

## Natural Family Planning with Sensiplan®



International Sensiplan  
Teacher Training 2023  
Summer Course

### Dates

#### Course block

14 - 19 August 2023

#### Course schedule:

Monday to Saturday 9:00 am until 5:00 pm,  
self-paced studies in the evenings

#### Written exam

at the end of the summer course block

#### Advanced training online

27 - 28 October 2023

### Course instructors

Dr. Ursula Sottong  
Petra Klann-Heinen

### Training location

Malteser Werke gGmbH  
Erna-Scheffler-Strasse 2  
51103 Cologne  
Germany

### Participation fees

1,100.00 EUR

The Sensiplan Teacher Training will take place provided the minimum number of 12 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

Malteser Arbeitsgruppe NFP  
Tel: 0049 221 9822-4927  
E-mail: [nfp@malteser.org](mailto: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 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 (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 and one additional weekend online. The written exam will be at the end of the first course block **on 19 August 2023.** Passing this examination is the precondition to start 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 (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 International Sensiplan Teacher Training Course 2023

Herewith I bindingly register 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:  
<https://www.sensiplan.de/en/privacy>

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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.