

## Natural Family Planning with Sensiplan



International Course  
Sensiplan Teacher Training

2017 in Cologne

### Dates

September 12-14, 2017

November 27-29, 2017

10:00 am until 5:00 pm

The third block, including the oral exam  
will be in April 2018

### Course leader

Dr. Ursula Sottong Petra

Klann-Heinen

### Training location

KSI

Katholisch-Soziales-Institut

Bergstr. 26

53721 Siegburg

T. 02241-2517-0

### Participation fees

915,00 EUR, plus costs for accommodation and  
meals. After your registration we will send you an  
invoice. Please contact us if you need help to find  
accommodation for those days.

### More information

Malteser Arbeitsgruppe NFP Tel.:

0049 221 9822 591

Email: [nfp@malteser.org](mailto:nfp@malteser.org)

### Banking information

Bank  
für Sozialwirtschaft

BIC: BFSWDE33XXX



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Malteser Deutschland gGmbH  
Arbeitsgruppe NFP  
Kalker Hauptstr. 22-24  
51103 Köln  
Germany



## 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 to avoid a 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 induction course prior to the training course (if possible)
3. Profound knowledge of the book "Natural and safe" and the associated workbook
4. At least three observed menstrual cycles preceding the beginning of the course

## The schedule

The training is divided into three blocks of three and two days.

At the beginning of the third block is the written exam. The passing of this examination is the precondition to start with the practical training.

The practical training lasts approximately six months in which the trainee has to introduce Sensiplan to three women or couples.

With the passing of the oral exam a certificate of the Malteser Arbeitsgruppe NFP documents the successful conclusion of the Sensiplan Teacher Training Course.

## Registration

Participation in the International Sensiplan Teacher Training Course 2017

Herewith I login binding to the Teacher Training Course.

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Title, last name, first name

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Street, house number

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Postal code, city

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Occupation, education

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Date of birth

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Telephone

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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: [www.nfp-online.de](http://www.nfp-online.de)

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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.