

Natural Family Planning with Sensiplan®



Sensiplan Teacher Training
Portugal 2024

Dates

Course block

22 - 28 January 2024

Course schedule

Monday to Friday

9:00 am until 5:00 pm

Saturday

10:00 am until 3:00 pm

Sunday

Written exam

Self-paced studies in the evenings

Advanced training online

July 2024

COURSE LANGUAGE ENGLISH!

Course instructors

Dr. Ursula Sottong

Petra Klann-Heinen

Training location

Lisbon, Portugal

The exact location will be communicated soon

Participation fees

1200 EUR

The Sensiplan Teacher Training will take place provided the minimum number of 10 participants is reached, otherwise it will be cancelled. In this case we will inform you as soon as possible. As soon as the required number of participants is reached, we will send you a binding confirmation of your registration.

Further information

MW Malteser Werke, Arbeitsgruppe NFP

Tel: 0049-2219822 -4927

E-mail: nfp@malteser.org

Bank details

Bank für Sozialwirtschaft

BIC: BFSWDE33XXX

IBAN: DE37 3702 0500 0002 8301 00



Sensiplan

Sensiplan stands for the symptothermal method of Malteser Arbeitsgruppe NFP. It is a modern, safe and natural form of family planning in which a woman can observe her physical signs of fertility that typically change in the course of the menstrual cycle. Sensiplan can be used to effectively achieve or avoid pregnancy, based on the woman's and couple's individual needs.

Goal

The trainees of this Teacher Training Course will be enabled to teach Sensiplan to interested women and couples.

Contents

- Anatomy and physiology
- Fertility and the menstrual cycle
- Sensiplan in normal and special circumstances like after the use of hormonal contraceptives, during menopause and breastfeeding
- Training on the charts
- Educational and psychological aspects of teaching

Target group

This Teacher Training Course refers to interested persons incl. doctors, midwives, nurses, social workers and others who would like to teach Sensiplan.

Preconditions

1. Self-practice of Sensiplan
2. Participation in an introduction course prior to the training course (please contact us if you need help to find a Sensiplan teacher)
3. At least three observed menstrual cycles preceding the beginning of the course
4. Profound knowledge of the book "Natural and safe" and the associated workbook (which can be purchased using the links indicated in the cover letter or from any other source that provides the original books)

The schedule

The **training** is divided into one block (6 days) in presence from **22 until 27 January 2024** and one additional weekend online. The **written exam** will be at the end of the first course block **on 28 January 2024**. Passing this examination is the precondition for starting with the practical training. The practical training takes approximately six months in which the trainee has to introduce Sensiplan to three women or couples.

The oral exam will be online, approx. 6 months after the written exam (dates will follow). After passing the oral exam the Malteser Arbeitsgruppe NFP will issue a certificate which documents the successful conclusion of the Sensiplan Teacher Training Course.

Registration

Participation in the Sensiplan Teacher Training in Portugal 2024

Herewith I bindingly register to the Teacher Training Course.

Title, last name, first name

Street, house number

Postal code, city

Occupation, education

Date of birth

Telephone

Email

I have participated in an induction course Yes No
If yes, name of the NFP teacher

Our general terms and conditions are binding, you will find them at:
<https://www.sensiplan.de/en/privacy>

Date, signature

In the case of absence of a lecturer, if the number of participants is too small or because of unforeseen events we reserve the right to cancel the training at short notice.