he/she provides service.

[8]Natural Family Planning Instructor Training Services, *Trainer's Guide, Objectives, Multiple Choice Tests, Attitude Scales, Performance Rating Scale* (Arlington, VA: The Human Life and Natural Family Planning Foundation).

NFP Instructor Training Plan

A sample training plan is available which is based upon the instructor training series in natural family planning published by the Human Life and Natural Family Planning Foundation.[9]

The plan basically calls for the trainer to consider the following factors in designing the instructor training program:

1. **Preassessment of the Instructor Trainees.** Evaluate the state of knowledge and experience of those trainees who wish to become instructors and design a training program to specifically meet their needs as instructors.
2. **Preassessment and Surfacing of Attitudinal Issues Related to NFP.** Surface areas for the development of dicussion questions during the training and follow-up for instructors. The formation of positive attitudes for instructors in NFP is a critical part of the success of the instructor training program.
3. **Presentation of the Content Suggested by the Objectives of Each Module.** Provide the discussion so that the instructor trainee will be able to achieve mastery knowledge scores; respond when asked to provide an overview of the methods and discuss method effectiveness considerations for each of the natural methods; discuss critical attitudinal questions related to various aspects of implementing natural family planning within a diocesan context.
4. **Evaluate the Knowledge Level of the Content Presented in the Modular Presentation.** Use valid, reliable objective tests to evaluate the cognitive learning of the instructor trainees. Mastery level scores of 90% or higher are acceptable passing score levels for instructor trainees. If scores of less than 90% are realized, remedial instruction and reevaluation are indicated.
5. **Present Couple Teaching Criteria and Demonstration.** Provide opportunity for instructor trainess to practice teaching potential couples in each of the natural methods.

[9]Mary Catherine Martin, *Instructor Training Outline, Natural Family Planning [Diocesan Programs]* (Alexandria, VA: The Human Life and Natural Family Planning Foundation, October 1980).

6. **Supervised Couple Teaching Practicum.** Provide instructor trainess with client educational materials and directions for a supervised couple teaching practicum for approximately six months. This practicum is envisioned with local supervision and monthly instructor meetings conducted until the instructor is sure of his/her ability to teach and follow couples in the natural methods.

Summary

The Diocesan Program Development Plan for implementing natural family planning suggests that development begin in a diocesan multi-agency effort. This strategy is proposed as reasonable to facilitate orderly development or expansion of natural family planning services for couples throughout the diocese. Each diocese may utilize components of the plan as guidelines for evaluating current efforts to providing natural family planning services as well as to expand existing resources to increase and improve the accessibility of NFP services to couples.

The development plan basically calls for consideration of the following programmatic efforts.

- Establish an administrative network within the diocesan organization.
- Assist organization of a broad-based, multi-disciplinary advisory committee and NFP provider group.
- Sponsor NFP instructor training programs within the diocese.
- Develop NFP instructional sites in existing diocesan service agencies.
- Conduct professional update and training for health care personnel, priests and religious, existing instructors, and key diocesan administrators.
- Establish quality control systems for NFP instructional services.

Appendix

Program Resources

Aguilar, N. *No Pill, No Risk Birth Control*. NY: Rawson, Wade Publishers, 1980.

Atlas of Sympto-Thermal Charts for NFP Instructor Training. Ottawa, Canada: Serena (55 Parkdale, Ottawa, Ontario K1Y 1E5). English and French.

Ball, J.T. and N.C. *Joy in Human Sexuality: The Natural Way of Married Life*. Collegeville, MN: The Liturgical Press, 1975, 60 p. Description of natural family planning within the marital relationship, based on personal experience.

Billings, E.L. and J.J., and Catarinich, M. *Atlas of the Ovulation Method*, 4th edition. Chicago: Franciscan Herald Press (1434 W. 51st St., 60609).

Billings, E.L. and Westmore, A. *The Billings Method*. NY: Random House, 1981.

Billings, J.J. *Natural Family Planning: The Ovulation Method*. Collegeville, MN: The Liturgical Press, 1975, 38 p.

Fallace, C. and J. *The Joy in Sexuality and Fertility Control*. Smithtown, NY: Family Life Promotion of New York, 1981, 120 p. Provides couples who attend the NFP sessions specific information on how to use the natural methods and what has to be done to expect favorable results.

Furlong, J. *Basal Body Temperature Slides for Training Instructors in NFP*. Albany, NY: Family Life Information Center (79 Pearl St., 12207). Designed to accompany the NFP Curriculum Objectives.

Guay, T. *The Personal Fertility Guide, How to Avoid or Achieve Pregnancy Naturally*. San Francisco: Harbor Publishing, 1981, 224. p.

Humanae Vitae. Pope Paul VI, July 1968. Reprint: U.S. Catholic Conference, Washington, D.C., 24 p.

Kavanaugh–Jazrauy, F., ed. *Planning Your Family the S–T Way*. Ottawa, Canada: Serena, Canada, 1975, 52 p. A clear and simple explanation of the sympto-thermal technique. Intended primarily to reinforce couple-to-couple learning methods, but also useful as a learning tool in itself.

Kippley, J. and S. *The Art of Natural Family Planning*. Cincinnati, OH: Couple-to-Couple League (P.O. Box 11084, 45211).

Kippley, S. *Breastfeeding and Natural Child Spacing*. Cincinnati, OH: Couple-to-Couple League.

Klaus, H., et al. "Use Effectiveness and Analysis of Satisfaction Levels with the Billings Ovulation Method: Two Year Pilot Study", *Fertility and Sterility* 28 (1977) 1039.

Klaus, H. "Natural Family Planning: The Contribution of Fertility Awareness to Body-Person Integration", *Social Thought* (Winter 1979) (National Conference of Catholic Charities, Washington, D.C.).

Kramer, D. Natural family planning slides available in several parts. Session I—introduction and instruction of the ovulation method in two parts. Session II—review of method instructions. Session III—male anatomy and hormonal events of the menstrual cycle with emphasis on cervical mucus. A special session of 16 slides is also available on pre-menopause. Twin Cities Natural Family Planning Center, North Memorial Medical Center, 3220 Lowry Ave. North, Minneapolis, MN 55422.

Lanctot, C. "Natural Family Planning", *Clinics in Obstetrics and Gynecology* 6(1) (April 1979), pp. 109-125.

Maloof, G.E., Billings, J.J., and Taylor, R.S. *An Ovulation Method Teacher's Resource Manual*. Portland, OR: NFP Teachers, Inc. (700 N.E. 47th Ave., 97213). Proceedings of WOOMB-USA conference, Portland, Oregon, January 21–23, 1980. Revised April 1981, 33 papers.

Martin, M.C. *Natural Family Planning Instructor Training Guide*. Arlington, VA: The Human Life and Natural Family Planning Foundation, 1978.

_____. "Recruitment, Training and Evaluation of Natural Family Planning Teachers". International Seminar on Natural Family Planning, Ministry of Health, Dunlaoghaire, Dublin, Ireland (October, 1979).

_____. *An Investigation of an Empiracally Developed Criterion-Referenced Differential Assessment Device and A Procedure for Remedial Instruction Based Upon Criterion-Referenced Objectives*. Dissertation. Ann Arbor, MI: University Microfilms International, 1978 (Dissertation Copies, P.O. Box 1764, 48106). Review of national and international educational and training efforts in NFP, and an overview of curriculum developments in the U.S., including factor identification of critical instructional concepts of NFP.

_____. "Fertility Acceptance and Natural Family Planning", *Respect Life Program Manual, 1981-1982*. Washington, D.C.: Committee for Pro-Life Activities, National Conference of Catholic Bishops.

_____. "Psychodymanics of Natural Family Planning and Instructor Training". Paper submitted for publication. Available through the Human Life and Natural Family Planning Foundation, Arlington, VA.

McGauley, M. *Teacher's Manual of the Ovulation Method*. Covington, LA:

Natural Family Planning Guild of Louisiana (308 S. Tyler St., 70433). Tape cassette with slides for teacher training. Available in English and Spanish.

Ross, C.R. *Natural Family Planning: Introduction to the Methods*. Arlington, VA: The Human Life and Natural Family Planning Foundation, 1977, 49 p. Designed to provide professionals and field personnel with an overview of the scientific basis for NFP methods. Extensive bibliography.

_____. *Natural Family Planning: Selected Bibliography*. Arlington, VA: The Human Life and Natural Family Planning Foundation, 1975, 37 p. Annotated bibliography of historical and current scientific materials related to the natural methods.

Shivanandan, M. *Natural Sex*. NY: Rawson, Wade Publishers.

Trobisch, I. *The Joy of Being a Woman*. NY: Harper and Row, Jubilee Series, 1975, 136 p.

Trobisch, Ingrid and Roetzer, Elisabeth. *An Experience of Love: Understanding Natural Family. Planning*. Old Tappan, NJ: Flemming H. Revell, 1981, $6.95.

Uricchio, W.A. and Williams, M.K. *Proceedings of a Research Conference on Natural Family Planning*. Arlington, VA: The Human Life and Natural Family Planning Foundation, 1973.

Vollman, R.F. *The Menstrual Cycle*. Philadelphia: W.B. Saunders Co., 1977.

Wilson, M.A. *The Ovulation Method of Birth Regulation*. NY: Van Nostrand, Reinhold Publishers, 1980, 201 p.

WOOMB—USA. *Slides or photographs*, color, set of 16. Illustrates mucus as it changes from day to day during the ovulatory phase of a woman's typical normal cycle.

_____. *Poster*, showing normal, short and long cycles of a woman, using photographs to illustrate mucus as it changes from day to day during the ovulatory phase. Drawings of sperm penetration during the fertile and infertile stages (24½" × 37").

_____. OM Packet (English) provided to new clients at initial instruction. *The Ovulation Method of NFP*, Billings; chart with detailed information on breastfeeding, pre-menopause, coming off the pill (with stamps); *An Introduction to the OM of NFP*, Cogan; and an information brochure.

_____. OM Packet (Spanish) provided to new clients at initial instruction. *The Ovulation Method of NFP*, Billings; chart with detailed information on breastfeeding, pre-menopause, coming off the pill (with stamps); pamphlet showing mucus photos in color, St. Marie and Gibbons; informational brochure.

WOOMB—USA materials available from Natural Family Planning Guild of Louisiana, 308 S. Tyler St., Covington, LA 70433.

Client Learning Materials

McCarthy, J.S., Martin, M.C., and Gilderhorn, M. *Fertility Awareness, The Ovulation Method* and the *Sympto-Thermal Method*. Arlington, VA: The Human Life and Natural Family Planning Foundation. Client educational materials available in client booklets, flipcharts for client teaching in small groups, and slides for larger group orientation and/or staff education. Available in English, Spanish and Vietnamese. Fertility Awareness and Sympto-Thermal are available in Chinese language.

Natural Family Planning (no author). Dept. of Health and Human Services, PHS Pub. No. 80-5621. National Clearinghouse for Family Planning Information, Capital Systems, Inc., P.O. Box 2225, Rockville, MD 20852.